

















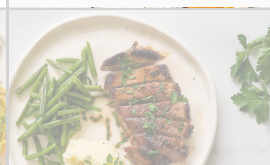



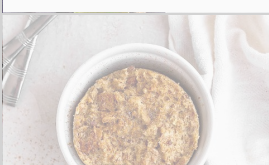
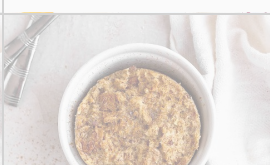
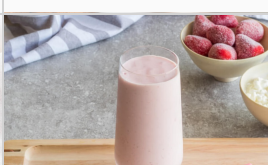
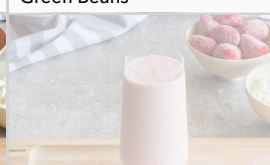

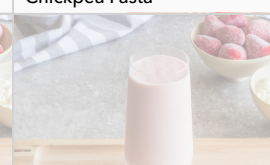
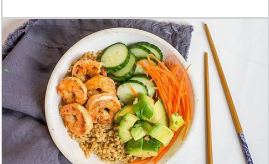

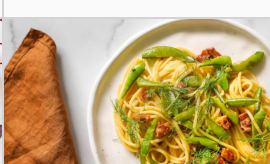
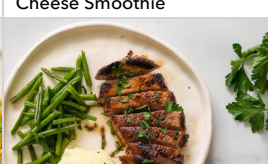




























EXERCISE
with Style

28 Day Balanced 2100 Calorie
Meal Plan PDF (Week 4)

Brenda Peralta, RDN, CDE
<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Creamy Strawberry Overnight Oats	 Creamy Strawberry Overnight Oats	 Creamy Strawberry Overnight Oats	 Strawberry Almond Protein Smoothie	 Strawberry Almond Protein Smoothie	 Toast with Almond Butter & Peaches	 Toast with Almond Butter & Peaches
Snack 1	 Peanut Butter Chickpea Smoothie	 Peanut Butter Chickpea Smoothie	 Peanut Butter Chickpea Smoothie	 Persimmon & Pumpkin Seeds	 Persimmon & Pumpkin Seeds	 Persimmon & Pumpkin Seeds	 Persimmon & Pumpkin Seeds
Lunch	 Beef & Veggie Skillet	 Spicy Shrimp Sushi Bowls	 Cheesy Black Beans & Rice	 Snap Pea & Pancetta Pasta	 Steak, Mashed Potatoes & Green Beans	 Skillet Lasagna	 Peanut & Edamame Chickpea Pasta
Snack 2	 French Toast Mug Cake	 French Toast Mug Cake	 French Toast Mug Cake	 1.5 Strawberry Cottage Cheese Smoothie	 1.5 Strawberry Cottage Cheese Smoothie	 1.5 Strawberry Cottage Cheese Smoothie	 1.5 Strawberry Cottage Cheese Smoothie
Dinner	 Spicy Shrimp Sushi Bowls	 Cheesy Black Beans & Rice	 Snap Pea & Pancetta Pasta	 Steak, Mashed Potatoes & Green Beans	 Skillet Lasagna	 Peanut & Edamame Chickpea Pasta	 Tofu Broccoli Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  30%	Fat  30%	Fat  35%	Fat  37%	Fat  35%	Fat  34%
Carbs  49%	Carbs  51%	Carbs  52%	Carbs  44%	Carbs  43%	Carbs  46%	Carbs  47%
Protein  21%	Protein  19%	Protein  18%	Protein  21%	Protein  20%	Protein  19%	Protein  19%
Calories 2198	Calories 2194	Calories 2097	Calories 2125	Calories 2167	Calories 2091	Calories 2057
Fat 75g	Fat 76g	Fat 73g	Fat 88g	Fat 91g	Fat 85g	Fat 82g
Carbs 277g	Carbs 286g	Carbs 279g	Carbs 245g	Carbs 240g	Carbs 249g	Carbs 255g
Fiber 37g	Fiber 43g	Fiber 45g	Fiber 42g	Fiber 37g	Fiber 38g	Fiber 45g
Sugar 54g	Sugar 54g	Sugar 56g	Sugar 89g	Sugar 87g	Sugar 83g	Sugar 84g
Protein 115g	Protein 104g	Protein 97g	Protein 115g	Protein 115g	Protein 103g	Protein 102g
Cholesterol 466mg	Cholesterol 420mg	Cholesterol 268mg	Cholesterol 177mg	Cholesterol 231mg	Cholesterol 123mg	Cholesterol 36mg
Sodium 1466mg	Sodium 1550mg	Sodium 1655mg	Sodium 1893mg	Sodium 1817mg	Sodium 1939mg	Sodium 2636mg
Vitamin A 6719IU	Vitamin A 8546IU	Vitamin A 4098IU	Vitamin A 5736IU	Vitamin A 5362IU	Vitamin A 4376IU	Vitamin A 4471IU
Vitamin C 158mg	Vitamin C 104mg	Vitamin C 117mg	Vitamin C 318mg	Vitamin C 308mg	Vitamin C 111mg	Vitamin C 180mg
Calcium 889mg	Calcium 1103mg	Calcium 1270mg	Calcium 1480mg	Calcium 1297mg	Calcium 635mg	Calcium 838mg
Iron 18mg	Iron 16mg	Iron 18mg	Iron 17mg	Iron 17mg	Iron 23mg	Iron 24mg

Fruits

- 1/2 Avocado
- 5 Banana
- 1 Lemon
- 2 Peach
- 4 Persimmon
- 4 1/8 cups Strawberries

Breakfast

- 3 tbsps All Natural Peanut Butter
- 1/2 cup Almond Butter
- 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Chili Powder
- 1 tsp Cinnamon
- 1 tsp Cumin
- 1/4 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1/4 tsp Herbes De Provence
- 1 1/2 tps Italian Seasoning
- 1 cup Pumpkin Seeds
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika
- 1 1/2 tps Taco Seasoning

Frozen

- 1/3 cup Frozen Corn
- 1 cup Frozen Edamame
- 3 cups Frozen Strawberries

Vegetables

- 1 cup Broccoli
- 1 1/16 Carrot
- 2 tbsps Cilantro
- 1/2 Cucumber
- 1 tbsp Fresh Dill
- 1/2 Garlic
- 2 cups Green Beans
- 1/2 Jalapeno Pepper
- 2 tps Parsley
- 1/2 Red Bell Pepper
- 2 cups Snap Peas
- 1/4 Yellow Bell Pepper
- 2/3 Yellow Onion
- 3 Yellow Potato
- 1/3 Zucchini

Boxed & Canned

- 1 cup Black Beans
- 1 2/3 cups Brown Rice
- 142 grams Chickpea Pasta
- 1 1/2 cups Chickpeas
- 1 cup Corn Tortilla Chips
- 2 2/3 Lasagna Sheets
- 1 cup Marinara Sauce
- 1/2 cup Salsa
- 3/4 cup Whole Wheat Penne
- 128 grams Whole Wheat Spaghetti

Baking

- 3 tbsps Honey
- 1 1/2 tps Nutritional Yeast
- 1 1/2 cups Oats
- 3/4 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 57 grams Cheddar Cheese
- 113 grams Extra Lean Ground Beef
- 151 grams Lean Ground Beef
- 71 grams Pancetta
- 1/3 cup Parmigiano Reggiano
- 1 3/4 tbsps Ricotta Cheese
- 227 grams Shrimp
- 198 grams Sourdough Bread
- 85 grams Tofu
- 227 grams Top Sirloin Steak
- 6 slices Whole Grain Bread

Condiments & Oils

- 3/4 tsp Avocado Oil
- 2 1/8 tbsps Extra Virgin Olive Oil
- 1 1/16 tbsps Mayonnaise
- 1/4 cup Peanut Sauce
- 1/2 tsp Sriracha
- 1 1/8 tbsps Tamari

Cold

- 1 tbsp Butter
- 3 cups Cottage Cheese
- 2 cups Cow's Milk, Whole
- 3 Egg
- 1/3 cup Oat Milk
- 1 1/2 cups Plain Greek Yogurt
- 2 1/2 cups Unsweetened Almond Milk
- 3/4 cup Unsweetened Coconut Yogurt

Other

- 1/2 cup Vanilla Protein Powder
- 2 1/4 cups Water



Creamy Strawberry Overnight Oats

3 servings

8 hours

Ingredients

- 1/2 cup Cow's Milk, Whole
- 1 1/2 cups Oats
- 1 1/2 cups Plain Greek Yogurt
- 1 tbsp Maple Syrup
- 1/3 cup Hemp Seeds
- 1 1/8 cups Strawberries (chopped)

Nutrition

Amount per serving	
Calories	414
Fat	16g
Carbs	46g
Fiber	6g
Sugar	12g
Protein	24g
Cholesterol	21mg
Sodium	92mg
Vitamin A	699IU
Vitamin C	39mg
Calcium	346mg
Iron	4mg

Directions

- 1 Add the milk, oats, yogurt, maple syrup, and hemp seeds to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Store in the fridge until ready to eat. Serve with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add a splash of vanilla or cinnamon.

Dairy-Free: Use coconut yogurt and dairy-free milk.



Strawberry Almond Protein Smoothie

2 servings

5 minutes

Ingredients

3 cups Strawberries (frozen)
2 Banana (small, frozen)
1/2 cup Vanilla Protein Powder
3 tbsps Almond Butter
2 tbsps Ground Flax Seed
2 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g
Cholesterol	4mg
Sodium	244mg
Vitamin A	726IU
Vitamin C	137mg
Calcium	809mg
Iron	3mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk: Use coconut milk or cashew milk instead.

Smoothie Consistency: If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Toast with Almond Butter & Peaches

2 servings

5 minutes

Ingredients

1/3 cup Almond Butter
198 grams Sourdough Bread (toasted)
2 Peach (sliced)
1/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	547
Fat	22g
Carbs	70g
Fiber	8g
Sugar	14g
Protein	19g
Cholesterol	0mg
Sodium	479mg
Vitamin A	490IU
Vitamin C	12mg
Calcium	148mg
Iron	5mg

Directions

1

Spread the almond butter onto the toast. Top with the peach slices and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Gluten-Free: Use gluten-free bread instead.

Nut-Free: Use sunflower seed butter instead of almond butter.

Likes it Sweet: Add honey.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Peanut Butter Chickpea Smoothie

3 servings

5 minutes

Ingredients

- 1 1/2 cups Water
- 1 1/2 cups Chickpeas (cooked)
- 3/4 cup Unsweetened Coconut Yogurt
- 3 Banana
- 3 tbsps All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	363
Fat	13g
Carbs	56g
Fiber	11g
Sugar	20g
Protein	12g
Cholesterol	0mg
Sodium	24mg
Vitamin A	98IU
Vitamin C	11mg
Calcium	191mg
Iron	3mg

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size: One serving equals approximately 1 1/2 cups.

Additional Toppings: Blueberries, strawberries, or spinach.



Persimmon & Pumpkin Seeds

4 servings

5 minutes

Ingredients

4 Persimmon (chopped)
1 cup Pumpkin Seeds

Directions

- 1 Serve the persimmon alongside the pumpkin seeds and enjoy!

Nutrition

Amount per serving	
Calories	298
Fat	16g
Carbs	35g
Fiber	8g
Sugar	22g
Protein	11g
Cholesterol	0mg
Sodium	4mg
Vitamin A	2739IU
Vitamin C	13mg
Calcium	28mg
Iron	3mg



Beef & Veggie Skillet

1 serving
20 minutes

Ingredients

- 1/3 cup Brown Rice
- 1/4 tsp Avocado Oil
- 1/4 Yellow Onion (chopped, medium size)
- 113 grams Extra Lean Ground Beef
- 1 1/2 tsps Taco Seasoning
- 1/2 Garlic (clove, minced)
- 1/3 Zucchini (medium, chopped)
- 1/4 Yellow Bell Pepper (chopped)
- 1 1/3 tsps Salsa
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	524
Fat	15g
Carbs	67g
Fiber	6g
Sugar	6g
Protein	31g
Cholesterol	74mg
Sodium	623mg
Vitamin A	356IU
Vitamin C	99mg
Calcium	71mg
Iron	6mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Heat a pan over medium heat. Drizzle in the oil and add the onion and sauté for about four to five minutes, until fragrant and softened. Add the beef, taco seasoning, and garlic and cook for six to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 3 Add the zucchini, pepper, and salsa to the pan and cook, stirring occasionally until the zucchini is just softened, about ten minutes. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cups.

Additional Toppings: Top with cilantro.

Make it Vegan: Use extra firm tofu instead of ground beef.



French Toast Mug Cake

3 servings
10 minutes

Ingredients

- 3 Egg
- 1/3 cup Oat Milk
- 3/4 tsp Cinnamon
- 1 1/2 tbsps Maple Syrup
- 6 slices Whole Grain Bread (cut into small pieces)

Nutrition

Amount per serving	
Calories	333
Fat	9g
Carbs	45g
Fiber	7g
Sugar	12g
Protein	18g
Cholesterol	186mg
Sodium	400mg
Vitamin A	272IU
Vitamin C	0mg
Calcium	173mg
Iron	3mg

Directions

- 1 In a mug whisk the egg and milk together. Stir in the cinnamon and maple syrup.
- 2 Add the bread to the mug and stir to combine with the egg mixture. If the bread isn't saturated with the egg mixture add a splash more milk. Press the bread into an even layer in the bottom of the mug and let it rest for about five minutes so the bread can absorb the egg mixture.
- 3 Microwave for two minutes or until the bread is firm to the touch and just moist on top. Let the mug cake cool slightly then transfer to a plate or a bowl. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Gluten-Free: Use gluten-free bread instead.

No Oat Milk: Use another non-dairy or dairy milk instead.

More Flavor: Add vanilla, nutmeg or a pinch of salt.

Additional Toppings: Maple syrup, butter, fresh berries, or chia jam.

Cooking Time: Cooking time may vary depending on microwave.



Strawberry Cottage Cheese Smoothie

6 servings

5 minutes

Ingredients

1 1/2 cups Cow's Milk, Whole
3 cups Frozen Strawberries
3 cups Cottage Cheese
3 tbsps Honey
3/4 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	210
Fat	7g
Carbs	25g
Fiber	2g
Sugar	19g
Protein	14g
Cholesterol	24mg
Sodium	359mg
Vitamin A	296IU
Vitamin C	46mg
Calcium	174mg
Iron	1mg

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

Serving Size: One serving is equal to approximately 1 1/2 cup.

More Fiber: Add ground flax seed.

More Protein: Add hemp seeds, chia seeds, or a scoop of protein powder.



Spicy Shrimp Sushi Bowls

2 servings
30 minutes

Ingredients

- 3/4 cup Brown Rice
- 227 grams Shrimp (large, peeled, deveined)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1/2 tsp Sriracha
- 1/2 tsp Tamari
- 1 Carrot (shredded)
- 1/2 Cucumber (sliced)
- 1/2 Avocado (cubed)

Nutrition

Amount per serving	
Calories	564
Fat	22g
Carbs	63g
Fiber	7g
Sugar	4g
Protein	30g
Cholesterol	185mg
Sodium	327mg
Vitamin A	5294IU
Vitamin C	9mg
Calcium	108mg
Iron	2mg

Directions

- 1 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 2 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 3 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 4 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

Additional Toppings: Sesame seeds and/or lime zest.



Cheesy Black Beans & Rice

2 servings
45 minutes

Ingredients

- 1/2 cup Brown Rice (dry, uncooked)
- 1/2 tsp Avocado Oil
- 1/4 Yellow Onion (chopped)
- 1 tsp Cumin
- 1/2 tsp Chili Powder
- 1/2 tsp Smoked Paprika
- 1/8 tsp Sea Salt
- 1/2 Red Bell Pepper (chopped)
- 1/2 Jalapeno Pepper (seeded and chopped)
- 1 cup Black Beans (cooked)
- 1/3 cup Frozen Corn (thawed)
- 1/3 cup Salsa
- 57 grams Cheddar Cheese (optional, grated)
- 1 cup Corn Tortilla Chips (optional)
- 2 tbsps Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	520
Fat	16g
Carbs	76g
Fiber	12g
Sugar	6g
Protein	20g
Cholesterol	28mg
Sodium	707mg
Vitamin A	2183IU
Vitamin C	45mg

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 While the rice cooks, heat the avocado oil in a skillet over medium heat and add the onion. Sauté for 2 to 3 minutes and then add the cumin, chili powder, paprika and sea salt. Then add the red pepper and jalapeño. Cook for an additional 2 to 3 minutes.
- 3 Add the black beans, corn, salsa, and cooked rice. Stir to combine.
- 4 Turn the oven to broil. Top the skillet with the shredded cheese and place in the oven for 3 to 4 minutes, until the cheese is bubbly on top. Serve with corn tortillas and fresh cilantro. Enjoy!

Notes

Dairy-Free: Omit the cheddar cheese, or use a dairy-free cheese.

No Smoked Paprika: Use regular paprika instead.

Less Spicy: Omit the jalapeño.

Corn-Free: Omit the corn and tortillas.

No Avocado Oil: Use extra virgin olive oil instead.

Save Time: Cook the brown rice in advance. You can also use jasmine rice or quinoa, which cooks faster.

Calcium	285mg
Iron	4mg



Snap Pea & Pancetta Pasta

2 servings
20 minutes

Ingredients

128 grams Whole Wheat Spaghetti
1/2 cup Water (reserved from cooking pasta)
71 grams Pancetta (chopped into small pieces)
2 cups Snap Peas (trimmed, chopped)
1/3 cup Parmigiano Reggiano (finely grated)
1 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
1 tbsp Fresh Dill

Nutrition

Amount per serving	
Calories	467
Fat	19g
Carbs	56g
Fiber	9g
Sugar	6g
Protein	23g
Cholesterol	33mg
Sodium	432mg
Vitamin A	846IU
Vitamin C	22mg
Calcium	275mg
Iron	4mg

Directions

- 1 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 2 Add the pancetta to a large skillet over medium-high heat. Cook for three to four minutes and then drain the excess oil. Add the snap peas to the pan and sauté for another minute.
- 3 Add the spaghetti, reserved pasta water, parmesan cheese, and lemon zest to the pan. Season with salt and pepper, stir, and cook for two to three minutes.
- 4 Drizzle with lemon juice right before serving. Top with fresh dill and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cup.

More Flavor: Add asparagus and/or green peas.

Gluten-Free: Use gluten-free pasta.

No Fresh Dill: Omit or use parsley or basil instead.



Steak, Mashed Potatoes & Green Beans

2 servings
20 minutes

Ingredients

- 3 Yellow Potato (medium, peeled and chopped)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Butter (divided)
- 227 grams Top Sirloin Steak
- 2 cups Green Beans (trimmed)
- 2 tsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	571
Fat	22g
Carbs	63g
Fiber	9g
Sugar	6g
Protein	31g
Cholesterol	104mg
Sodium	674mg
Vitamin A	981IU
Vitamin C	77mg
Calcium	107mg
Iron	5mg

Directions

- 1 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain.
- 2 Add half of the salt and half of the butter to the potatoes. Mash the potatoes until they are your desired texture.
- 3 Season the steak with the remaining salt. Melt the remaining butter in a cast-iron skillet. Add the steak to the skillet and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before slicing it.
- 4 Add the green beans to the skillet and sauté for two to three minutes, or until browned.
- 5 Divide the steak, mashed potatoes, and green beans evenly between plates. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup of potatoes, one cup of green beans, and steak.

More Flavor: Add garlic.

Dairy-Free: Use oil instead of butter.



Skillet Lasagna

2 servings
50 minutes

Ingredients

- 1/3 tsp Extra Virgin Olive Oil
- 1/8 Yellow Onion (medium, diced)
- 151 grams Lean Ground Beef
- 1 1/2 tsp Italian Seasoning
- 1 cup Marinara Sauce
- 2 2/3 Lasagna Sheets (no boil)
- 1 3/4 tbsps Ricotta Cheese

Nutrition

Amount per serving	
Calories	509
Fat	22g
Carbs	51g
Fiber	4g
Sugar	4g
Protein	23g
Cholesterol	87mg
Sodium	356mg
Vitamin A	472IU
Vitamin C	12mg
Calcium	92mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C). In an oven-safe pan, heat the oil over medium-high heat. Add the onion and sauté for five to six minutes or until translucent.
- 2 Add the beef, breaking it up as it cooks. Add the Italian seasoning and cook for about 10 minutes. Add the marinara sauce and bring to simmer.
- 3 Break the lasagna sheets in half and add them to the pan. Stir to ensure the sauce is covering the lasagna sheets. Add a splash of water if necessary.
- 4 Cover the pan with an oven-safe lid or aluminum foil. Bake the lasagna in the oven for 20 minutes or until the lasagna sheets are soft and cooked through.
- 5 Spoon the ricotta cheese on top and bake it for another five minutes uncovered. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

Gluten-Free: Use gluten-free lasagna sheets instead.

Dairy-Free: Use a dairy-free ricotta cheese instead.

More Flavor: Add mushrooms, celery, and/or carrot.

Additional Toppings: Fresh herbs like basil or parsley.



Peanut & Edamame Chickpea Pasta

2 servings
15 minutes

Ingredients

142 grams Chickpea Pasta (dry)
1 cup Frozen Edamame
1/4 cup Peanut Sauce

Nutrition

Amount per serving	
Calories	422
Fat	14g
Carbs	55g
Fiber	15g
Sugar	14g
Protein	29g
Cholesterol	0mg
Sodium	561mg
Vitamin A	231IU
Vitamin C	5mg
Calcium	106mg
Iron	9mg

Directions

- 1 Cook the pasta according to the package directions. In the final two minutes of cooking the pasta, add the frozen edamame and cook. Drain everything together and then add everything back to the pot.
- 2 Add the peanut sauce to the pasta and edamame and stir well. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of pasta.

More Flavor: Add hot sauce, minced garlic, and/or spinach.

Additional Toppings: Chopped green onions, hemp hearts, and/or basil.



Tofu Broccoli Pasta

1 serving
15 minutes

Ingredients

- 3/4 cup Whole Wheat Penne (dry)
- 1 cup Broccoli (chopped into florets)
- 1/4 cup Water (reserved from cooking pasta)
- 1 tbsp Tamari
- 1/4 tsp Garlic Powder
- 1 tbsp Extra Virgin Olive Oil (divided)
- 85 grams Tofu (extra-firm, pressed, cubed)
- 1 1/2 tsps Nutritional Yeast
- 1/4 tsp Herbes de Provence

Nutrition

Amount per serving	
Calories	475
Fat	19g
Carbs	57g
Fiber	11g
Sugar	5g
Protein	22g
Cholesterol	0mg
Sodium	1053mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	295mg
Iron	5mg

Directions

- 1 Cook the pasta according to the package directions, adding the broccoli to the last two minutes of cooking. Reserve pasta water and drain.
- 2 In a small bowl, mix the tamari and the garlic powder to combine.
- 3 Meanwhile, heat half of the oil in a large pan over medium heat. Add the tofu and the tamari mixture. Cook, stirring, until the tofu has browned on all sides, about five to seven minutes. Remove from the heat.
- 4 Add the cooked pasta and broccoli to the pan along with the remaining oil, nutritional yeast, and Herbes de Provence. Stir to combine then stir in the reserved pasta water one tablespoon at a time until your desired consistency is reached.
- 5 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add more vegetables like onions and bell peppers.

Additional Toppings: Top with your favorite toasted nuts and/or seeds.