














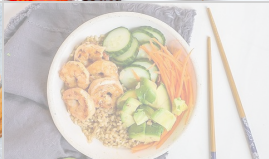



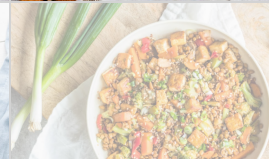


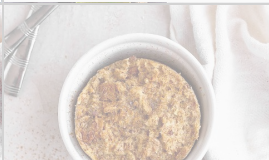
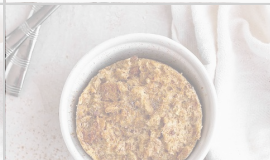


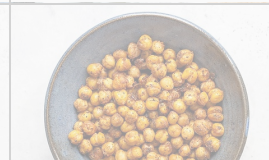






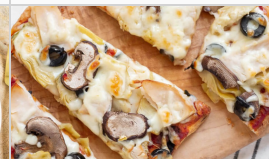


























EXERCISE
with Style

7 Day Balanced 2100 Calorie
Meal Plan PDF

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Protein Oats	 Blueberry Protein Oats	 Blueberry Protein Oats	 Banana Protein Oats	 Banana Protein Oats	 Super Simple French Toast	 Super Simple French Toast
Snack 1	 Pepperoni & Sun Dried Tomato Pizza Bagel	 Pepperoni & Sun Dried Tomato Pizza Bagel	 Pepperoni & Sun Dried Tomato Pizza Bagel	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich
Lunch	 Tofu Broccoli Pasta	 Spicy Shrimp Sushi Bowls	 Chicken, Rice & Kimchi Bowl	 Hawaiian BBQ Tofu Bowls	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Tofu & Lentil Stir Fry with Veggies	 Turkey, Artichoke & Olive Naan Pizza
Snack 2	 French Toast Mug Cake	 0.5 French Toast Mug Cake	 French Toast Mug Cake	 Taco Spiced Chickpeas	 0.5 Taco Spiced Chickpeas	 Taco Spiced Chickpeas	 Taco Spiced Chickpeas
Dinner	 Spicy Shrimp Sushi Bowls	 Chicken, Rice & Kimchi Bowl	 Hawaiian BBQ Tofu Bowls	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Tofu & Lentil Stir Fry with Veggies	 Turkey, Artichoke & Olive Naan Pizza	 Eggplant & Crispy Chickpeas with Tahini

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  32%	Fat  30%	Fat  29%	Fat  28%	Fat  27%	Fat  31%
Carbs  46%	Carbs  46%	Carbs  49%	Carbs  50%	Carbs  50%	Carbs  51%	Carbs  50%
Protein  21%	Protein  22%	Protein  21%	Protein  21%	Protein  22%	Protein  22%	Protein  19%
Calories 2087	Calories 2130	Calories 2174	Calories 2124	Calories 2132	Calories 2176	Calories 2135
Fat 77g	Fat 77g	Fat 75g	Fat 70g	Fat 66g	Fat 65g	Fat 74g
Carbs 246g	Carbs 252g	Carbs 271g	Carbs 272g	Carbs 273g	Carbs 279g	Carbs 270g
Fiber 34g	Fiber 28g	Fiber 32g	Fiber 47g	Fiber 63g	Fiber 59g	Fiber 58g
Sugar 47g	Sugar 50g	Sugar 77g	Sugar 69g	Sugar 58g	Sugar 67g	Sugar 75g
Protein 110g	Protein 117g	Protein 116g	Protein 112g	Protein 121g	Protein 119g	Protein 103g
Cholesterol 404mg	Cholesterol 444mg	Cholesterol 352mg	Cholesterol 37mg	Cholesterol 37mg	Cholesterol 476mg	Cholesterol 476mg
Sodium 2404mg	Sodium 2094mg	Sodium 2337mg	Sodium 1985mg	Sodium 1890mg	Sodium 3097mg	Sodium 3318mg
Vitamin A 6534IU	Vitamin A 7938IU	Vitamin A 5104IU	Vitamin A 9216IU	Vitamin A 22931IU	Vitamin A 17428IU	Vitamin A 2186IU
Vitamin C 95mg	Vitamin C 54mg	Vitamin C 179mg	Vitamin C 153mg	Vitamin C 33mg	Vitamin C 43mg	Vitamin C 53mg
Calcium 1368mg	Calcium 1177mg	Calcium 1546mg	Calcium 1645mg	Calcium 1699mg	Calcium 1122mg	Calcium 815mg
Iron 14mg	Iron 13mg	Iron 17mg	Iron 25mg	Iron 29mg	Iron 26mg	Iron 22mg

Fruits

- 1/2 Avocado
- 1 Banana
- 1/2 cup Blueberries
- 1/2 tsp Lemon Juice
- 1 cup Pineapple
- 1 cup Raspberries

Breakfast

- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 tsps Cardamom
- 1 3/4 tsps Cinnamon
- 1/4 tsp Cumin
- 3/4 tsp Garlic Powder
- 1/4 tsp Herbes De Provence
- 1/8 tsp Oregano
- 2 tsps Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 1/3 tsps Taco Seasoning

Frozen

- 1 1/2 cups Frozen Blueberries
- 4 cups Frozen Vegetable Mix

Vegetables

- 1 cup Broccoli
- 1 Carrot
- 1/4 cup Cilantro
- 2 Cremini Mushrooms
- 1 Cucumber
- 1 Eggplant
- 2 stalks Green Onion
- 4 cups Kale Leaves
- 1 1/3 cups Mixed Greens
- 2 tsps Parsley
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 2 cups Shiitake Mushrooms
- 1/2 cup Sunflower Sprouts
- 2/3 Sweet Potato
- 1 Zucchini

Boxed & Canned

- 3/4 cup Black Rice
- 3/4 cup Brown Rice
- 6 1/2 cups Chickpeas
- 1 1/2 cups Lentils
- 2 tsps Marinara Sauce
- 3/4 cup Quick Oats
- 1 cup Quinoa
- 3/4 cup Whole Wheat Penne

Baking

- 1 1/2 tsps Nutritional Yeast
- 1 cup Oats
- 1 tbsp Raw Honey
- 1 tbsp Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 1/2 Bagel
- 74 grams Cheddar Cheese
- 283 grams Chicken Thighs
- 1/3 cup Cream Cheese, Regular
- 113 grams Mozzarella Cheese
- 2 pieces Naan
- 14 grams Pepperoni
- 227 grams Shrimp
- 85 grams Sliced Turkey Breast
- 227 grams Smoked Salmon
- 198 grams Sourdough Bread
- 802 grams Tofu
- 10 slices Whole Grain Bread

Condiments & Oils

- 1/2 cup Artichoke Hearts
- 3 tsps Avocado Oil
- 1/4 cup Barbecue Sauce
- 2 tsps Black Olives
- 2 2/3 tsps Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 2 1/2 tsps Gochujang
- 1 1/3 tsps Italian Dressing
- 3/4 cup Kimchi
- 1 tbsp Mayonnaise
- 1 2/3 tsps Rice Vinegar
- 1 tbsp Sesame Oil
- 1/2 tsp Sriracha
- 1 1/2 tsps Sun Dried Tomatoes
- 3 tsps Sunflower Seed Butter
- 2 1/4 tsps Tahini
- 1 1/8 tsps Tamari
- 2 tsps Tomato Sauce

Cold

- 7 Egg
- 3 1/3 cups Oat Milk
- 2 cups Plain Coconut Milk
- 2 tsps Unsweetened Coconut Yogurt

Other

- 1 1/4 cups Vanilla Protein Powder
- 1 1/8 cups Water



Blueberry Protein Oats

3 servings
10 minutes

Ingredients

- 3/4 cup Quick Oats
- 3 cups Oat Milk (plain, unsweetened)
- 1 1/2 tsps Cardamom (ground)
- 3 tbsps Sunflower Seed Butter
- 1 tbsp Raw Honey
- 3/4 cup Vanilla Protein Powder
- 1 1/2 cups Frozen Blueberries (or fresh)

Nutrition

Amount per serving	
Calories	443
Fat	16g
Carbs	51g
Fiber	8g
Sugar	21g
Protein	28g
Cholesterol	4mg
Sodium	141mg
Vitamin A	44IU
Vitamin C	3mg
Calcium	495mg
Iron	2mg

Directions

- 1 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 2 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 3 Transfer to a bowl and top with the blueberries. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to two days.

More Flavor: Add vanilla extract, cinnamon, or nutmeg.

Additional Toppings: Top with crushed nuts, shredded coconut, or hemp seeds.

No Oat Milk: Use plain coconut milk instead.



Banana Protein Oats

2 servings
10 minutes

Ingredients

- 1 cup Oats
- 2 cups Plain Coconut Milk (unsweetened from the carton)
- 1 Banana (sliced, plus extra for garnish)
- 2 tsps Maple Syrup
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 1 tsp Cinnamon (plus extra for garnish)
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Blueberries
- 2 tsps Unsweetened Coconut Yogurt
- 2 tsps Pumpkin Seeds
- 1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	487
Fat	14g
Carbs	63g
Fiber	9g
Sugar	23g
Protein	28g
Cholesterol	4mg
Sodium	378mg
Vitamin A	562IU
Vitamin C	9mg
Calcium	646mg
Iron	4mg

Directions

- 1 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 2 Turn off the heat and stir in the cinnamon and protein powder.
- 3 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed right away.

Gluten-Free: Use certified gluten-free oats.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.

No Coconut Milk: Use another plant-based milk like cashew, oat, or almond.



Super Simple French Toast

2 servings

10 minutes

Ingredients

- 4 Egg
- 4 slices Whole Grain Bread
- 1/4 cup Maple Syrup
- 1 cup Raspberries

Nutrition

Amount per serving	
Calories	498
Fat	13g
Carbs	71g
Fiber	10g
Sugar	33g
Protein	24g
Cholesterol	372mg
Sodium	462mg
Vitamin A	560IU
Vitamin C	16mg
Calcium	197mg
Iron	4mg

Directions

- 1 Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 2 Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
- 3 Top with raspberries and maple syrup. Enjoy!

Notes

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

Gluten-Free: Use gluten-free bread instead.

More Flavor: Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

Additional Toppings: Nuts, shredded coconut, nut or seed butter, or cottage cheese.



Pepperoni & Sun Dried Tomato Pizza Bagel

3 servings
10 minutes

Ingredients

- 1 1/2 Bagel (plain, cut in half)
- 2 tbsps Marinara Sauce
- 74 grams Cheddar Cheese (shredded)
- 14 grams Pepperoni (sliced)
- 1 1/2 tbsps Sun Dried Tomatoes (sliced)
- 1/8 tsp Oregano (dried, optional)

Nutrition

Amount per serving	
Calories	272
Fat	11g
Carbs	30g
Fiber	1g
Sugar	5g
Protein	12g
Cholesterol	29mg
Sodium	483mg
Vitamin A	357IU
Vitamin C	2mg
Calcium	297mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Put the bagel on a baking sheet and top it with the marinara sauce, cheese, pepperoni, and sun dried tomatoes. Bake for five to seven minutes or until the cheese has melted.
- 3 Top with oregano, if using, and enjoy!

Notes

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

Serving Size: One serving is half of a bagel with toppings.

Make it Vegan: Omit the pepperoni and use vegan cheese.

Additional Toppings: Add sliced mushrooms, onion, and/or bell peppers.

Gluten-Free: Use a gluten-free bagel.



Smoked Salmon Open-Face Sandwich

4 servings

5 minutes

Ingredients

198 grams Sourdough Bread
1/3 cup Cream Cheese, Regular
1/2 Cucumber (thinly sliced)
Sea Salt & Black Pepper (to taste)
227 grams Smoked Salmon
1/4 cup Red Onion (thinly sliced)
1/2 cup Sunflower Sprouts (optional)

Nutrition

Amount per serving	
Calories	272
Fat	9g
Carbs	27g
Fiber	1g
Sugar	2g
Protein	17g
Cholesterol	33mg
Sodium	719mg
Vitamin A	89IU
Vitamin C	3mg
Calcium	31mg
Iron	2mg

Directions

- 1 Spread the cream cheese on the sourdough. Top with the cucumber slices and season with salt and pepper. Add the smoked salmon, onion, and sprouts on top. Enjoy!

Notes

Leftovers: This is best enjoyed immediately after making.

Gluten-Free: Use gluten-free bread or a tortilla instead.

Dairy-Free: Use a dairy-free cream cheese.

Additional Toppings: Capers and/or fresh herbs.

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



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.



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.



Taco Spiced Chickpeas

4 servings
30 minutes

Ingredients

4 cups Chickpeas (cooked)
1 1/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste, optional)
1 1/3 tbsps Taco Seasoning

Nutrition

Amount per serving	
Calories	319
Fat	9g
Carbs	47g
Fiber	13g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	267mg
Vitamin A	44IU
Vitamin C	2mg
Calcium	90mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
- 4 Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers: Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

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

No Extra Virgin Olive Oil: Use avocado oil instead.



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

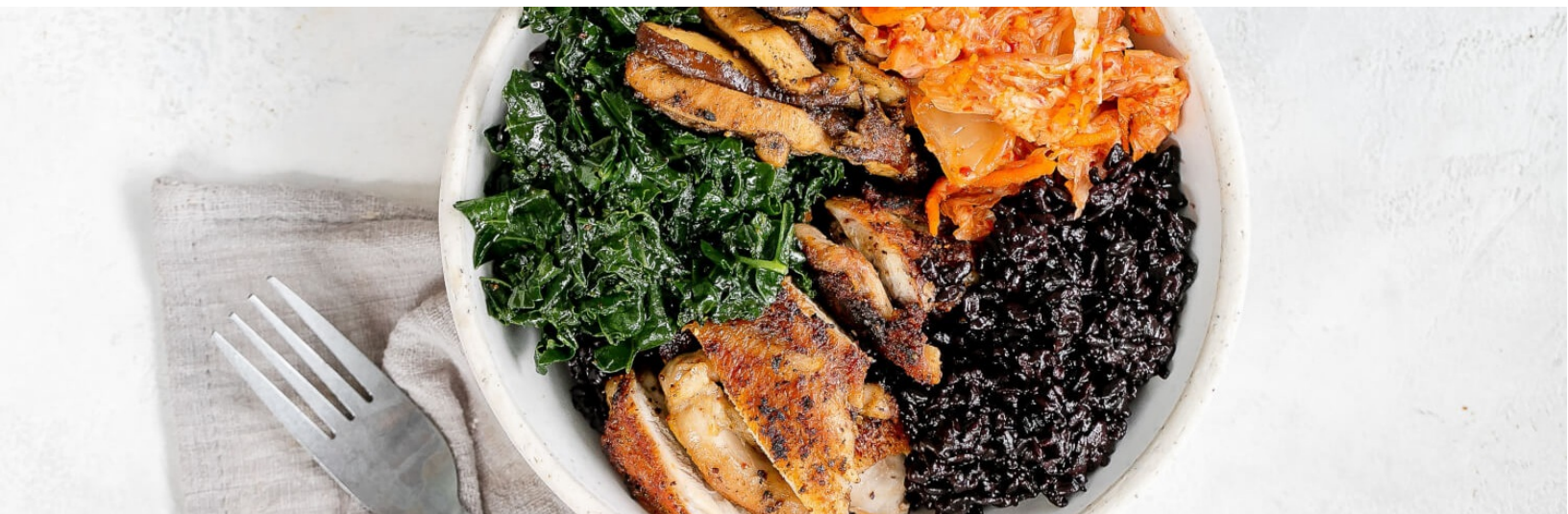
- 1 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 2 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove 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.



Chicken, Rice & Kimchi Bowl

2 servings
30 minutes

Ingredients

3/4 cup Black Rice (uncooked)
283 grams Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 tbsps Avocado Oil (divided)
2 cups Shiitake Mushrooms (stem removed, sliced)
4 cups Kale Leaves
2 1/2 tbsps Gochujang
1 1/2 tsps Water
3/4 cup Kimchi

Nutrition

Amount per serving	
Calories	684
Fat	23g
Carbs	85g
Fiber	8g
Sugar	14g
Protein	38g
Cholesterol	133mg
Sodium	943mg
Vitamin A	2107IU
Vitamin C	40mg
Calcium	190mg
Iron	5mg

Directions

- 1 Cook the rice according to package directions.
- 2 Pat the chicken dry and season with salt and pepper.
- 3 Heat a large skillet over medium-high heat and add half of the oil. Add the chicken thighs and cook for five to six minutes per side, or until cooked through. Remove the chicken from the pan and set aside. Once cool, slice into strips.
- 4 In the same skillet over medium heat, add the remaining oil. Add the mushrooms and cook for five minutes, until softened, stirring often.
- 5 Move the mushrooms to one side of the pan and add the kale. Cook until wilted slightly, about one to two minutes. Remove the skillet from the heat and season the mushrooms and kale with salt and pepper.
- 6 In a small bowl, mix together the gochujang and water.
- 7 Divide the rice, chicken, mushrooms, and kale evenly between bowls. Add the kimchi and top with gochujang. Enjoy!

Notes

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

More Flavor: Season the chicken with garlic powder, ginger powder and/or gochugaru.



Hawaiian BBQ Tofu Bowls

2 servings
30 minutes

Ingredients

- 225 grams Tofu (cubed)
- 1/4 cup Barbecue Sauce
- 1 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 1 cup Pineapple (sliced)
- 1/4 cup Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	442
Fat	16g
Carbs	60g
Fiber	8g
Sugar	25g
Protein	20g
Cholesterol	0mg
Sodium	370mg
Vitamin A	2324IU
Vitamin C	134mg
Calcium	391mg
Iron	5mg

Directions

- 1 Combine the tofu and barbecue sauce. Let sit for 10 to 15 minutes while you move on to the next tasks.
- 2 Preheat oven to 375°F (191°C) and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in the oven for 20 minutes.
- 3 Combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 4 While the veggies roast and quinoa cooks, heat remaining olive oil in a frying pan over medium heat. Add the tofu and BBQ sauce, cook for 5 to 10 minutes, turning often.
- 5 Divide quinoa into bowls and top with roasted veggies, pineapple, tofu and cilantro. Enjoy!

Notes

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



Chickpea, Tofu & Sweet Potato Quinoa Salad

2 servings
30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 265 grams Tofu (cut into triangles)
- 1 2/3 cups Chickpeas (cooked)
- 2/3 Sweet Potato (cubed)
- 2 tsps Coconut Aminos
- 1 1/3 tsps Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 1 1/3 cups Mixed Greens
- 1 1/3 tsps Italian Dressing

Nutrition

Amount per serving	
Calories	604
Fat	22g
Carbs	75g
Fiber	16g
Sugar	11g
Protein	32g
Cholesterol	0mg
Sodium	251mg
Vitamin A	6197IU
Vitamin C	5mg
Calcium	487mg
Iron	9mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 3 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 4 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for three days. Store the Italian dressing separately.
- Serving Size:** One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.
- More Flavor:** Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.
- Additional Toppings:** Hemp hearts, dried cranberries and/or goat cheese.
- No Coconut Aminos:** Use soy sauce or tamari instead.
- No Italian Dressing:** Use your favourite premade dressing or make your own.



Tofu & Lentil Stir Fry with Veggies

2 servings
25 minutes

Ingredients

- 1 tbsp Sesame Oil
- 227 grams Tofu (firm, drained, cubed)
- 4 cups Frozen Vegetable Mix
- 1 1/2 cups Lentils (rinsed and drained)
- 2 tbsps Coconut Aminos
- 1 tbsp Rice Vinegar
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (chopped)
- 1 tbsp Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	609
Fat	16g
Carbs	84g
Fiber	30g
Sugar	18g
Protein	36g
Cholesterol	0mg
Sodium	408mg
Vitamin A	16061IU
Vitamin C	15mg
Calcium	490mg
Iron	11mg

Directions

- 1 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 2 Add the tofu and cook until browned on all sides, about five minutes.
- 3 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 4 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 5 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!

Notes

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

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

More Flavor: Serve with noodles. Use fresh vegetables.

No Coconut Aminos: Use soy sauce or tamari.



Turkey, Artichoke & Olive Naan Pizza

2 servings

15 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Tomato Sauce
- 113 grams Mozzarella Cheese (shredded, divided)
- 1/2 cup Artichoke Hearts (from the can, drained, sliced)
- 85 grams Sliced Turkey Breast (chopped)
- 2 Cremini Mushrooms (sliced)
- 2 tbsps Black Olives (pitted, sliced)

Nutrition

Amount per serving	
Calories	478
Fat	18g
Carbs	50g
Fiber	5g
Sugar	6g
Protein	27g
Cholesterol	71mg
Sodium	1241mg
Vitamin A	674IU
Vitamin C	7mg
Calcium	314mg
Iron	4mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Spread the tomato sauce evenly over the naan. Top with half the mozzarella, artichoke hearts, turkey, mushrooms, olives, and then the remaining mozzarella.
- 3 Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. Cut into slices and enjoy!

Notes

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

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

Naan: One piece of naan is 3.2 oz or 90 grams.



Eggplant & Crispy Chickpeas with Tahini

1 serving
40 minutes

Ingredients

- 1 Eggplant (cut in half lengthwise)
- 1 tbsp Avocado Oil (divided)
- 1 cup Chickpeas (cooked)
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Cumin
- 2 1/4 tps Tahini
- 1/2 tsp Lemon Juice
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	568
Fat	25g
Carbs	75g
Fiber	29g
Sugar	26g
Protein	20g
Cholesterol	0mg
Sodium	629mg
Vitamin A	819IU
Vitamin C	25mg
Calcium	183mg
Iron	7mg

Directions

- 1 Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.
- 2 Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.
- 3 Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
- 4 Once the eggplant and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the tahini dressing separately. Reheat the eggplant and chickpeas in the oven or microwave.

More Flavor: Add spices to the chickpeas such as paprika, or add garlic to the tahini sauce.