



**EXERCISE**  
*with Style*

Flat Stomach Big Booty Meal  
Plan Vegetarian PDF (fat loss)

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Zucchini & Yogurt Protein Overnight Oats	 Zucchini & Yogurt Protein Overnight Oats	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge
Snack 1	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Cottage Cheese Crackers with Salsa	 Cottage Cheese Crackers with Salsa	 Cottage Cheese Crackers with Salsa	 Cottage Cheese Crackers with Salsa
Lunch	 Spinach Chickpea Pasta Salad	 Hummus Pasta	 Roasted Broccoli Quinoa Salad	 Tempeh, Quinoa & Broccoli	 Tofu Veggie Fried Rice	 Tofu & Cauliflower Fried Rice	 Mushroom & Edamame Stir Fry
Snack 2	 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Berries	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers	 Cottage Cheese Crackers with Cucumbers
Dinner	 Hummus Pasta	 Roasted Broccoli Quinoa Salad	 Tempeh, Quinoa & Broccoli	 Tofu Veggie Fried Rice	 Tofu & Cauliflower Fried Rice	 Mushroom & Edamame Stir Fry	 Grilled Vegetable & Lentil Salad

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  27%	Fat  28%	Fat  27%	Fat  29%	Fat  29%	Fat  29%	Fat  31%
Carbs  46%	Carbs  46%	Carbs  46%	Carbs  44%	Carbs  46%	Carbs  44%	Carbs  42%
Protein  27%	Protein  26%	Protein  27%	Protein  27%	Protein  25%	Protein  27%	Protein  27%
Calories	Calories	Calories	Calories	Calories	Calories	Calories
1356	1359	1392	1460	1453	1318	1287
Fat	Fat	Fat	Fat	Fat	Fat	Fat
45g	46g	44g	49g	49g	46g	47g
Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs
169g	167g	169g	171g	176g	153g	145g
Fiber	Fiber	Fiber	Fiber	Fiber	Fiber	Fiber
52g	48g	41g	24g	26g	40g	47g
Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
57g	51g	49g	28g	29g	41g	46g
Protein	Protein	Protein	Protein	Protein	Protein	Protein
98g	95g	100g	103g	97g	96g	95g
Cholesterol	Cholesterol	Cholesterol	Cholesterol	Cholesterol	Cholesterol	Cholesterol
63mg	48mg	48mg	244mg	244mg	36mg	53mg
Sodium	Sodium	Sodium	Sodium	Sodium	Sodium	Sodium
1908mg	2191mg	2343mg	2495mg	3154mg	3601mg	2978mg
Vitamin A	Vitamin A	Vitamin A	Vitamin A	Vitamin A	Vitamin A	Vitamin A
8378IU	5084IU	5075IU	5669IU	11109IU	8041IU	5412IU
Vitamin C	Vitamin C	Vitamin C	Vitamin C	Vitamin C	Vitamin C	Vitamin C
282mg	347mg	420mg	154mg	81mg	76mg	197mg
Calcium	Calcium	Calcium	Calcium	Calcium	Calcium	Calcium
1526mg	1652mg	1719mg	1171mg	1322mg	1174mg	1066mg
Iron	Iron	Iron	Iron	Iron	Iron	Iron
21mg	18mg	16mg	14mg	13mg	15mg	18mg

**Fruits**

- 3 Grapefruit
- 3 1/4 Lemon
- 3 1/2 tbsps Lemon Juice
- 1 1/2 cups Raspberries

**Breakfast**

- 3 tbsps Almond Butter
- 2 tsps Maple Syrup

**Seeds, Nuts & Spices**

- 1 tbsp Cashews
- 3 tbsps Chia Seeds
- 2 1/4 tsps Cinnamon
- 1 tsp Everything Bagel Seasoning
- 2 tsps Greek Seasoning
- 2/3 tsp Italian Seasoning
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper

**Frozen**

- 3 cups Cauliflower Rice
- 2 cups Frozen Berries
- 3 cups Frozen Cauliflower
- 3 cups Frozen Edamame
- 3 cups Frozen Raspberries

**Vegetables**

- 1 1/4 cups Arugula
- 1 cup Baby Spinach
- 2 tbsps Basil Leaves
- 6 1/16 cups Broccoli
- 1 1/2 Carrot
- 1 cup Cherry Tomatoes
- 10 Cremini Mushrooms
- 2 Cucumber
- 5 1/3 Garlic
- 1 tbsp Ginger
- 1/2 Green Bell Pepper
- 4 1/2 stalks Green Onion
- 1 cup Kale Leaves
- 2 cups Mixed Greens
- 1/4 cup Parsley
- 1/2 cup Portobello Mushroom
- 1/2 cup Purple Cabbage
- 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 2 tbsps Shallot
- 1/2 Yellow Onion
- 3/4 Zucchini

**Boxed & Canned**

- 1/2 cup Brown Rice
- 170 grams Chickpea Pasta
- 1/2 cup Jasmine Rice
- 1/2 cup Lentils
- 22 slices Light Rye Crisp Bread
- 1 cup Quinoa
- 1/2 cup Salsa
- 1/3 cup Vegetable Broth

**Baking**

- 1 1/2 cups Oats

**Bread, Fish, Meat & Cheese**

- 1/4 cup Feta Cheese
- 28 grams Mozzarella Ball
- 170 grams Tempeh
- 577 grams Tofu

**Condiments & Oils**

- 2 2/3 tbsps Balsamic Vinegar
- 2 3/4 tsps Extra Virgin Olive Oil
- 2 tbsps Green Olives
- 1 tbsp Italian Dressing
- 3/4 tsp Red Wine Vinegar
- 1 tbsp Rice Vinegar
- 1 3/4 tbsps Sesame Oil
- 1 1/2 tsps Sriracha
- 1/3 cup Tamari

**Cold**

- 7 cups Cottage Cheese
- 1/3 cup Cow's Milk, Whole
- 2 Egg
- 1 cup Egg Whites
- 1/3 cup Hummus
- 1 cup Plain Greek Yogurt
- 6 cups Unsweetened Almond Milk

**Other**

- 1 cup Vanilla Protein Powder
- 1/3 cup Water



## Raspberry Zinger Smoothie

3 servings

10 minutes

### Ingredients

3 cups Frozen Cauliflower  
3 cups Frozen Raspberries  
3 Lemon (juiced)  
3/4 cup Vanilla Protein Powder  
3 tbsps Chia Seeds  
4 1/2 cups Unsweetened Almond Milk

### Directions

1

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

### Notes

**No Protein Powder:** Use 1/4 cup hemp seeds per serving instead.

### Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	319mg
Vitamin A	873IU
Vitamin C	100mg
Calcium	934mg
Iron	4mg



## Zucchini & Yogurt Protein Overnight Oats

2 servings

8 hours

### Ingredients

1/3 cup Cow's Milk, Whole  
1 cup Oats  
1 cup Plain Greek Yogurt  
2 tps Maple Syrup  
1/4 Zucchini (small, grated)  
1 tbsp Almond Butter  
1/4 tsp Cinnamon  
2 tbsps Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	360
Fat	11g
Carbs	43g
Fiber	5g
Sugar	10g
Protein	24g
Cholesterol	22mg
Sodium	103mg
Vitamin A	741IU
Vitamin C	12mg
Calcium	386mg
Iron	3mg

### Directions

1

Add all of the ingredients to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours. Enjoy!

### Notes

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

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

**Additional Toppings:** Top with chocolate chips.

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



## Mixed Berry Protein Porridge

2 servings  
15 minutes

### Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 cups Frozen Berries
- 2 tsps Cinnamon
- 1 cup Egg Whites
- 2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g
Cholesterol	0mg
Sodium	325mg
Vitamin A	382IU
Vitamin C	40mg
Calcium	464mg
Iron	3mg

### Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

### Notes

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

**More Flavor:** Add maple syrup or honey and vanilla extract.

**Additional Toppings:** Additional almond butter, banana slices, fresh berries, or extra cinnamon.

**No Almond Milk:** Use another dairy or dairy alternative milk instead.

**No Almond Butter:** Use another nut or seed butter instead.

**Frozen Berries:** This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



## Grapefruit with Cottage Cheese

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Cottage Cheese
- 3 Grapefruit (peeled, cut into sections)

### Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	24g
Fiber	3g
Sugar	21g
Protein	13g
Cholesterol	18mg
Sodium	331mg
Vitamin A	2520IU
Vitamin C	88mg
Calcium	118mg
Iron	0mg

### Directions

- 1 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

### Notes

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

**Additional Toppings:** Hemp seeds, chia seeds, shredded coconut, and/or honey.

**Make it Vegan:** Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.



## Cottage Cheese Crackers with Salsa

4 servings

5 minutes

### Ingredients

2 cups Cottage Cheese  
8 slices Light Rye Crisp Bread  
1/2 cup Salsa

### Nutrition

Amount per serving	
Calories	152
Fat	5g
Carbs	17g
Fiber	5g
Sugar	4g
Protein	14g
Cholesterol	18mg
Sodium	632mg
Vitamin A	297IU
Vitamin C	1mg
Calcium	106mg
Iron	1mg

### Directions

1

Spread the cottage cheese on top of each crisp bread. Top with salsa and enjoy!

### Notes

**Gluten-Free:** Use gluten-free crackers instead.

**Additional Toppings:** Top with fresh parsley, cilantro, or avocado slices.



## Spinach Chickpea Pasta Salad

1 serving  
10 minutes

### Ingredients

57 grams Chickpea Pasta  
2 tbsps Green Olives (pitted, quartered)  
2 tbsps Shallot (chopped)  
1/2 cup Cherry Tomatoes (halved)  
1/2 Green Bell Pepper (medium, diced)  
28 grams Mozzarella Ball (pearls)  
1 tbsp Italian Dressing  
1 cup Baby Spinach  
2 tbsps Basil Leaves

### Nutrition

Amount per serving	
Calories	348
Fat	12g
Carbs	45g
Fiber	12g
Sugar	11g
Protein	23g
Cholesterol	23mg
Sodium	516mg
Vitamin A	4192IU
Vitamin C	69mg
Calcium	262mg
Iron	8mg

### Directions

- 1 Cook the pasta al dente according to the package directions. Drain and rinse under cold water.
- 2 In a bowl, add the olives, shallot, tomatoes, peppers, mozzarella balls, and dressing. Mix to combine. Add the spinach and the basil and toss to combine.
- 3 Refrigerate until ready to serve. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**Make it Vegan:** Use dairy-free cheese.

**More Flavor:** Add a cooked protein of your choice.



## Cottage Cheese Crackers with Berries

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Cottage Cheese
- 6 slices Light Rye Crisp Bread
- 1 1/2 cups Raspberries

### Nutrition

Amount per serving	
Calories	175
Fat	5g
Carbs	22g
Fiber	8g
Sugar	6g
Protein	14g
Cholesterol	18mg
Sodium	401mg
Vitamin A	167IU
Vitamin C	16mg
Calcium	112mg
Iron	2mg

### Directions

- 1 Spread the cottage cheese on top of each crisp bread. Top with raspberries and enjoy!

### Notes

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## Cottage Cheese Crackers with Cucumbers

4 servings

5 minutes

### Ingredients

2 cups Cottage Cheese  
8 slices Light Rye Crisp Bread  
2 Cucumber (medium, sliced)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	165
Fat	5g
Carbs	20g
Fiber	5g
Sugar	5g
Protein	15g
Cholesterol	18mg
Sodium	404mg
Vitamin A	305IU
Vitamin C	4mg
Calcium	120mg
Iron	1mg

### Directions

- 1 Spread the cottage cheese on top of each crisp bread. Top with cucumbers, salt, and pepper. Enjoy!

### Notes

**Gluten-Free:** Use gluten-free crackers instead.

**Additional Toppings:** Add sliced tomatoes.



## Hummus Pasta

2 servings

15 minutes

### Ingredients

113 grams Chickpea Pasta (dry)  
1/3 cup Frozen Edamame  
1/2 tsp Extra Virgin Olive Oil  
1/3 cup Cherry Tomatoes (halved)  
1 1/4 cups Arugula  
1 1/2 tsps Lemon Juice  
1/3 cup Hummus  
1 tsp Everything Bagel Seasoning  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	340
Fat	14g
Carbs	42g
Fiber	12g
Sugar	7g
Protein	21g
Cholesterol	0mg
Sodium	341mg
Vitamin A	626IU
Vitamin C	9mg
Calcium	100mg
Iron	7mg

### Directions

- 1 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 2 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of pasta.

**Additional Toppings:** Top with chopped parsley and a drizzle of olive oil.



## Roasted Broccoli Quinoa Salad

2 servings  
35 minutes

### Ingredients

175 grams Tofu (extra-firm, pressed and cut into 1-cm cubes)  
3 cups Broccoli (cut into florets)  
1/2 cup Red Onion (chopped)  
1 1/2 tps Extra Virgin Olive Oil  
2 tps Greek Seasoning  
3 tbsps Lemon Juice (divided)  
1/2 cup Quinoa  
2 tbsps Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	351
Fat	13g
Carbs	43g
Fiber	8g
Sugar	5g
Protein	20g
Cholesterol	8mg
Sodium	799mg
Vitamin A	898IU
Vitamin C	134mg
Calcium	388mg
Iron	5mg

### Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 3 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 4 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 5 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.

**Serving Size:** One serving is approximately two cups of salad.

**More Flavor:** Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

**Make it Vegan:** Omit the feta or use dairy-free feta instead.

**No Broccoli:** Use cauliflower or Brussels sprouts instead.

**No Greek Seasoning:** Use a combination of dried herbs and spices instead.



## Tempeh, Quinoa & Broccoli

2 servings

55 minutes

### Ingredients

- 2 2/3 tbsps Vegetable Broth
- 2 2/3 tbsps Balsamic Vinegar
- 2/3 tsp Italian Seasoning
- 1/3 tsp Sea Salt
- 1 1/3 Garlic (clove, minced)
- 170 grams Tempeh (cut into thin pieces)
- 1/2 cup Quinoa (uncooked)
- 2 cups Broccoli (cut into florets)

### Nutrition

Amount per serving	
Calories	373
Fat	12g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	26g
Cholesterol	0mg
Sodium	493mg
Vitamin A	617IU
Vitamin C	82mg
Calcium	167mg
Iron	5mg

### Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

### Notes

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

**No Quinoa:** Use rice instead.

**No Italian Seasoning:** Use any combination of dried herbs.

**More Flavor:** Drizzle the broccoli with extra virgin olive oil.

**Broccoli:** Use fresh or frozen broccoli or substitute other vegetable instead.



## Tofu Veggie Fried Rice

2 servings

35 minutes

### Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 2 1/4 tps Sesame Oil (divided)
- 227 grams Tofu (extra firm, drained and diced)
- Sea Salt & Black Pepper (to taste, divided)
- 1 cup Broccoli (chopped)
- 1/2 cup Purple Cabbage (thinly sliced)
- 1/2 Carrot (medium, diced)
- 2 Egg (large, whisked)
- 1 1/2 tbsps Tamari
- 1 1/2 stalks Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	410
Fat	16g
Carbs	47g
Fiber	4g
Sugar	4g
Protein	24g
Cholesterol	186mg
Sodium	863mg
Vitamin A	3709IU
Vitamin C	55mg
Calcium	392mg
Iron	4mg

### Directions

- 1 Cook the jasmine rice according to package directions.
- 2 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 3 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 4 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 5 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**No Tamari:** Use soy sauce or coconut aminos instead.

**Additional Toppings:** Add corn, mushrooms, or green peas.



## Tofu & Cauliflower Fried Rice

2 servings

35 minutes

### Ingredients

- 1/2 cup Brown Rice
- 175 grams Tofu (extra-firm, pressed then crumbled into pieces)
- 2 tbsps Tamari (divided)
- 1 tbsp Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 1 Carrot (medium, peeled and chopped)
- 1/2 cup Frozen Edamame (thawed)
- 1/3 cup Water
- 2 Garlic (clove, minced)
- 3 stalks Green Onion (chopped, divided)
- 1 1/2 tsps Sriracha
- 1 cup Cauliflower Rice

### Nutrition

Amount per serving	
Calories	366
Fat	12g
Carbs	49g
Fiber	7g
Sugar	6g
Protein	20g
Cholesterol	0mg
Sodium	1152mg
Vitamin A	6057IU
Vitamin C	9mg
Calcium	318mg
Iron	4mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the tofu to a bowl with 1/4 of the tamari and the rice vinegar. Stir to combine and ensure the tofu is well coated.
- 3 Heat the sesame oil over medium heat. Add the seasoned tofu and cook for five to six minutes or until browned. Transfer to a plate or bowl and set aside.
- 4 To the same pan add the carrots, edamame, and water. Cover with a lid and steam for about five minutes until the carrots are just tender.
- 5 Add the garlic and half of the green onion and stir to combine then add the remaining tamari and sriracha. Stir well and ensure the tamari is bubbling before adding the cauliflower rice, cooked brown rice, and tofu to the pan. Stir to combine and continue to cook for two to three minutes or until the cauliflower rice is tender. Stir in the remaining green onions. Season with additional tamari or salt if needed.
- 6 Divide between plates or bowls and enjoy!

### Notes

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

**More Flavour:** Add fresh ginger.

**No Tamari:** Use soy sauce or coconut aminos instead.

**No Edamame:** Use green peas instead.



## Mushroom & Edamame Stir Fry

2 servings

20 minutes

### Ingredients

- 1 1/2 tps Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 1 cup Kale Leaves (finely chopped)
- 2 cups Frozen Edamame (thawed)
- 2 tbsps Vegetable Broth
- 2 tbsps Tamari
- 1 tbsp Ginger (fresh, finely grated)
- 2 Garlic (clove, minced)
- 2 cups Cauliflower Rice

### Nutrition

Amount per serving	
Calories	291
Fat	12g
Carbs	27g
Fiber	12g
Sugar	10g
Protein	26g
Cholesterol	0mg
Sodium	1088mg
Vitamin A	1000IU
Vitamin C	22mg
Calcium	166mg
Iron	6mg

### Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

### Notes

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

**More Flavor:** Add rice vinegar, honey or red pepper flakes to the sauce.

**Additional Toppings:** Asian-style hot sauce or sesame seeds.

**No Cauliflower Rice:** Use white rice, brown rice or quinoa instead.

**No Kale :** Use spinach or Swiss chard instead.



## Grilled Vegetable & Lentil Salad

1 serving  
20 minutes

### Ingredients

- 1/2 Red Bell Pepper (cored and sliced)
- 1/4 cup Red Onion (coarsely chopped)
- 1/2 Zucchini (sliced into rounds)
- 1/2 cup Portobello Mushroom (sliced)
- 3/4 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Cashews
- 1/4 Lemon (juiced)
- 3/4 tsp Tamari
- 1/4 cup Parsley
- 1 1/2 tps Water
- 3/4 tsp Red Wine Vinegar
- 2 cups Mixed Greens
- 1/2 cup Lentils (cooked, drained and rinsed)
- 2 tbsps Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	17mg
Sodium	529mg
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

### Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

### Notes

**No Lentils:** Use chickpeas or black beans instead.

**Vegan:** Omit the cheese and top with toasted cashews instead.

**Save Time:** Chop all vegetables in advance and store in the fridge until ready to grill.

**Leftovers:** Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

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Iron

7mg