



EXERCISE
with Style

Flat Stomach Big Booty Meal
Plan Vegetarian PDF (muscle
gain)

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Banana Protein Oats	 Banana Protein Oats	 Lemony Yogurt & Ricotta Cups	 Lemony Yogurt & Ricotta Cups
Snack 1	 Cherry Raspberry Smoothie	 Cherry Raspberry Smoothie	 Cherry Raspberry Smoothie	 Egg & Spinach on Toast	 Egg & Spinach on Toast	 Egg & Spinach on Toast	 Egg & Spinach on Toast
Lunch	 Spicy Tofu & Cauliflower Soup	 Tofu & Veggie Quinoa Stir Fry	 Pot Pie Chickpea Pasta	 Tortellini, Artichoke & Chickpea Salad	 Green Poutine	 Chickpea & Tofu Curry	 Chickpea, Tofu & Sweet Potato Quinoa Salad
Snack 2	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie	 Blueberry Cobbler Smoothie
Dinner	 Tofu & Veggie Quinoa Stir Fry	 Pot Pie Chickpea Pasta	 Tortellini, Artichoke & Chickpea Salad	 Green Poutine	 Chickpea & Tofu Curry	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Balsamic Roasted Tempeh Bowls

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  33%	Fat  32%	Fat  29%	Fat  29%	Fat  32%	Fat  34%
Carbs  44%	Carbs  42%	Carbs  45%	Carbs  50%	Carbs  49%	Carbs  46%	Carbs  44%
Protein  25%	Protein  25%	Protein  23%	Protein  21%	Protein  22%	Protein  22%	Protein  22%
Calories 1912	Calories 2075	Calories 2100	Calories 2135	Calories 2196	Calories 2154	Calories 2014
Fat 70g	Fat 81g	Fat 79g	Fat 70g	Fat 71g	Fat 77g	Fat 78g
Carbs 221g	Carbs 233g	Carbs 251g	Carbs 272g	Carbs 277g	Carbs 255g	Carbs 226g
Fiber 61g	Fiber 62g	Fiber 65g	Fiber 49g	Fiber 57g	Fiber 53g	Fiber 37g
Sugar 51g	Sugar 53g	Sugar 59g	Sugar 59g	Sugar 71g	Sugar 64g	Sugar 51g
Protein 126g	Protein 135g	Protein 125g	Protein 116g	Protein 124g	Protein 121g	Protein 113g
Cholesterol 18mg	Cholesterol 18mg	Cholesterol 54mg	Cholesterol 244mg	Cholesterol 208mg	Cholesterol 260mg	Cholesterol 260mg
Sodium 4409mg	Sodium 1008mg	Sodium 1389mg	Sodium 2554mg	Sodium 1773mg	Sodium 1538mg	Sodium 1538mg
Vitamin A 2649IU	Vitamin A 6091IU	Vitamin A 6121IU	Vitamin A 14790IU	Vitamin A 15381IU	Vitamin A 13356IU	Vitamin A 22420IU
Vitamin C 398mg	Vitamin C 253mg	Vitamin C 51mg	Vitamin C 121mg	Vitamin C 136mg	Vitamin C 88mg	Vitamin C 84mg
Calcium 2240mg	Calcium 1918mg	Calcium 1656mg	Calcium 1395mg	Calcium 1627mg	Calcium 1863mg	Calcium 1476mg
Iron 25mg	Iron 29mg	Iron 25mg	Iron 25mg	Iron 33mg	Iron 29mg	Iron 21mg

Fruits

- 1 3/4 Banana
- 2 1/2 cups Blueberries
- 1 1/8 cups Cherries
- 1/2 Lemon
- 1/4 cup Lemon Juice
- 1/2 tsp Lemon Zest
- 2 1/2 cups Raspberries

Breakfast

- 3 tbsps Almond Butter
- 2/3 cup Granola
- 1 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 1/4 tsps Cajun Seasoning
- 1/4 cup Cashews
- 1/3 cup Chia Seeds
- 2 tsps Chili Flakes
- 1 tsp Chinese Five Spice
- 1 tbsp Cinnamon
- 1 tbsp Curry Powder
- 1 1/2 tsps Dried Thyme
- 1/2 tsp Italian Seasoning
- 1/2 tsp Paprika
- 1/4 cup Pumpkin Seeds
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 3/4 cup Frozen Cherries
- 1/2 cup Frozen Corn
- 1 cup Frozen Edamame
- 1/2 cup Frozen Peas
- 3/4 cup Frozen Raspberries

Vegetables

- 2 cups Asparagus
- 2 cups Baby Kale
- 5 1/3 cups Baby Spinach
- 1 cup Broccoli
- 1 cup Butternut Squash
- 1 2/3 Carrot
- 1/2 head Cauliflower
- 2/3 cup Cilantro
- 12 3/4 Garlic
- 1/2 Leeks
- 1 1/3 cups Mixed Greens
- 2 2/3 cups Mushrooms
- 2 2/3 tbsps Red Onion
- 2/3 Sweet Potato
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion
- 2 Yellow Potato
- 1/2 Zucchini

Boxed & Canned

- 151 grams Chickpea Pasta
- 5 1/3 cups Chickpeas
- 2 cups Diced Tomatoes
- 1 cup Lima Beans
- 1 1/3 cups Quinoa
- 1/2 cup Vegetable Broth
- 2 cups Vegetable Broth, Low Sodium

Baking

- 2 tbsps Almond Flour
- 1 tsp Arrowroot Powder
- 1/4 cup Cocoa Powder
- 2/3 cup Nutritional Yeast
- 3 1/3 cups Oats
- 1/4 cup Pitted Dates
- 2 1/2 tbsps Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1/2 cup Ricotta Cheese
- 198 grams Sourdough Bread
- 84 grams Tempeh
- 960 grams Tofu

Condiments & Oils

- 1 cup Artichoke Hearts
- 2 1/16 tsps Balsamic Vinegar
- 2 1/16 tsps Coconut Aminos
- 1 1/2 tbsps Coconut Butter
- 1/2 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Italian Dressing
- 2 tbsps Pesto
- 1 2/3 tbsps Rice Vinegar
- 1 tsp Sesame Oil
- 1 tbsp Soy Sauce

Cold

- 118 grams Cashew Cream Cheese
- 170 grams Cheese Tortellini
- 2 cups Cottage Cheese
- 1 1/2 cups Cow's Milk, Reduced Fat
- 4 Egg
- 3 1/2 cups Plain Coconut Milk
- 1 1/2 cups Plain Greek Yogurt
- 2 1/4 cups Unsweetened Almond Milk
- 3 cups Unsweetened Cashew Milk
- 2 tbsps Unsweetened Coconut Yogurt

Other

- 1 1/8 cups Chocolate Protein Powder
- 1 cup Vanilla Protein Powder
- 1 1/2 cups Water



Chocolate Protein Overnight Oats

3 servings**8 hours**

Ingredients

- 1 1/2 cups Oats
- 2 1/4 cups Unsweetened Almond Milk
- 3/4 cup Chocolate Protein Powder
- 1/4 cup Cocoa Powder
- 3 tbsps Almond Butter
- 1 tbsp Maple Syrup
- 1 1/2 cups Raspberries (plus extra to garnish)

Nutrition

Amount per serving	
Calories	424
Fat	15g
Carbs	49g
Fiber	14g
Sugar	8g
Protein	31g
Cholesterol	4mg
Sodium	165mg
Vitamin A	395IU
Vitamin C	16mg
Calcium	560mg
Iron	4mg

Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide evenly between containers and top with additional raspberries, if using. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

Additional Toppings: If a thinner consistency is desired, stir in a splash of milk when ready to eat.



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.



Lemony Yogurt & Ricotta Cups

2 servings

5 minutes

Ingredients

1 1/2 cups Plain Greek Yogurt
1/2 cup Ricotta Cheese
1/2 tsp Lemon Zest
1 cup Raspberries
2/3 cup Granola

Nutrition

Amount per serving	
Calories	460
Fat	20g
Carbs	43g
Fiber	8g
Sugar	15g
Protein	27g
Cholesterol	56mg
Sodium	185mg
Vitamin A	1242IU
Vitamin C	28mg
Calcium	549mg
Iron	3mg

Directions

- 1 In a bowl mix together the yogurt, ricotta, and lemon zest. Top with raspberries and granola. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups total.

More Flavor: Add a drizzle of honey or maple syrup.

Additional Toppings: Top with hemp seeds and/or additional fruit.



Cherry Raspberry Smoothie

3 servings

5 minutes

Ingredients

- 1 1/2 cups Cow's Milk, Reduced Fat
- 3/4 cup Frozen Raspberries
- 3/4 Banana (frozen)
- 3/4 cup Frozen Cherries
- 1/3 cup Oats
- 1/3 cup Vanilla Protein Powder
- 1 1/2 tbsps Coconut Butter

Nutrition

Amount per serving	
Calories	258
Fat	9g
Carbs	31g
Fiber	6g
Sugar	16g
Protein	16g
Cholesterol	12mg
Sodium	81mg
Vitamin A	382IU
Vitamin C	10mg
Calcium	223mg
Iron	1mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 2/3 cup.

Dairy-Free: Use a dairy-free milk such as almond, cashew, or oat.

No Protein Powder: Omit or add a few spoonfuls of hemp seeds instead.

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

No Frozen Fruit: Use fresh instead.



Egg & Spinach on Toast

4 servings

15 minutes

Ingredients

4 Egg
2 tsp Extra Virgin Olive Oil
8 Garlic (cloves, sliced)
2 tsp Chili Flakes
5 1/3 cups Baby Spinach
1/2 tsp Sea Salt (to taste)
198 grams Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	234
Fat	7g
Carbs	28g
Fiber	2g
Sugar	0g
Protein	13g
Cholesterol	186mg
Sodium	637mg
Vitamin A	4021IU
Vitamin C	14mg
Calcium	78mg
Iron	3mg

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the egg. Cook for 6 1/2 minutes for a soft-boiled egg. Once the egg is done, add to a bowl of ice water and set aside.
- 2 Meanwhile, heat the oil in a skillet over medium heat. Add garlic and chili flakes and sauté for a minute. Add spinach and cook for two to three minutes or until soft. Season with salt and pepper.
- 3 Add the spinach to the toast. Peel the egg, slice it in half, and place it on top of the spinach. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add onion and tomatoes.

Gluten-Free: Use gluten-free bread instead.



Spicy Tofu & Cauliflower Soup

1 serving
25 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Leeks (small, trimmed, sliced)
- 1/2 head Cauliflower (medium, roughly chopped)
- 2 1/4 tps Cajun Seasoning
- 2 cups Vegetable Broth, Low Sodium
- 100 grams Tofu (soft, cut into chunks)
- 1 cup Lima Beans (cooked)
- 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	453
Fat	13g
Carbs	62g
Fiber	19g
Sugar	12g
Protein	28g
Cholesterol	0mg
Sodium	3653mg
Vitamin A	877IU
Vitamin C	152mg
Calcium	425mg
Iron	9mg

Directions

- 1 Heat the oil in a large saucepan over medium heat. Add the leeks and the cauliflower and cook, stirring, for five to eight minutes or until softened.
- 2 Stir in the seasoning and the broth, then add the tofu and lima beans.
- 3 Bring to a boil, reduce heat, and simmer on low until it thickens for about 10 minutes.
- 4 Remove from heat. Add the cilantro and blend the soup with an immersion blender until smooth. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to three months.

Serving Size: One serving is equal to two cups.

More Flavors: Top with cheese and/or avocado slices and serve with tortilla chips.

No Lima Beans: Use any cooked white bean.



Chocolate Cherry Chia Pudding

3 servings
30 minutes

Ingredients

- 1/3 cup Chia Seeds
- 1 1/2 cups Plain Coconut Milk (unsweetened, from the carton)
- 1/3 cup Chocolate Protein Powder
- 1 1/8 cups Cherries (pitted)
- 1 1/2 tbsps Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	249
Fat	12g
Carbs	24g
Fiber	10g
Sugar	11g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	287IU
Vitamin C	4mg
Calcium	443mg
Iron	2mg

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

Notes

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

No Protein Powder: Use raw cacao powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Additional Toppings: Add granola or cacao nibs on top for crunch.

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



Blueberry Cobbler Smoothie

4 servings

5 minutes

Ingredients

3 cups Unsweetened Cashew Milk
2 cups Blueberries (fresh or frozen)
1/2 cup Oats (quick or rolled)
2 cups Cottage Cheese
1/4 cup Pitted Dates
3 tbsps Lemon Juice
2 tsps Cinnamon

Nutrition

Amount per serving	
Calories	242
Fat	8g
Carbs	31g
Fiber	4g
Sugar	16g
Protein	14g
Cholesterol	18mg
Sodium	396mg
Vitamin A	567IU
Vitamin C	12mg
Calcium	190mg
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.

Pitted Dates: One serving is equal to approximately one to two dates.

Make it Vegan: Use coconut yogurt instead of cottage cheese.

More Fiber: Add ground flax seed.

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

No Cashew Milk: Use any milk of choice.

No Dates: Sweeten with maple syrup, honey, stevia, or banana instead.



Tofu & Veggie Quinoa Stir Fry

2 servings
20 minutes

Ingredients

- 2/3 cup Quinoa (dry)
- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Bell Pepper
- 1 cup Broccoli (cut into florets)
- 1 cup Frozen Edamame
- 340 grams Tofu (cubed)
- 1 tsp Chinese Five Spice
- 1 tsp Sesame Oil
- 1 tbsp Soy Sauce
- 1 tbsp Rice Vinegar

Nutrition

Amount per serving	
Calories	528
Fat	21g
Carbs	55g
Fiber	12g
Sugar	4g
Protein	37g
Cholesterol	0mg
Sodium	469mg
Vitamin A	708IU
Vitamin C	216mg
Calcium	589mg
Iron	9mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 In a large pan, heat the olive oil over medium heat and add the bell pepper, broccoli, and edamame. Sauté until the vegetables start to soften, about five to seven minutes.
- 3 Add the remaining ingredients and gently mix well, being sure to not break up the tofu.
- 4 Divide the quinoa evenly between bowls and top with the tofu and vegetable mixture. Enjoy!

Notes

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

Serving Size: One serving is 2/3 cup of cooked quinoa, 6 oz (170g) of tofu, and 1/2 cup of edamame.

More Flavor: Add minced shallots, garlic, and green onions.

Additional Toppings: Chopped peanuts, sesame seeds, cilantro, basil, and/or hot sauce.

No Soy Sauce: Use tamari or coconut aminos instead.



Pot Pie Chickpea Pasta

2 servings
35 minutes

Ingredients

151 grams Chickpea Pasta (dry)
1 1/3 tsps Extra Virgin Olive Oil
1/3 Yellow Onion (medium, diced)
1 1/3 Garlic (cloves, minced)
2/3 Carrot (large, chopped)
1/2 cup Frozen Corn
1/2 cup Frozen Peas
118 grams Cashew Cream Cheese
Sea Salt & Black Pepper (to taste)
2 2/3 tbsps Nutritional Yeast (divided)
2 tbsps Almond Flour

Nutrition

Amount per serving	
Calories	616
Fat	24g
Carbs	74g
Fiber	20g
Sugar	14g
Protein	37g
Cholesterol	0mg
Sodium	252mg
Vitamin A	4319IU
Vitamin C	7mg
Calcium	103mg
Iron	13mg

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the chickpea pasta according to package directions.
- 3 Heat the oil in an oven-safe pan over medium heat. Add the onion, cook for two minutes, then add the garlic and cook for another two minutes, stirring frequently.
- 4 Add the carrots and cook for five minutes, continuing to stir. Add the corn and peas and cook for another five minutes. Add the cashew cheese and half of the nutritional yeast. Stir to allow the cashew cheese to melt. Add the salt and pepper to taste.
- 5 Once the pasta is finished cooking, add it to the pan and stir to combine. Remove from heat and sprinkle the almond flour and remaining nutritional yeast on top. Bake in the oven for 15 minutes, or until just starting to brown. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.
Serving Size: One serving is equal to approximately 1 1/2 cups.



Tortellini, Artichoke & Chickpea Salad

2 servings
15 minutes

Ingredients

- 170 grams Cheese Tortellini
- 1 cup Chickpeas (cooked)
- 2 cups Baby Kale
- 2 tbsps Pesto
- 1 tbsp Lemon Juice
- 1 cup Artichoke Hearts (from the can, drained)
- 2 tbsps Pumpkin Seeds (optional)

Nutrition

Amount per serving	
Calories	553
Fat	19g
Carbs	73g
Fiber	15g
Sugar	10g
Protein	27g
Cholesterol	36mg
Sodium	850mg
Vitamin A	738IU
Vitamin C	14mg
Calcium	327mg
Iron	5mg

Directions

- 1 Cook the tortellini according to the directions on the package. Drain, rinse well, and set aside to cool.
- 2 Combine all the ingredients including the cooked and cooled tortellini in a serving bowl and mix to coat.
- 3 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for four days.

Serving Size: One serving is about two cups.

More Flavor: Add crumbled feta, goat cheese, sun dried tomatoes and/or fresh herbs like chives, basil and parsley.



Green Poutine

2 servings

45 minutes

Ingredients

2 Yellow Potato (medium)
2 cups Asparagus
2 tbsps Extra Virgin Olive Oil (divided)
2 cups Mushrooms (sliced)
1/4 Yellow Onion (medium, diced)
1 Garlic (clove, minced)
1 1/2 tsps Dried Thyme
1/2 cup Vegetable Broth
1 tsp Arrowroot Powder
1 cup Butternut Squash (peeled and cubed)
1/2 cup Water
1/4 cup Cashews
1/2 cup Nutritional Yeast
1/2 Lemon (juiced)
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g
Cholesterol	0mg
Sodium	293mg
Vitamin A	8902IU
Vitamin C	72mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

Calcium	154mg
Iron	12mg



Chickpea & Tofu Curry

2 servings
20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, chopped)
- 255 grams Tofu (firm, drained, cubed)
- 2 2/3 cups Chickpeas (from the can, drained and rinsed)
- 2 cups Diced Tomatoes (from the can, with the juices)
- 1/2 cup Water
- 1 tbsp Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	614
Fat	20g
Carbs	78g
Fiber	23g
Sugar	22g
Protein	35g
Cholesterol	0mg
Sodium	69mg
Vitamin A	1329IU
Vitamin C	29mg
Calcium	559mg
Iron	13mg

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 2 Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
- 3 Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the cilantro. Divide evenly between bowls and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately two cups.



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.



Balsamic Roasted Tempeh Bowls

1 serving

1 hour

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 2 tsps Balsamic Vinegar
- 1/2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Italian Seasoning
- 83 grams Tempeh
- 2 2/3 tbsps Red Onion (medium, sliced)
- 1 Carrot (medium, peeled and chopped)
- 2/3 cup Mushrooms (quartered)
- 1/2 Zucchini (sliced)
- 1/4 cup Quinoa (dry)
- 1/3 cup Water

Nutrition

Amount per serving	
Calories	474
Fat	21g
Carbs	49g
Fiber	7g
Sugar	9g
Protein	27g
Cholesterol	0mg
Sodium	69mg
Vitamin A	10393IU
Vitamin C	25mg
Calcium	172mg
Iron	5mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 4 days.