



## 28 Day Balanced 2500 Calorie Meal Plan PDF (Week 4)

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**EXERCISE**  
*with Style*

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## EXERCISE WITH STYLE

### How To Use Our Meal Plans

You can repeat the same day for several days if you like.

You can make changes within the same day. For example, you can switch Monday's lunch and dinner. Or, have the afternoon snack in the morning. But, what you can't do is switch meals from different days. For example, switch Monday's lunch for Wednesday's lunch. This can change the calorie and macro distribution for the day.

Leftovers appear "greyed out" on your planner and can be a fast and easy way to prep meals for future meals.

**Get a customized road map from me personally.**

As a side note, if you're serious about taking your health and nutrition to the next level; every month I offer a limited number of 1-on-1 calls where I give you personalized insights and actionable advice.

We'll take what you're learning here and turn it into a **customized nutrition plan tailored to your unique goals, lifestyle, and preferences.**

In addition, I can also answer any questions you have about my 3 month 1-on-1 program if I have spots available. [You can book a call with me here.](#)

If you have any question about your meal plan please email me at [brenda.peralta@exercisewithstyle.com](mailto:brenda.peralta@exercisewithstyle.com)

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## MON



**BREAKFAST**  
Scrambled Eggs with Toasted Bagel & Peach



**SNACK 1**  
Taco Spiced Chickpeas



**LUNCH**  
Green Poutine



**SNACK 2**  
Mixed Berry Protein Porridge



**DINNER**  
Fajita Spiced Tofu & Rice

## TUE



**BREAKFAST**  
Scrambled Eggs with Toasted Bagel & Peach



**SNACK 1**  
Taco Spiced Chickpeas



**LUNCH**  
Fajita Spiced Tofu & Rice



**SNACK 2**  
Mixed Berry Protein Porridge



**DINNER**  
Halloumi & Olive Spaghetti

## WED



**BREAKFAST**  
Scrambled Eggs with Toasted Bagel & Peach



**SNACK 1**  
Taco Spiced Chickpeas



**LUNCH**  
Halloumi & Olive Spaghetti



**SNACK 2**  
Mixed Berry Protein Porridge



**DINNER**  
Chickpea, Tofu & Sweet Potato Quinoa Salad

## THU



**BREAKFAST**  
Blackberry, Chia & Almond Butter Toast, Greek Yogurt



**SNACK 1**  
Chickpea Fritters



**LUNCH**  
Chickpea, Tofu & Sweet Potato Quinoa Salad



**SNACK 2**  
Cherries, Banana & Cottage Cheese



**DINNER**  
Spicy Shrimp Sushi Bowls

## FRI



**BREAKFAST**  
Blackberry, Chia & Almond Butter Toast, Greek Yogurt



**SNACK 1**  
Chickpea Fritters



**LUNCH**  
Spicy Shrimp Sushi Bowls



**SNACK 2**  
Cherries, Banana & Cottage Cheese



**DINNER**  
Balsamic Roasted Tempeh Bowls

## SAT



**BREAKFAST**  
Trail Mix with Banana, Savory Chickpea & Spinach Muffins



**SNACK 1**  
Chickpea Fritters



**LUNCH**  
Balsamic Roasted Tempeh Bowls



**SNACK 2**  
Cherries, Banana & Cottage Cheese



**DINNER**  
Red Curry Poached Cod

## SUN



**BREAKFAST**  
Trail Mix with Banana, Savory Chickpea & Spinach Muffins



**SNACK 1**  
Chickpea Fritters



**LUNCH**  
Red Curry Poached Cod



**SNACK 2**  
Cherries, Banana & Cottage Cheese



**DINNER**  
Pot Pie Chickpea Pasta

## MON

FAT 30% CARBS 50% PROTEIN 20%

Calories 2345  
Fat 81g  
Carbs 301g  
Fiber 52g  
Sugar 60g  
Protein 121g

Cholesterol 558mg  
Sodium 2206mg  
Vitamin A 15303IU  
Vitamin C 208mg  
Calcium 1433mg  
Iron 32mg

## TUE

FAT 33% CARBS 47% PROTEIN 20%

Calories 2282  
Fat 85g  
Carbs 276g  
Fiber 41g  
Sugar 55g  
Protein 115g

Cholesterol 621mg  
Sodium 2953mg  
Vitamin A 7276IU  
Vitamin C 153mg  
Calcium 1976mg  
Iron 24mg

## WED

FAT 33% CARBS 46% PROTEIN 21%

Calories 2413  
Fat 90g  
Carbs 284g  
Fiber 52g  
Sugar 62g  
Protein 127g

Cholesterol 621mg  
Sodium 2539mg  
Vitamin A 8797IU  
Vitamin C 74mg  
Calcium 2061mg  
Iron 28mg

## THU

FAT 33% CARBS 45% PROTEIN 22%

Calories 2284  
Fat 87g  
Carbs 261g  
Fiber 50g  
Sugar 59g  
Protein 127g

Cholesterol 238mg  
Sodium 1975mg  
Vitamin A 12640IU  
Vitamin C 46mg  
Calcium 1278mg  
Iron 19mg

## FRI

FAT 35% CARBS 43% PROTEIN 22%

Calories 2154  
Fat 86g  
Carbs 235g  
Fiber 41g  
Sugar 57g  
Protein 122g

Cholesterol 238mg  
Sodium 1793mg  
Vitamin A 16836IU  
Vitamin C 66mg  
Calcium 963mg  
Iron 15mg

## SAT

FAT 33% CARBS 47% PROTEIN 20%

Calories 2124  
Fat 81g  
Carbs 254g  
Fiber 33g  
Sugar 65g  
Protein 110g

Cholesterol 86mg  
Sodium 2171mg  
Vitamin A 15403IU  
Vitamin C 108mg  
Calcium 576mg  
Iron 15mg

## SUN

FAT 32% CARBS 48% PROTEIN 20%

Calories 2266  
Fat 84g  
Carbs 279g  
Fiber 46g  
Sugar 70g  
Protein 120g

Cholesterol 86mg  
Sodium 2354mg  
Vitamin A 9329IU  
Vitamin C 90mg  
Calcium 507mg  
Iron 23mg

## FRUITS

- 1/2 Avocado
- 6 Banana
- 1/2 cup Blackberries
- 2 cups Cherries
- 1/4 Lemon
- 1 Lime
- 3 Peach

## BREAKFAST

- 1/2 cup Almond Butter

## SEEDS, NUTS & SPICES

- 2 tbsps Cashews
- 2 tsps Chia Seeds
- 1 tbsp Cinnamon
- 2/3 cup Clean Trail Mix
- 2/3 tsp Dried Parsley
- 3/4 tsp Dried Thyme
- 2/3 tsp Garlic Powder
- 1 tsp Italian Seasoning
- 1/4 tsp Paprika
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Smoked Paprika
- 2 tbsps Taco Seasoning

## FROZEN

- 3 cups Frozen Berries
- 1/4 cup Frozen Corn
- 1/4 cup Frozen Peas

## VEGETABLES

- 1 cup Asparagus
- 2 1/3 cups Baby Spinach
- 1/2 cup Butternut Squash
- 3 1/3 Carrot
- 2 tbsps Chives
- 1/2 Cucumber
- 2 1/8 Garlic
- 2 cups Green Beans
- 1 1/3 cups Mixed Greens
- 2 1/3 cups Mushrooms
- 1/8 Orange Bell Pepper
- 2 1/16 tbsps Parsley
- 1 Red Bell Pepper
- 1/3 cup Red Onion
- 2/3 Sweet Potato
- 1/2 White Onion
- 1/3 Yellow Onion
- 1 Yellow Potato
- 1 Zucchini

## BOXED & CANNED

- 1/2 cup Basmati Rice
- 3/4 cup Brown Rice
- 1 cup Canned Coconut Milk
- 76 grams Chickpea Pasta
- 7 cups Chickpeas
- 1 1/16 cups Diced Tomatoes
- 3/4 cup Jasmine Rice
- 1 cup Quinoa
- 1/4 cup Vegetable Broth
- 128 grams Whole Wheat Spaghetti

## BAKING

- 1/3 cup All Purpose Gluten-Free Flour
- 1 tbsp Almond Flour
- 1/2 tsp Arrowroot Powder
- 1/8 tsp Baking Powder

## BREAD, FISH, MEAT & CHEESE

- 3 Bagel
- 1 Cod Fillet
- 142 grams Halloumi
- 227 grams Shrimp
- 167 grams Tempeh
- 515 grams Tofu
- 2 slices Whole Grain Bread

## CONDIMENTS & OILS

- 1 1/3 tbsps Balsamic Vinegar
- 2 1/16 tsps Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 1 1/3 tbsps Italian Dressing
- 1 tbsp Mayonnaise
- 2 1/16 tsps Rice Vinegar
- 1/2 tsp Sriracha
- 2 tsps Tamari
- 2 tbsps Thai Red Curry Paste
- 2 2/3 tbsps Vegan Mayonnaise

## COLD

- 59 grams Cashew Cream Cheese
- 4 cups Cottage Cheese
- 9 Egg
- 1 1/2 cups Egg Whites
- 1 1/16 cups Plain Greek Yogurt
- 2 1/4 cups Unsweetened Almond Milk

## OTHER

- 2 1/16 cups Water



- 1/3 cup Chickpea Flour
- 2/3 cup Nutritional Yeast
- 3/4 cup Oats

# Scrambled Eggs with Toasted Bagel & Peach

3 SERVINGS 10 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
9 Egg (whisked)  
3 Bagel (sliced in half, toasted)  
3 Peach (sliced)  
Sea Salt & Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	590	Cholesterol	558mg
Fat	21g	Sodium	656mg
Carbs	70g	Vitamin A	1299IU
Fiber	4g	Vitamin C	10mg
Sugar	22g	Calcium	323mg
Protein	31g	Iron	7mg

## DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.
- 02 Serve the eggs with the bagel and peach. Season with salt and pepper to taste. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days. Slice the peach and toast the bagel when ready to serve.

### MORE FLAVOR

Add chives to the eggs. Add butter, peanut butter, and/or jam to the bagel.

### GLUTEN-FREE

Use a gluten-free bagel.

# Blackberry, Chia & Almond Butter Toast

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup Blackberries  
2 tsps Chia Seeds  
2 slices Whole Grain Bread (toasted)  
1/4 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	336	Cholesterol	0mg
Fat	20g	Sodium	160mg
Carbs	29g	Vitamin A	77IU
Fiber	10g	Vitamin C	8mg
Sugar	6g	Calcium	187mg
Protein	13g	Iron	3mg

## DIRECTIONS

- 01 In a bowl, mash the blackberries lightly with a fork. Stir in the chia seeds.
- 02 Spread the almond butter onto the toast. Top with the blackberry mixture. Enjoy!

## NOTES

### LEFTOVERS

For best results, enjoy freshly made. Refrigerate for up to one day.

### SERVING SIZE

One serving is one piece of toast.

### MORE FLAVOR

Use raspberries or strawberries instead. Use peanut butter or pumpkin seed butter instead.

### GLUTEN-FREE

Use gluten-free bread instead of whole grain bread.

# Greek Yogurt

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Plain Greek Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	90	Cholesterol	17mg
Fat	2g	Sodium	70mg
Carbs	6g	Vitamin A	625IU
Fiber	0g	Vitamin C	7mg
Sugar	3g	Calcium	250mg
Protein	11g	Iron	0mg

## DIRECTIONS

01 Scoop into a bowl and enjoy!

## NOTES

### TOPPINGS

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

### DAIRY-FREE

Use coconut, almond or cashew yogurt instead.



# Trail Mix with Banana

2 SERVINGS 5 MINUTES



## INGREDIENTS

2/3 cup Clean Trail Mix  
2 Banana

## DIRECTIONS

01 Divide trail mix into bowls or containers, and serve with a banana on the side.  
Happy snacking!

## NUTRITION

### AMOUNT PER SERVING

Calories	336	Cholesterol	0mg
Fat	15g	Sodium	116mg
Carbs	49g	Vitamin A	85IU
Fiber	3g	Vitamin C	11mg
Sugar	14g	Calcium	45mg
Protein	8g	Iron	2mg

# Savory Chickpea & Spinach Muffins

2 SERVINGS 1 HOUR 10 MINUTES



## INGREDIENTS

1/3 cup Chickpea Flour  
2 tsps Nutritional Yeast  
1/8 tsp Baking Powder  
1/4 tsp Sea Salt  
1/8 tsp Smoked Paprika  
1/3 cup Water  
1/8 Orange Bell Pepper (chopped)  
1/3 cup Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Cholesterol	0mg
Fat	1g	Sodium	309mg
Carbs	10g	Vitamin A	600IU
Fiber	2g	Vitamin C	30mg
Sugar	1g	Calcium	41mg
Protein	5g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 02 In a large bowl, whisk together the flour, nutritional yeast, baking powder, salt, and smoked paprika.
- 03 Add the water and whisk to combine until smooth. Fold in the peppers and spinach. Let the batter sit at room temperature for 15 to 20 minutes.
- 04 Divide the batter evenly between muffin cups, approximately 1/3 cup per muffin. Transfer to the oven and bake for 35 to 45 minutes, or until the muffins are cooked through and golden brown. Let them cool in the tray for ten minutes before removing.
- 05 Serve warm and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat in the oven or microwave until warm.

### SERVING SIZE

One serving is one muffin.

### MORE FLAVOR

Add black salt for an egg-like taste. Add garlic powder or finely minced garlic. Use different vegetables such as corn, finely chopped broccoli, carrots, peas, and/or baby kale.

### ADDITIONAL TOPPINGS

Cheese and/or fresh herbs.

#### DONENESS

When testing the cups to see if they are cooked through, use a toothpick to insert and test for doneness. Allow the cups to cool in the pan for ten minutes as they will continue baking and then remove.

# Taco Spiced Chickpeas

3 SERVINGS 30 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
- 04 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.



# Chickpea Fritters

4 SERVINGS 15 MINUTES



## INGREDIENTS

2 1/3 cups Chickpeas (cooked)  
1/3 cup All Purpose Gluten-Free Flour  
1/3 cup Nutritional Yeast  
2 2/3 tbsps Vegan Mayonnaise  
2/3 tsp Dried Parsley (dried)  
2/3 tsp Garlic Powder  
2/3 tsp Sea Salt  
1 1/3 tbsps Water  
2 tsps Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	331	Cholesterol	0mg
Fat	11g	Sodium	504mg
Carbs	42g	Vitamin A	28IU
Fiber	12g	Vitamin C	1mg
Sugar	5g	Calcium	56mg
Protein	16g	Iron	4mg

## DIRECTIONS

- 01 In a medium-sized bowl, combine the chickpeas, flour, nutritional yeast, mayonnaise, parsley, garlic, salt, and water. Mix well and mash the chickpeas until well blended.
- 02 Divide the chickpea mixture into six flat patties using slightly damp hands.
- 03 Heat a nonstick skillet over medium heat and add the oil. Once hot, add the fritters and fry for three to four minutes per side, until browned and crispy. Be careful not to crowd the pan and work in batches if needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days, or freeze for longer.

### SERVING SIZE

One serving is two fritters.

### FLOUR

Use another type of flour such as regular all purpose or chickpea flour.

### ADDITIONAL TOPPINGS

Dip in your favorite sauce or mix together coconut yogurt, dill, and lemon for a refreshing dip.

# Green Poutine

1 SERVING 45 MINUTES



## INGREDIENTS

1 Yellow Potato (medium)  
1 cup Asparagus  
1 tbsp Extra Virgin Olive Oil (divided)  
1 cup Mushrooms (sliced)  
1/8 Yellow Onion (medium, diced)  
1/2 Garlic (clove, minced)  
3/4 tsp Dried Thyme  
1/4 cup Vegetable Broth  
1/2 tsp Arrowroot Powder  
1/2 cup Butternut Squash (peeled and cubed)  
1/4 cup Water  
2 tbsps Cashews  
1/4 cup Nutritional Yeast  
1/4 Lemon (juiced)  
1/4 tsp Paprika  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	619	Cholesterol	0mg
Fat	22g	Sodium	293mg
Carbs	77g	Vitamin A	8902IU
Fiber	19g	Vitamin C	72mg
Sugar	10g	Calcium	154mg
Protein	34g	Iron	12mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 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.
- 04 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.
- 05 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.
- 06 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

# Mixed Berry Protein Porridge

3 SERVINGS 15 MINUTES



## INGREDIENTS

2 1/4 cups Unsweetened Almond Milk  
3/4 cup Oats (rolled)  
3 cups Frozen Berries  
1 tbsp Cinnamon  
1 1/2 cups Egg Whites  
3 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

- 01 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.
- 02 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.



# Cherries, Banana & Cottage Cheese

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Cottage Cheese  
4 Banana (medium, sliced)  
2 cups Cherries (pitted, fresh or frozen)

## NUTRITION

### AMOUNT PER SERVING

Calories	359	Cholesterol	36mg
Fat	10g	Sodium	663mg
Carbs	46g	Vitamin A	419IU
Fiber	5g	Vitamin C	16mg
Sugar	30g	Calcium	190mg
Protein	25g	Iron	1mg

## DIRECTIONS

01 Top the cottage cheese with banana slices and cherries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

### ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.



# Fajita Spiced Tofu & Rice

2 SERVINGS 20 MINUTES



## INGREDIENTS

3/4 cup Jasmine Rice  
250 grams Tofu (extra-firm, pressed and crumbled into large pieces)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1 Red Bell Pepper (diced)  
2 cups Baby Spinach (chopped)  
1 tbsp Taco Seasoning  
1 1/2 tsps Tamari

## NUTRITION

### AMOUNT PER SERVING

Calories	473	Cholesterol	0mg
Fat	17g	Sodium	665mg
Carbs	67g	Vitamin A	4676IU
Fiber	5g	Vitamin C	84mg
Sugar	4g	Calcium	402mg
Protein	20g	Iron	5mg

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Heat 2/3 of the oil in a non-stick pan over medium heat. Add the crumbled tofu and cook for eight to 10 minutes or until the tofu is browned. Transfer to a plate and set aside.
- 03 Add the remaining oil to the pan and cook the red bell pepper for three to five minutes or until just tender. Add the spinach and stir until wilted, then add the browned tofu back to the pan.
- 04 Add the taco seasoning and tamari to the pan and stir well.
- 05 To serve, divide the rice between plates and top with the tofu mixture. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately one cup of the tofu and veggies.

### MORE FLAVOR

Add lime juice, salsa, or hot sauce.

### ADDITIONAL TOPPINGS

Avocado, cilantro, or green onion.

### NO TAMARI

Use soy sauce or coconut aminos instead.

### NO RED BELL PEPPER

Use a yellow or orange bell pepper instead.

# Halloumi & Olive Spaghetti

2 SERVINGS 20 MINUTES



## INGREDIENTS

128 grams Whole Wheat Spaghetti  
1/2 cup Water (reserved from cooking pasta)  
142 grams Halloumi (sliced)  
1 cup Diced Tomatoes (from the can, with juices)  
Sea Salt & Black Pepper (to taste)  
1/4 cup Green Olives (pitted, halved)  
2 tbsps Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	556	Cholesterol	63mg
Fat	26g	Sodium	1040mg
Carbs	52g	Vitamin A	875IU
Fiber	8g	Vitamin C	17mg
Sugar	5g	Calcium	697mg
Protein	28g	Iron	4mg

## DIRECTIONS

- 01 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 02 Warm a pan over medium-high heat. Cook the halloumi slices until golden brown, about one to two minutes per side. Remove and set aside.
- 03 In the same pan, add the tomatoes, salt, and pepper. Let simmer on low heat for about five minutes. Add the olives, cooked pasta, and pasta water. Stir and toss to combine.
- 04 Divide the pasta evenly between plates. Top with parsley and halloumi. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### MORE FLAVOR

Add bell peppers and mushrooms.

### ADDITIONAL TOPPINGS

Parmesan cheese and/or basil leaves.

### GLUTEN-FREE

Use gluten-free pasta instead.



# 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 tbsps Extra Virgin Olive Oil  
2 tsps Rice Vinegar  
1 1/3 cups Mixed Greens  
1 1/3 tbsps Italian Dressing

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 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.
- 03 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.
- 04 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.

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

## DIRECTIONS

- 01 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 02 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.
- 03 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 04 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.



# Balsamic Roasted Tempeh Bowls

2 SERVINGS 1 HOUR



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 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.
- 03 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 04 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.
- 05 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.



# Red Curry Poached Cod

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/2 cup Basmati Rice (uncooked)
- 2 cups Green Beans (trimmed)
- 1 cup Canned Coconut Milk
- 2 tbsps Thai Red Curry Paste
- 1/2 White Onion (small, thinly sliced)
- 1 Cod Fillet
- 1 Lime (juiced)
- 2 tbsps Chives (finely chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	555	Cholesterol	50mg
Fat	23g	Sodium	510mg
Carbs	58g	Vitamin A	3878IU
Fiber	4g	Vitamin C	25mg
Sugar	6g	Calcium	72mg
Protein	29g	Iron	2mg

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Add the green beans to a steamer over boiling water, cover, and steam for about four minutes, or until tender.
- 03 Place the coconut milk, curry paste, and onions in a pan over medium-high heat. Bring to a boil, reduce the heat to low, and simmer for two minutes.
- 04 Add the fish, cover, and cook for five minutes, or until cooked through.
- 05 To serve, divide the rice, green beans, fish, and the poaching liquid evenly between plates. Top with lime juice and chives. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 2 3/4 cups.

### MORE FLAVOR

Add fresh ginger, garlic and/or Thai basil.

### VEGETABLES

Use broccoli, cauliflower, bell pepper, carrots, kale, or spinach instead of green beans.

### MAKE IT VEGAN

Use chickpeas, tofu, or tempeh instead of fish.

### FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.

# Pot Pie Chickpea Pasta

1 SERVING 35 MINUTES



## INGREDIENTS

76 grams Chickpea Pasta (dry)  
2/3 tsp Extra Virgin Olive Oil  
1/8 Yellow Onion (medium, diced)  
2/3 Garlic (cloves, minced)  
1/3 Carrot (large, chopped)  
1/4 cup Frozen Corn  
1/4 cup Frozen Peas  
59 grams Cashew Cream Cheese  
Sea Salt & Black Pepper (to taste)  
1 1/3 tbsps Nutritional Yeast (divided)  
1 tbsp Almond Flour

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Cook the chickpea pasta according to package directions.
- 03 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.
- 04 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.
- 05 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.