



5:2 Intermittent Fasting Plan






















Sarah Carolides

<https://www.sarahcarolides.com>

Here it is.. our 5:2 intermittent fasting plan.

Tuesday and Friday are 800 calorie days. Be careful what drinks you add in, as a latte can add between 150 and 300 calories. Stick to water, herb teas and black coffee.

You can of course switch the 800 calorie days for any other day during the week that works.
The other days are around 1,800 kcal a day.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Orange Creamsicle Overnight Oats	Saucy Lentils & Eggs	Orange Creamsicle Overnight Oats	Chicken Breakfast Sausages	Saucy Lentils & Eggs	Pan Seared Peaches with Dukkah	Pan Seared Peaches with Dukkah
Lunch							
	Mini Submarine Sandwich	Edamame & Tahini on Toast	Moroccan Harira Soup	Chickpea Pasta with Pesto	Baked Spinach & Artichoke Dip	Pomegranate Chicken & Rice	Peach & Couscous Steak Salad
Dinner							
	Honey Garlic Chicken Thighs	Coquilles Saint Jacques	Chickpea Pasta with Pesto	Pan-Fried Trout with Herbed Rice	Smoked Salmon & Sweet Potato Bowl	Peach & Couscous Steak Salad	Tempeh, Quinoa & Edamame Stuffed Peppers

Fruits

- 1 Lemon
- 10 milliliters Lemon Juice
- 3 Navel Orange
- 2 1/2 Peach

Seeds, Nuts & Spices

- 12 grams Almonds
- 1 gram Black Pepper
- 1 gram Chili Flakes
- 8 grams Chili Powder
- 3 grams Coriander Seed
- 3 grams Cumin
- 500 milligrams Fennel Seed
- 2 grams Garlic Powder
- 4 grams Harissa
- 17 grams Hazelnuts
- 60 grams Hemp Seeds
- 12 grams Moroccan Spice Blend
- 2 grams Onion Powder
- 34 grams Pine Nuts
- 17 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 5 grams Sesame Seeds

Frozen

- 78 grams Frozen Blueberries
- 142 grams Frozen Edamame
- 156 grams Frozen Spinach

Vegetables

- 402 grams Asparagus
- 120 grams Baby Spinach
- 106 grams Basil Leaves
- 149 grams Cherry Tomatoes
- 13 grams Cilantro
- 1/2 Cucumber
- 2 grams Fresh Dill
- 9 1/2 Garlic
- 1/8 head Iceberg Lettuce
- 6 grams Mint Leaves
- 120 grams Mushrooms
- 1 Orange Bell Pepper
- 42 grams Parsley
- 1/4 Red Bell Pepper
- 567 milligrams Rosemary
- 53 grams Shallot
- 2 Sweet Potato
- 1 1/4 Yellow Onion

Boxed & Canned

- 250 grams Basmati Rice
- 172 grams Black Beans
- 14 grams Bread Crumbs
- 118 milliliters Chicken Broth
- 355 milliliters Chicken Broth, Low Sodium
- 227 grams Chickpea Pasta
- 246 grams Chickpeas
- 104 grams Corn Tortilla Chips
- 87 grams Couscous
- 726 grams Diced Tomatoes
- 144 grams Dry Lentils
- 61 grams Jasmine Rice
- 396 grams Lentils
- 41 grams Quick Oats
- 128 grams Quinoa
- 125 grams Tomato Purée
- 360 milliliters Vegetable Broth, Low Sodium
- 43 grams Whole Wheat Spaghetti

Baking

Bread, Fish, Meat & Cheese

- 454 grams Chicken Drumsticks
- 454 grams Chicken Thighs
- 227 grams Extra Lean Ground Chicken
- 454 grams Ground Lamb
- 54 grams Gruyere Cheese
- 113 grams Mozzarella Cheese
- 75 grams Parmigiano Reggiano
- 43 grams Provolone Cheese
- 2 Rainbow Trout Fillet
- 283 grams Ribeye Steak, Boneless
- 28 grams Salami, Mild
- 170 grams Scallops
- 57 grams Sliced Ham
- 170 grams Smoked Salmon
- 85 grams Sourdough Baguette
- 113 grams Tempeh
- 2 slices Whole Grain Bread

Condiments & Oils

- 390 grams Artichoke Hearts
- 8 milliliters Avocado Oil
- 2 milliliters Coconut Oil
- 91 milliliters Extra Virgin Olive Oil
- 55 grams Mayonnaise
- 63 grams Pesto
- 14 grams Pickled Red Onions
- 23 grams Tahini
- 5 grams Yellow Mustard

Cold

- 85 grams Butter
- 28 grams Cashew Cream Cheese
- 420 grams Cottage Cheese
- 119 milliliters Cow's Milk, Whole
- 7 Egg
- 791 grams Plain Greek Yogurt
- 118 milliliters Pomegranate Juice
- 113 grams Unsweetened Coconut Yogurt

Other



-
- 10 grams All Purpose Gluten-Free Flour
 - 36 grams Nutritional Yeast
 - 81 grams Oats
 - 14 milliliters Orange Extract
 - 105 grams Raw Honey
 - 9 grams Unbleached All Purpose Flour
 - 7 milliliters Vanilla Extract
 - 85 grams Vanilla Protein Powder
 - 1.7 liters Water



Orange Creamsicle Overnight Oats

3 servings

8 hours

Ingredients

81 grams Oats
678 grams Plain Greek Yogurt
36 grams Vanilla Protein Powder
60 grams Hemp Seeds
3 Navel Orange (peeled and chopped)
42 grams Raw Honey
7 milliliters Vanilla Extract
14 milliliters Orange Extract (optional)

Directions

1

Combine all ingredients in a bowl and mix well. Transfer to a sealable jar or container and refrigerate overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cups.

Make it Vegan: Use plant-based protein powder and dairy-free yogurt.

More Flavor: Use vanilla or orange yogurt.



Saucy Lentils & Eggs

2 servings
15 minutes

Ingredients

198 grams Lentils (cooked)
63 grams Tomato Purée
1 gram Cumin
Sea Salt & Black Pepper (to taste)
2 Egg
4 grams Parsley (chopped)

Directions

- 1 In a pan over medium heat. Add the lentils, tomato purée, and cumin. Season with salt and pepper. Bring to a boil, reduce the heat to a simmer, and cook for about five minutes.
- 2 Create one pocket for each egg amongst the lentils. Crack one egg into each pocket. Cover the pan and cook for about five to six minutes or until each egg is set.
- 3 Top with parsley and enjoy!

Notes

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

More Flavor: Add bell pepper and top with feta cheese.



Gallo Pinto with Fried Egg

2 servings
20 minutes

Ingredients

61 grams Jasmine Rice (dry, rinsed)
8 milliliters Avocado Oil (divided)
1/4 Yellow Onion (medium, diced)
1/4 Red Bell Pepper (medium, diced)
2 grams Cilantro (chopped, plus more for garnish)
3 grams Sea Salt (to taste)
172 grams Black Beans (cooked)
30 milliliters Water (or broth)
2 Egg

Directions

- 1 Cook the rice according to package directions and set aside.
- 2 Heat half the oil in a large skillet over medium heat. Add the onions, red bell pepper, cilantro, and salt. Cook for about five minutes, or until the onions are soft and translucent.
- 3 Stir in the beans, water, and rice. Heat for five to 10 minutes or until warmed through. Season with more salt as needed.
- 4 Meanwhile, heat the remaining oil in a separate pan over medium heat. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and repeat with the remaining eggs.
- 5 Divide the gallo pinto onto plates and top with a fried egg. Enjoy!

Notes

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

Serving Size: One serving equals approximately one cup of the gallo pinto and one fried egg.

More Flavor: Add salsa Lizano or Worcestershire sauce.

Additional Toppings: Fried plantains, corn tortillas, sour cream, or plain yogurt.



Chicken Breakfast Sausages

2 servings
20 minutes

Ingredients

227 grams Extra Lean Ground Chicken
8 grams Parsley (very finely chopped)
1 1/2 Garlic (cloves, minced)
750 milligrams Sea Salt
7 milliliters Extra Virgin Olive Oil

Directions

- 1 In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
;
- 2 Heat the oil in a non-stick pan over medium heat.
;
- 3 Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to two patties.

More Flavor: Add other fresh or dried herbs and spices to taste.

No Extra Virgin Olive Oil: Use avocado or coconut oil instead.

No Chicken: Use ground turkey or pork instead.



Blueberry & Cottage Cheese Oatmeal

2 servings
15 minutes

Ingredients

41 grams Quick Oats (dry)
420 grams Cottage Cheese
49 grams Vanilla Protein Powder
78 grams Frozen Blueberries

Directions

- 1 Cook the oats according to package directions.
- 2 Mix the cottage cheese and protein powder together in a bowl. Add the cooked oats and stir well. Top with the blueberries and enjoy!

Notes

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

Serving Size: One serving is approximately 1 3/4 cup.

More Flavor: Add maple syrup, cinnamon, peanut butter and/or cacao powder.

Additional Toppings: Cacao nibs, hemp seeds, walnuts and/or pumpkin seeds.



Pan Seared Peaches with Dukkah

2 servings

10 minutes

Ingredients

17 grams Hazelnuts (roasted, unsalted)
12 grams Almonds (roasted, unsalted)
5 grams Sesame Seeds (white and/or black, toasted)
3 grams Coriander Seed
500 milligrams Fennel Seed
525 milligrams Cumin (ground)
Sea Salt & Black Pepper (to taste)
2 milliliters Coconut Oil
2 Peach (halved, pit removed)
113 grams Unsweetened Coconut Yogurt
6 grams Mint Leaves (optional, lightly torn)

Directions

- 1 Combine the hazelnuts, almonds, sesame seeds, coriander seeds, fennel seeds, cumin, salt and pepper into a food processor or blender. Process until you reach a coarse grainy texture. Set aside.
- 2 Heat a cast iron skillet over medium-high heat. Once hot, add the coconut oil. Place the peaches on the skillet cut side down. Sear for 4 to 5 minutes, until charred.
- 3 Divide the yogurt evenly between bowls. Add the peaches and top with dukkah and mint leaves, if using. Enjoy!

Notes

Leftovers: Best served right away. Otherwise, refrigerate in an airtight container for up to two days.

Serving Size: One serving is one peach and 1/4 cup yogurt.

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

Barbecue: To prepare on the grill, brush the peaches with oil. Grill the peaches, cut side down, for 5 minutes, without turning.

No Coconut Yogurt: Use Greek yogurt or another yogurt alternative.



Mini Submarine Sandwich

1 serving
10 minutes

Ingredients

5 grams Yellow Mustard
43 grams Provolone Cheese
57 grams Sliced Ham
28 grams Salami, Mild
1/8 head Iceberg Lettuce (chopped)
85 grams Sourdough Baguette

Directions

- 1 To assemble the sandwiches, evenly divide the mustard, cheese, ham, salami, and lettuce between the buns. Enjoy!

Notes

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

Serving Size: One serving is one sandwich.

Additional Toppings: Cucumber, tomato, onions and/or hot peppers.

No Mustard: Use mayonnaise or other spread of choice.

Gluten-Free: Use gluten-free bread.

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



Edamame & Tahini on Toast

2 servings

10 minutes

Ingredients

103 grams Frozen Edamame
23 grams Tahini
30 milliliters Water
1/2 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
2 slices Whole Grain Bread (toasted)
2 grams Cilantro
14 grams Pickled Red Onions
1 gram Chili Flakes

Directions

- 1 Add the edamame, tahini, water, lemon juice, lemon zest, salt, and pepper to a blender or food processor. Blend until smooth, adding more water if the mixture seems too dry. Adjust the seasoning to your taste.
- 2 Spread the edamame mixture over the toasted bread. Top with cilantro and pickled red onion. Sprinkle some chili flakes on top and enjoy!

Notes

Leftovers: Refrigerate the edamame mixture in an airtight container for up to three days. Assemble before serving.
Serving Size: One serving is equal to one piece of toast.
No Pickled Red Onion: Omit or use red onion instead.



Moroccan Harira Soup

5 servings
1 hour 10 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
454 grams Ground Lamb
1 Yellow Onion (large, chopped)
8 grams Cilantro (leaves and stems chopped separately, divided)
12 grams Moroccan Spice Blend
1.4 liters Water
726 grams Diced Tomatoes (from the can, with juices)
4 grams Harissa
144 grams Dry Lentils (brown, cooked)
246 grams Chickpeas (cooked)
43 grams Whole Wheat Spaghetti (broken into small pieces)
1 Egg (whisked)

Directions

- 1 Add the oil to a large pot over medium-high heat. Once hot, add the meat and cook for five to seven minutes or until mostly browned. Add the onions and the cilantro stems. Cook for two more minutes.
- 2 Add the Moroccan spice blend and cook for one minute, stirring to coat. Add the water, tomatoes, and harissa. Bring to a boil.
- 3 Reduce the heat and add the lentils and chickpeas. Simmer, partially covered, for 25 minutes.
- 4 Stir in the pasta. Cook for 10 more minutes.
- 5 Slowly drizzle the egg into the hot soup. Cook for one minute without stirring.
- 6 Mix well. Divide evenly between bowls, garnish with the cilantro leaves, and enjoy!

Notes

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

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

More Flavor: Season with salt and black pepper, fresh garlic, and lime juice. Add celery and saffron. Use rice or quinoa instead of spaghetti.



Baked Spinach & Artichoke Dip

8 servings
35 minutes

Ingredients

390 grams Artichoke Hearts (from the can, drained, chopped)
156 grams Frozen Spinach (thawed, drained)
113 grams Plain Greek Yogurt
55 grams Mayonnaise
113 grams Mozzarella Cheese (shredded)
75 grams Parmigiano Reggiano (shredded)
2 Garlic (clove, minced)
2 grams Onion Powder
10 milliliters Lemon Juice
104 grams Corn Tortilla Chips

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a large bowl, add the artichokes, spinach, yogurt, mayonnaise, mozzarella, parmesan, garlic, onion powder, and lemon juice. Mix well to combine.
- 3 Spoon the mixture into an oven safe baking dish and transfer to the oven. Bake for 22 to 25 minutes, until bubbling and browned on top.
- 4 Serve with tortilla chips and enjoy!

Notes

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

Serving Size: A 7 x 5-inch (18 x 13 cm) baking dish was used to make eight servings. One serving is about 1/2 cup of dip and 1/2 cup of chips.

No Tortilla Chips: Serve with fresh bread and/or veggies such as carrots and celery.



Pomegranate Chicken & Rice

2 servings

35 minutes

Ingredients

5 milliliters Extra Virgin Olive Oil
454 grams Chicken Drumsticks
118 milliliters Pomegranate Juice
355 milliliters Chicken Broth, Low Sodium
21 grams Raw Honey
567 milligrams Rosemary (fresh)
Sea Salt & Black Pepper (to taste)
100 grams Basmati Rice (dry, rinsed)
1 gram Cilantro (optional for garnish)

Directions

- 1 Heat the oil in a pan over medium heat. Add the chicken to the pan and cook for eight to ten minutes or until brown on all sides.
- 2 Add the pomegranate juice, chicken broth, honey, rosemary, salt, and pepper. Stir well, cover the pan with a lid and let simmer on low heat for about 20 minutes or until the chicken is cooked through. Flip the chicken occasionally.
- 3 Meanwhile, cook the rice according to the package instructions.
- 4 Uncover the pan, turn the heat to medium and let simmer for three to four minutes or until the sauce reduces slightly.
- 5 Top the chicken with cilantro, if using. Serve with rice and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two drumsticks and 1/2 cup rice.

No Basmati Rice: Use Jasmine rice instead.

Likes it Sweet: Add more honey to the sauce, one teaspoon at a time, to desired taste.



Honey Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

30 milliliters Extra Virgin Olive Oil
42 grams Raw Honey
3 Garlic (cloves, minced)
8 grams Chili Powder
6 grams Sea Salt
1 gram Black Pepper
454 grams Chicken Thighs
402 grams Asparagus (woody ends snapped off)
85 grams Quinoa (uncooked)
178 milliliters Water

Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or chicken wings. Grill time will vary.

No Asparagus: Use any grilled vegetable.



Coquilles Saint Jacques

3 servings

30 minutes

Ingredients

14 grams Bread Crumbs
4 grams Parsley (finely chopped)
54 grams Gruyere Cheese (grated)
57 grams Butter
53 grams Shallot (finely chopped)
120 grams Mushrooms (chopped)
9 grams Unbleached All Purpose Flour
118 milliliters Chicken Broth
119 milliliters Cow's Milk, Whole
170 grams Scallops (small, defrosted)

Directions

- 1 Move the rack to the middle position in the oven. Preheat the oven to 400°F (205°C).
- 2 Combine the bread crumbs, parsley, and cheese in a bowl. Mix well and set aside.
- 3 Melt the butter in a saucepan over medium heat. Sauté the shallots and the mushrooms for two to three minutes, until tender.
- 4 Add the flour, mix well to coat, and cook for 30 seconds, continuously stirring. Stir in the broth and the milk. Bring to a boil, lower the heat, and simmer for three minutes or until smooth and thickened. Add the scallops to the cream sauce.
- 5 Add the mixture to gratin dishes or small ramekin dishes, making one dish per serving. Sprinkle the breadcrumb mixture evenly on top. Bake for 15 to 20 minutes or until the scallops are cooked and the sauce is lightly browned and bubbly. Serve hot and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 2/3 cup. Three 4-inch (10 cm) round gratin dishes were used to make three servings.

Gluten-Free: Use arrowroot instead of flour and gluten-free bread crumbs.

Dairy-Free: Use a dairy free option in place of cow's milk.

Prep the Night Before: You can prep this recipe the night before by following all of the same instructions but instead of baking, simply cover and refrigerate overnight.



Chickpea Pasta with Pesto

2 servings
20 minutes

Ingredients

227 grams Chickpea Pasta (uncooked)
106 grams Basil Leaves (packed)
34 grams Pine Nuts
36 grams Nutritional Yeast
2 Garlic (clove)
2 grams Sea Salt
1/2 Lemon (juiced)
59 milliliters Water

Directions

- 1 Cook chickpea pasta according to the package.
- 2 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 3 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 4 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 5 Divide onto plates and enjoy!

Notes

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

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

Nut-Free: Use sunflower seeds instead of pine nuts.



Pan-Fried Trout with Herbed Rice

2 servings
30 minutes

Ingredients

360 milliliters Vegetable Broth, Low Sodium
150 grams Basmati Rice (uncooked)
28 grams Butter (divided)
15 grams Parsley (chopped)
2 grams Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
2 Rainbow Trout Fillet (patted dry)
10 grams All Purpose Gluten-Free Flour

Directions

- 1 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 2 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 3 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 4 Divide the herbed rice and trout onto plates and enjoy!

Notes

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

Serving Size: One serving equals one trout fillet and just over a cup of herbed rice.

Trout Fillets: One fillet is equal to approximately 159 grams or 5.6 ounces in size.

Dairy-Free: Use vegan butter, olive oil, or coconut oil instead.

More Flavor: Add cilantro and saffron to the rice.

Additional Toppings: Add lemon juice and fresh herbs.



Smoked Salmon & Sweet Potato Bowl

2 servings
35 minutes

Ingredients

2 Sweet Potato (small, peeled, chopped)
30 milliliters Extra Virgin Olive Oil (divided)
6 grams Sea Salt (divided)
120 grams Baby Spinach
1 Garlic (clove, minced)
170 grams Smoked Salmon

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato to the baking sheet. Add the oil and season with half of the salt. Toss to combine and spread out into an even layer. Place in the oven and cook for 20 to 25 minutes or until browned and fork-tender.
- 3 Heat the remaining oil in a pan. Add the spinach, garlic, and remaining salt. Sauté for two to three minutes, just until it starts to slightly wilt down.
- 4 To assemble, divide the sweet potato, spinach, and smoked salmon into bowls. Enjoy!

Notes

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

Serving Size: One serving is 3 ozs of salmon and 1 1/2 cups of vegetables.

More Flavor: Add garlic powder to the sweet potatoes before cooking.

Additional Toppings: Hot sauce.



Peach & Couscous Steak Salad

2 servings

30 minutes

Ingredients

87 grams Couscous (uncooked)
283 grams Ribeye Steak, Boneless (room temperature)
Sea Salt & Black Pepper (to taste)
1/2 Peach (pitted, sliced)
1/2 Cucumber (thinly sliced length-wise)
149 grams Cherry Tomatoes (quartered)
63 grams Pesto

Directions

- 1 Cook the couscous according to the package directions and let cool.
- 2 Pat the steak dry with paper towel. Season all over with salt and pepper.
- 3 Heat a cast-iron skillet over medium heat until hot. Place the steak in the middle of the skillet and cook for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 4 Divide the couscous, peach, cucumber, and cherry tomatoes between serving plates. Slice the steak and place on top. Top with pesto and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Heat up the steak before serving.

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

Gluten-Free: Use quinoa instead of the couscous.

More Flavor: Add lemon or lime juice and avocado.

Additional Toppings: Chopped parsley or cilantro.



Tempeh, Quinoa & Edamame Stuffed Peppers

1 serving
45 minutes

Ingredients

43 grams Quinoa (dry)
5 milliliters Extra Virgin Olive Oil
113 grams Tempeh (smoked, finely crumbled)
39 grams Frozen Edamame (shelled, thawed)
28 grams Cashew Cream Cheese
2 grams Garlic Powder
Sea Salt & Black Pepper (to taste)
8 grams Parsley (chopped)
1 Orange Bell Pepper (large, tops and seeds removed)

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Cook the quinoa according to package directions.
- 3 Heat the oil in a pan over medium heat. Add the crumbled tempeh and cook for five to seven minutes, until starting to brown.
- 4 In a large bowl, combine the cooked quinoa, tempeh, edamame, cashew cream cheese, garlic powder, sea salt, black pepper, and parsley. Mix well to combine.
- 5 Scoop the mixture into the peppers, packing them tightly until all of it is used up. Place on a baking sheet and bake in the oven for 25 minutes, or until the peppers have softened. Enjoy!

Notes

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

Serving Size: One serving is equal to one stuffed pepper.

More Flavor: Use garlic or onion cashew cream cheese.

No Cashew Cream Cheese: Use vegan cheese shreds or nutritional yeast instead.