



Meal Plan 20

Breakfast	Amount	Calories	Carbs	Fat	Protein
Protein Bagel	1 bagel	200.0	30.0	0.5	20.0
Tofutti Brand Cream Cheese	2 Tbl	60.0	2.0	5.0	0.2
Banana	75 g	67.0	16.6	0.2	0.8
Soy Milk, Unsweetened	0.25 c. (for coffe	20.0	0.8	1.0	1.8
	Total:	347.0	49.4	6.7	22.8
Snack/Post Workout Meal	Amount	Calories	Carbs	Fat	Protein
Tru Protein Powder	1 scoop	100.0	3.0	1.5	20.0
Peanut, almond or cashew Butter	32 g (2 Tbsp)	180.0	7.0	16.0	7.0
Frozen berries (blueberries or mixed)	70 g	39.9	10.2	0.2	0.5
Almond Milk, Unsweetened Vanilla	1 c.	30.0	1.0	2.5	1.0
ice + water	to taste	0.0	0.0	0.0	0.0
Date, Medjool	28 g	77.6	21.0	0.0	0.5
	Total:	427.5	42.2	20.3	29.0
Lunch	Amount	Calories	Carbs	Fat	Protein
Ezekiel Bread	2 slice	160.0	30.0	1.0	8.0
Tofurkey Deli Slices- All Varieties	7.5 slice	150.0	9.0	4.5	19.5
Chao Cheese	1 slice	60.0	4.0	4.5	0.0
Non Starchy Veggies of choice	2 c	50.0	8.0	0.0	4.0
	Total:	420.0	51.0	10.0	31.5
Snack #2	Amount	Calories	Carbs	Fat	Protein
Hummus or chocolate hummus	2 Tbsp	80.0	11.0	4.0	1.0
Quaker Rice Cakes	2 cake	100.0	22.0	0.0	2.0
Grapes	150 g	103.5	27.2	0.2	1.1
	Total:	283.5	60.2	4.2	4.1
Dinner	Amount	Calories	Carbs	Fat	Protein
White Rice, cooked	150 g	195.0	43.5	0.2	4.1
Nutritional Yeast	1 Tbl	20.0	2.0	0.0	3.0
Morning Star Farm Chicken Strips	4.5 oz	225.0	6.0	6.8	34.5
Non Starchy Veggies of choice	2 c	50.0	8.0	0.0	4.0
	Total:	490.0	59.5	7.0	45.6
Grand Total:		1968.0	262.2	48.2	132.9