



Meal Plan 2

Breakfast	Amount	Calories	Carbs	Fat	Protein
Lazy Girl Protein Pancakes	1 serving	251.0	31.0	3.0	26.0
Blueberries	1/2 c.	37.6	9.6	0.2	0.5
	Total:	288.6	40.6	3.2	26.5
Snack #1	Amount	Calories	Carbs	Fat	Protein
Hummus	1/4 c.	120.0	10.0	8.0	4.0
Veggie Sticks	2 c.	40.0	7.0	0.0	3.0
	Total:	160.0	17.0	8.0	7.0
Lunch	Amount	Calories	Carbs	Fat	Protein
Ezekiel Bread	2 slices	160.0	30.0	1.0	8.0
Peach	1 medium	78.0	20.7	0.3	0.4
Seasoned Tempeh Slices	3.5 oz	115.0	12.0	1.0	12.0
Side Salad with vinegar	3 c.	70.0	10.0	0.0	6.0
lettuce, tomato, pickle, onion, ketchup, mustard etc	to taste	0.0	0.0	0.0	0.0
Avocado	1/4 avocado	52.8	2.8	4.9	0.7
	Total:	475.8	75.5	7.1	27.1
Dinner	Amount	Calories	Carbs	Fat	Protein
Non Starchy Veggies of your choice	3 c	75.0	12.0	0.0	6.0
Field Roast Sausage Links	1 link	240.0	11.0	10.0	25.0
Nutritional Yeast	1 Tbl	20.0	2.0	0.0	3.0
	Total:	335.0	25.0	10.0	34.0
Snack #2	Amount	Calories	Carbs	Fat	Protein
Dairy Free Dark Chocolate	1 oz	150.0	14.0	10.0	2.0
	Total:	150.0	14.0	10.0	2.0
Post Workout Shake (no matter when you train)	Amount	Calories	Carbs	Fat	Protein
Plant Protein Powder of choice	1 sccop	120.0	4.0	2.0	20.0
Almond Milk, Unsweetened Vanilla	1 c.	30.0	1.0	2.5	1.0
Spinach	1 handful	10.0	1.0	0.0	1.0
ice + water	to taste	0.0	0.0	0.0	0.0
Banana	1/2 large	57.9	14.8	0.2	0.7
Cocoa Powder, Unsweetened	1 Tbl	15.0	3.0	0.5	1.0
	Total:	232.9	23.8	5.2	23.7
Grand Total:		1642.3	195.9	43.5	120.3