



Meal Plan 12

Pre Workout	Amount	Calories	Carbs	Fat	Protein
Coffee	up to 8 oz	0.0	0.0	0.0	0.0
Almond Milk, Unsweetened Vanilla	8 oz	30.0	1.0	2.5	1.0
Strawberries	100 g	32.0	7.7	0.3	0.7
Buckwheat groats, raw	1/4 c	145.0	30.0	1.0	6.0
Blueberries	100 g	56.0	14.5	0.3	0.7
Beetroot powder	2 tsp	25.0	6.0	0.0	1.0
	Total:	288.0	59.2	4.1	9.4
Breakfast - Post Workout	Amount	Calories	Carbs	Fat	Protein
GF Oats	1/2 c	150.0	27.0	3.0	5.0
Banana	1 lg	130.0	29.8	0.4	1.4
Clean Machine Lentein Protein	1 scoop	160.0	11.0	3.0	20.0
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
Blueberries	1/3 c	28.5	7.3	0.2	0.4
Kale	2 handfuls	20.0	2.0	0.0	2.0
Date, Medjool	2 dates	77.6	21.0	0.0	0.5
maca	1 tsp	5.0	1.0	0.0	0.0
	Total:	601.1	100.1	9.1	30.3
Mid Morning Snack	Amount	Calories	Carbs	Fat	Protein
GF Oats	1/2 c	150.0	27.0	3.0	5.0
Chia Seeds	1 Tbsp	60.0	4.0	4.0	2.0
Apple	1 medium	78.0	20.7	0.3	0.4
Flax Meal	1 Tbsp	35.0	2.5	2.5	1.5
Blueberries	1/3 c	28.5	7.3	0.2	0.4
Almond Butter	1 Tbsp	90.0	3.0	8.0	3.5
	Total:	441.5	64.5	17.9	12.8
Lunch	Amount	Calories	Carbs	Fat	Protein
Quinoa, cooked	3/4 c	180.0	31.5	2.7	4.4
Nutritional Yeast	2 Tbsp	60.0	6.0	0.0	9.0
Asparagus	2 c.	50.0	8.0	0.0	4.0
salt, pepper + spices	to taste	0.0	0.0	0.0	0.0
Hemp Seeds	1 Tbsp	53.0	2.0	4.7	4.0
Lightlife Tempeh	4 oz	188.0	13.2	6.0	21.2
Lentils (cooked)	1/2 c	115.0	20.0	0.4	9.0
Sweet Potatoes/Yams, raw	100g	90.0	20.1	0.2	1.5
	Total:	736.0	100.8	14.0	53.1
Afternoon Snack	Amount	Calories	Carbs	Fat	Protein
Pumpkin, canned	1/2 c	41.5	9.9	0.4	1.4
Almonds	2 Tbsp	92.6	3.4	8.0	3.4
Banana	1 lg	120.0	29.0	0.1	0.3
Chia Seeds	3 Tbsp	180.0	12.0	12.0	6.0
Almond Milk, Unsweetened Vanilla	1/4 c	7.5	0.3	0.6	0.3
	Total:	446.0	55.3	11.3	35.7
Dinner	Amount	Calories	Carbs	Fat	Protein
Chickpeas, cooked	1/2 c	134.5	22.5	2.1	7.3
Sweet Potatoes/Yams, raw	150 g	135.0	30.2	0.3	2.3
Brussel Sprouts	2 c	50.0	8.0	0.0	4.0
Nutritional Yeast	1 Tbsp	20.0	2.0	0.0	3.0
Wildwood High Protein Super Firm Tofu	4 oz	172.0	4.0	9.2	18.8
Brown Rice, cooked	1/2 c	112.0	23.5	0.8	2.3
Grapes	2 c	172.5	45.3	0.4	1.8
	Total:	796.0	54.6	21.1	11.3
Grand Total:		3308.6	434.4	77.4	152.4