



Meal Plan 3

Breakfast	Amount	Calories	Carbs	Fat	Protein
Oats, dry	1/2 c.	148.4	27.3	3.0	5.5
Brown Rice Protein	1 serving	120.0	5.0	0.0	24.0
Strawberries	1 c	50.0	12.0	0.5	1.1
Flax Meal	1/2 Tbsp	18.0	1.0	1.1	0.8
Shredded Coconut	1 Tbsp	55.0	2.0	5.0	0.0
Soy Coffee Creamer	2 Tbsp	6.0	8.0	3.0	0.0
	Total:	397.4	55.3	12.6	31.4
Snack	Amount	Calories	Carbs	Fat	Protein
Peanut Butter	24 g (1.5)	141.6	5.2	12.0	5.8
PB2	2 Tbl	50.0	5.0	1.5	5.0
Rice Cakes	2 cake	100.0	22.0	0.0	2.0
	Total:	291.6	32.2	13.5	12.8
Lunch	Amount	Calories	Carbs	Fat	Protein
Peppers, onions and mushrooms	2 c.	50.0	8.0	0.0	4.0
Nutritional Yeast	2 Tbl	40.0	4.0	0.0	6.0
Salsa	to taste	25.0	6.0	0.0	0.0
Vegan "Beef" Crumbles	3/4 c.	105.0	9.0	0.8	19.5
Avocado	1/2 medium	120.0	6.4	11.0	1.5
Black Beans, cooked	1/2 c.	113.5	20.5	0.5	7.5
	Total:	453.5	53.9	12.3	38.5
Pre-Workout	Amount	Calories	Carbs	Fat	Protein
Spinach	1 handful	10.0	1.0	0.0	1.0
Orgain Chocolate Protein	2 scoops	150.0	14.0	4.0	21.0
Banana	100 g (1 small)	89.0	22.8	0.3	1.1
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
	Total:	279.0	38.8	6.8	24.1
Dinner/Post Workout	Amount	Calories	Carbs	Fat	Protein
Black Bean Pasta	2 oz (dry)	180.0	17.0	2.0	25.0
Nutritional Yeast	2 Tbl	40.0	4.0	0.0	6.0
Pasta Sauce	1/2 c.	50.0	9.0	1.0	2.0
Broccoli	2 c.	50.0	8.0	0.0	4.0
	Total:	320.0	38.0	3.0	37.0
Grand Total:		1741.5	218.2	48.2	143.7