



Meal Plan 4

Breakfast	Amount	Calories	Carbs	Fat	Protein
Blueberries	2/3 c	54.0	14.6	0.4	0.8
Almond Milk, Unsweetened Vanilla	1 c. (for coffee or oats)	30.0	1.0	2.5	1.0
Oats, dry	1/2 c dry	150.0	27.0	3.0	5.0
Protein Powder	1/2 scoop	60.0	2.0	1.0	10.5
	Total:	294.0	44.6	6.9	17.3
Snack #1	Amount	Calories	Carbs	Fat	Protein
Rice Cakes	1 cake	100.0	11.0	0.0	1.0
Peanut Butter	1 Tbl	94.4	3.5	8.0	3.8
	Total:	194.4	14.5	8.0	4.8
Lunch/Pre Workout	Amount	Calories	Carbs	Fat	Protein
Chickpeas, cooked	1/3 c	88.8	14.9	1.4	4.8
Salad Veggies of your choice	4 c.	60.0	12.0	0.0	3.0
Vinegar, salt, pepper & lemon	to taste	0.0	0.0	0.0	0.0
Nutritional Yeast	1 Tbl	20.0	2.0	0.0	3.0
Extra Firm Tofu	6 oz	162.0	6.0	7.8	18.0
	Total:	330.8	34.9	9.2	28.8
Post Workout Protein Pancake	Amount	Calories	Carbs	Fat	Protein
Banana	1/2 large	58.0	14.9	0.2	0.7
GF Oat flour	1/4 c	148.4	27.3	3.0	5.0
Cinnamon, stevia, vanilla	to taste	0.0	0.0	0.0	0.0
Baking powder	1/2 tsp	0.0	0.0	0.0	0.0
Sun Warrior Raw Protein (or any brown rice protein powder)	1 scoop	80.0	4.0	1.5	15.0
Almond Milk, Unsweetened Vanilla	up to 1 c. (until desired consistency for pancakes/waffles)	30.0	1.0	2.5	1.0
	Total:	316.4	47.2	7.2	21.7
Dinner	Amount	Calories	Carbs	Fat	Protein
Morning Star Farms Vegan Chick'n Strips	3 oz	150.0	4.0	4.5	23.0
Avocado	50 g (1/3 medium)	80.0	4.3	7.4	1.0
Nutritional Yeast	1 Tbl	20.0	2.0	0.0	3.0
Veggies	2 c.	50.0	8.0	0.0	4.0

Salsa	to taste	0.0	0.0	0.0	0.0
	Total:	300.0	18.3	11.9	31.0
Grand Total:		1435.6	159.4	43.1	103.6