



Meal Plan 15

Breakfast	Amount	Calories	Carbs	Fat	Protein
Oats	50g	188.0	34.0	3.8	6.3
Ripple Unsweetened Vanilla Milk	1/2 c	35.0	0.0	2.2	4.0
Banana	60g	54.0	13.8	0.2	0.6
Mixed Berries	1/2 c	35.0	8.5	0.2	0.5
Hemp Seeds	1 Tbsp	56.0	0.3	4.6	3.3
Chia Seeds	1/2 Tbsp	34.0	2.9	2.2	1.2
Yves Canadian Bacon	3 slices	80.0	1.0	0.5	17.0
	Total:	294.0	26.5	9.9	26.6
Snack #1	Amount	Calories	Carbs	Fat	Protein
Garden of Life Sport Protein	1.5 scoops	128.0	6.0	2.2	22.5
Unsweetened Vanilla Almond Milk	1 c	30.0	1.0	2.5	1.0
Banana	100 g	89.0	22.9	0.3	1.1
Spinach	1 handful	7.0	0.4	0.2	0.7
ice + water	to taste	0.0	0.0	0.0	0.0
	Total:	254.0	30.3	5.2	25.3
Lunch	Amount	Calories	Carbs	Fat	Protein
Ezekiel Bread	2 slices	160.0	30.0	0.0	8.0
Tofurky Deli Slices	6 slices	120.0	7.2	3.6	15.6
Chao Cheese	1 slice	60.0	4.0	4.5	0.0
Mixed Greens	2-4 c	40.0	6.0	0.0	4.0
Tahini (for making dressing)	1 Tbsp	85.0	3.0	8.0	2.5
Berries of your choice	100g	57.0	14.5	0.3	0.7
	Total:	522.0	64.7	16.4	30.8
Snack #2	Amount	Calories	Carbs	Fat	Protein
Baby Carrots	6 oz	70.0	16.0	0.0	2.0
Cedars (or similar) hummus	4 Tbsp	120.0	8.0	8.1	4.0
Apple, Peach, Pear, or Nectarine	1 lg (175g)	91.0	22.8	0.0	0.0
	Total:	91.0	22.8	0.0	0.0
Dinner	Amount	Calories	Carbs	Fat	Protein
Peppers, onions, mushrooms, etc	2 c	60.0	10.0	0.0	5.0
Black Beans	3/4 c	165.0	27.5	1.5	10.5
Avocado	30g	48.0	2.6	4.4	0.6
Uptons Chorizo Seitan	3 oz	150.0	9.0	0.8	25.5
Daiya Shreds	1/4 c	90.0	7.0	6.0	1.0
Salsa	4 Tbsp	20.0	4.0	0.0	0.0
	Total:	533.0	60.1	12.7	42.6
Grand Total:		1694.0	204.4	44.1	125.3