



Meal Plan 6

Breakfast	Amount	Calories	Carbs	Fat	Protein
Oats, dry	1/2 c dry	148.4	27.3	3.0	5.0
Hemp Seeds	1 Tbsp	53.0	2.0	4.7	4.0
Upton Naturals Bacon	2 oz	100.0	7.0	1.5	15.0
Soy Milk, Unsweetened	1/4 c	16.0	0.6	0.8	1.4
Peach	1 small	57.0	14.5	0.3	0.7
	Total:	374.4	51.4	10.3	26.1
Snack #1	Amount	Calories	Carbs	Fat	Protein
Hummus	1/4 c	102.0	8.8	5.9	4.9
Josephs Flax, Oat & Bran Pita	1 pita	60.0	8.0	2.0	6.0
	Total:	162.0	16.8	7.9	10.9
Lunch	Amount	Calories	Carbs	Fat	Protein
White Potato, raw	150 g	88.5	23.6	0.2	2.6
Veggies of your choice	1 c	25.0	4.0	0.0	2.0
Avocado	1/3 medium	80.0	4.3	7.4	1.0
Extra firm tofu	6 oz	160.0	6.0	7.7	18.0
	Total:	353.5	37.8	15.2	23.6
Snack #2	Amount	Calories	Carbs	Fat	Protein
Lara Bar	1 bar	200.0	25.0	12.0	5.0
	Total:	200.0	25.0	12.0	5.0
Dinner	Amount	Calories	Carbs	Fat	Protein
Black Bean Pasta	2 oz	180.0	17.0	2.0	25.0
Pasta Sauce	1 c.	100.0	18.0	2.0	4.0
Vegan Cheese Shreds	1 oz	90.0	7.0	6.0	1.0
Veggies of your choice	2 c	50.0	8.0	0.0	4.0
Nutritional Yeast	2 Tbsp	40.0	4.0	0.0	6.0
	Total:	459.9	54.0	10.0	40.0
Grand Total:		1549.8	184.9	55.4	105.5