



## Meal Plan 16

Breakfast	Amount	Calories	Carbs	Fat	Protein
Yves Veggie Bacon	3 slices	70.0	2.0	0.5	14.0
Almonds	2 Tbsp	90.0	3.5	8.0	3.5
Oatmeal	1/2 c dry	150.0	27.0	3.0	5.0
Mixed Berries	1/2 c	40.0	10.5	0.2	0.6
	<b>Total:</b>	<b>350.0</b>	<b>43.0</b>	<b>11.7</b>	<b>23.1</b>
Snack #1	Amount	Calories	Carbs	Fat	Protein
Unsweetened Soy Milk	1 c.	80.0	3.0	4.0	7.0
Protein Powder of Choice	1 scoop	120.0	4.0	1.0	20.0
Peanut or Almond Butter	2 Tbsp	180.0	7.0	16.0	7.0
Banana	1 lg.	115.7	29.6	0.4	1.4
	<b>Total:</b>	<b>495.7</b>	<b>43.6</b>	<b>21.4</b>	<b>35.4</b>
Lunch	Amount	Calories	Carbs	Fat	Protein
Morning Star Farm Chik'n Strips	1.5 servings	225.0	6.0	6.8	34.5
Apple	1 lg.	104.0	27.6	0.3	0.5
Joseph's Flax, Oat, Bran Lavash Bread	1 sheet	120.0	16.0	3.0	10.0
Lettuce or greens of choice	2-3 c	30.0	2.0	0.0	2.0
Hummus	1/4 c	100.0	8.0	9.0	2.0
	<b>Total:</b>	<b>579.0</b>	<b>59.6</b>	<b>19.1</b>	<b>49.0</b>
Snack #2	Amount	Calories	Carbs	Fat	Protein
Nugo Slim Bar (not all are vegan!)	1 bar	170.0	18.0	6.0	17.0
	<b>Total:</b>	<b>170.0</b>	<b>18.0</b>	<b>6.0</b>	<b>17.0</b>
Dinner	Amount	Calories	Carbs	Fat	Protein
Peppers, Onions, Mushrooms & Zuchinni	2 c.	50.0	14.0	0.4	4.0
Teriyaki Sauce	1/4 c.	80.0	15.0	0.0	0.0
Black Beans, cooked	1/2 c.	66.0	11.9	0.3	4.5
Brown Rice, cooked	1/2 c.	115.0	22.0	2.0	2.5
Tempeh	4 oz	213.0	16.0	6.0	23.9
	<b>Total:</b>	<b>524.0</b>	<b>78.9</b>	<b>8.7</b>	<b>34.9</b>
<b>Grand Total:</b>		<b>2118.7</b>	<b>243.1</b>	<b>66.8</b>	<b>159.4</b>