



## Meal Plan 9

<b>Breakfast</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Blueberries	2/3 c	57.0	14.5	0.3	0.7
Generic Pea Protein	1-1/2 scoops	173.0	1.7	3.5	34.6
Oats, dry	1/2 c	148.4	27.3	3.0	5.0
	<b>Total:</b>	<b>378.4</b>	<b>43.5</b>	<b>6.8</b>	<b>40.3</b>
<b>Lunch</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Olives	1/3 c	92.8	4.8	8.8	0.6
Chickpea Pasta, like Banza	3.5 oz dry	340.0	56.0	6.0	23.0
Broccoli	2 c	50.0	8.0	0.0	4.0
Nutritional Yeast	2 Tbsp	40.0	4.0	0.0	6.0
	<b>Total:</b>	<b>522.8</b>	<b>72.8</b>	<b>14.8</b>	<b>33.6</b>
<b>Snack #2</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Veggie Sticks	1 c	25.0	4.0	0.0	2.0
Apple	1 lg	104.0	27.6	0.3	0.5
Hummus	1/3 c	134.6	11.6	7.8	6.4
Pita Bread	1 6 inch pita	165.0	33.0	0.0	5.5
	<b>Total:</b>	<b>428.6</b>	<b>76.2</b>	<b>8.1</b>	<b>14.4</b>
<b>Dinner</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Trader Joes Meatless Ground Beef	1/2 c	120.0	8.0	2.0	18.0
Cooked Barley	1/2 c	160.0	32.0	1.0	5.0
Chopped Kale	2 c	50.0	8.0	0.0	4.0
Tahini	1-1/2 Tbsp	142.8	5.1	12.9	4.1
Apple Cider Vinegar	2 tsp	0.0	0.0	0.0	0.0
Dijon Mustard	1 Tbsp	15.0	1.1	0.9	0.6
Stevia	to taste	0.0	0.0	0.0	0.0
	<b>Total:</b>	<b>487.8</b>	<b>54.2</b>	<b>16.8</b>	<b>31.7</b>
<b>Grand Total:</b>		<b>1817.6</b>	<b>246.7</b>	<b>46.6</b>	<b>120.1</b>