



Meal Plan 17

Breakfast	Amount	Calories	Carbs	Fat	Protein
Greens of your choice	2 c	30.0	4.0	0.5	4.0
Pears	2 medium	160.0	43.0	0.0	2.0
Chia Seeds	1 Tbsp	60.0	5.0	3.5	2.0
Four Sigmatic Protein Powder	1 scoop	120.0	4.0	2.0	21.0
Cocoa Powder	2 Tbsp	40.0	6.0	1.5	2.0
water + ice to desired texture		0.0	0.0	0.0	0.0
	Total:	410.0	62.0	7.5	31.0
Snack #1	Amount	Calories	Carbs	Fat	Protein
Nugo Slim Bar	1 bar	170.0	18.0	6.0	17.0
Air Popped Popcorn	3 cups	93.0	18.7	1.1	3.1
Nutritional Yeast	1 Tbl	20.0	2.0	0.0	3.0
	Total:	283.0	38.7	7.1	23.1
Lunch	Amount	Calories	Carbs	Fat	Protein
Ezekiel Bread	2 slice	160.0	30.0	1.0	8.0
Apple, Pear, Peach, Nectarine or similar sized fruit	1 medium	78.0	20.7	0.3	0.4
Tofurky deli slices	7.5 slices	150.0	6.0	4.8	19.0
Non-Starchy Veggies of your choice	2-3 c	100.0	12.0	0.0	6.0
lettuce, tomato, pickle, onion, ketchup, mustard etc		0.0	0.0	0.0	0.0
Avocado	1/4 avocado	52.8	2.8	4.8	0.7
	Total:	540.8	71.5	10.8	34.1
Dinner	Amount	Calories	Carbs	Fat	Protein
Non Starchy Veggies of your choice	3 c	75.0	12.0	0.0	6.0
Field Roast Sausage Links	1 link	240.0	11.0	10.0	25.0
Nutritional Yeast	1 Tbl	20.0	2.0	0.0	3.0
	Total:	335.0	25.0	10.0	34.0
Snack #2	Amount	Calories	Carbs	Fat	Protein
Dairy Free Dark Chocolate	1 oz	150.0	14.0	10.0	2.0
	Total:	150.0	14.0	10.0	2.0
Grand Total:		1455.8	174.5	38.3	104.1