



Meal Plan 7

Breakfast	Amount	Calories	Carbs	Fat	Protein
Vega Sport Protein	1 scoop	120.0	1.0	2.5	22.0
Sweet Potatoes/Yams, raw	300g	258.0	60.4	0.2	4.7
Soy Milk, Unsweetened	1/4 c	20.0	0.8	1.0	1.8
Flax Meal	3/4 Tbsp	26.7	1.5	2.1	0.9
Coconut Oil	1 Tbl	117.0	0.0	13.6	0.0
Raisins	15g	44.9	11.9	0.1	0.5
	Total:	586.6	75.5	19.5	29.8
Snack #1	Amount	Calories	Carbs	Fat	Protein
Trader Joes Baked Tofu	1 piece	160.0	15.0	5.0	16.0
Mango	1 large	180.0	45.0	1.2	2.5
	Total:	340.0	60.0	6.2	18.5
Lunch	Amount	Calories	Carbs	Fat	Protein
Green Beans	2c	40.0	5.0	0.0	2.0
Apple	1 lg	104.0	27.6	0.3	0.5
Tofurkey Sausage link	1 link	260.0	13.0	12.0	29.0
Quinoa	1 cup	240.0	42.0	3.8	8.8
	Total:	644.0	87.6	16.1	40.3
Snack #2	Amount	Calories	Carbs	Fat	Protein
Whole Fruit Jam	3 Tbsp	115.0	27.0	0.0	0.0
PB2	3 Tbsp	90.0	7.5	2.2	9.0
Ezekiel Bread	2 slice	160.0	30.0	1.0	8.0
Peanut Butter	32 g (2 Tbl)	188.8	7.0	16.0	7.7
Banana	100 g	89.0	22.8	0.3	1.1
	Total:	115.0	27.0	0.0	0.0
Dinner	Amount	Calories	Carbs	Fat	Protein
Kale	2 c.	50.0	8.0	0.0	4.0
Whole Grain Bun	1 bun	170.0	34.0	1.5	9.0
Beyond Burger	1 burger	250.0	5.0	18.0	20.0
White Potato, raw	300 g (1 lg)	177.0	47.1	0.3	5.1
Avocado	50 g	80.0	4.3	7.4	1.0
	Total:	727.0	98.4	27.2	39.1

Grand Total:	2412.6	348.4	69.0	127.7
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