



Meal Plan 1

Breakfast	Amount	Calories	Carbs	Fat	Protein
Almonds	1/4 c.	180.0	7.0	16.0	7.0
Oatmeal	3/4 c. dry	225.0	40.0	4.5	7.5
Mixed Nuts	1/4 c.	180.0	3.0	16.0	6.0
Mixed Berries	1 c.	80.0	21.0	0.3	1.1
	Total:	665.0	71.0	36.8	21.6
Snack #1	Amount	Calories	Carbs	Fat	Protein
Medjool Date	1 date	70.0	17.0	0.0	0.4
Unsweetened Soy Milk	1 c.	80.0	3.0	4.0	7.0
IsoPure Protein Powder	1 scoop	120.0	4.0	1.0	20.0
Banana	1 lg.	115.7	29.6	0.4	1.4
	Total:	385.7	53.6	5.4	28.8
Lunch	Amount	Calories	Carbs	Fat	Protein
Textured Vegetable Protein	1/4 c. (rehydrated with 1/2 c water)	90.0	4.0	2.0	11.0
Apple	1 lg.	104.0	27.6	0.3	0.5
Whole Wheat Burrito Wrap	1 wrap	210.0	34.0	5.0	6.0
Chickpeas, cooked	1/2 c.	113.5	20.5	0.5	7.5
Shredded Lettuce	2 c.	30.0	2.0	0.0	2.0
Salsa	4 Tbsp	20.0	4.0	0.0	1.0
Avocado	1/3 medium avocado	80.0	4.3	7.4	1.0
	Total:	647.5	96.4	15.2	29.0
Snack #2	Amount	Calories	Carbs	Fat	Protein
Clif Builder Bar	1 bar	270.0	31.0	8.0	20.0
	Total:	270.0	31.0	8.0	20.0
Dinner	Amount	Calories	Carbs	Fat	Protein
Peppers, Onions, Mushrooms & Zucchini	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	3/4 c.	168.0	35.0	1.2	3.2
Tempeh	5 oz	266.0	19.9	7.5	29.9
	Total:	630.0	95.8	9.4	41.5
Grand Total:		2598.2	347.7	74.7	141.0