



Meal Plan 10

Breakfast	Amount	Calories	Carbs	Fat	Protein
Green juice of choice	8 oz	70.0	15.0	0.5	2.0
Ripple Original Pea Milk	1/4 c	22.0	1.5	1.1	2.0
Oats, dry	1/2 c dry	150.0	27.0	2.5	5.0
Banana	1/2 lg	57.9	14.8	0.2	0.7
	Total:	299.9	58.3	4.3	9.7
Lunch	Amount	Calories	Carbs	Fat	Protein
High Protein Super Firm Tofu	4.5 oz	193.5	4.5	10.4	21.2
Zucchini	1 c.	25.0	4.0	0.2	2.0
Nutritional Yeast	2 Tbsp	40.0	4.0	0.0	6.0
Sweet Potatoes/Yams, raw	200 g	180.0	40.2	0.4	3.0
	Total:	438.5	52.7	11.0	32.2
Afternoon Snack	Amount	Calories	Carbs	Fat	Protein
Nugo Slim Bar - vegan flavor	1 bar	170.0	17.0	5.0	18.0
Ripple Original Pea Milk	8 oz	90.0	6.0	4.5	8.0
	Total:	260.0	23.0	9.5	26.0
Dinner	Amount	Calories	Carbs	Fat	Protein
Big Salad with lots of non-starchy veggies	5 c-ish	50.0	14.0	0.4	4.0
Light Vinaigrette of your choice	2 Tbsp	70.0	7.0	5.0	0.0
Westsoy Seitan	4 oz	160.0	6.8	2.8	28.0
	Total:	280.0	27.8	8.2	32.0
Night Snack	Amount	Calories	Carbs	Fat	Protein
Air Popped Popcorn	5 c	155.0	31.0	2.0	5.0
Nutritional Yeast	2 Tbsp	40.0	4.0	0.0	6.0
	Total:	195.0	35.0	2.0	11.0
Grand Total:		1473.4	196.8	34.9	110.9