



Meal Plan 11

Breakfast	Amount	Calories	Carbs	Fat	Protein
Oats, dry amount	1/2 c	150.0	27.0	3.0	5.0
Coconut Shreds	2 Tbsp	86.0	2.7	6.0	0.7
Blueberries	1/2 c	37.6	9.6	0.2	0.5
Strawberries	1/2 c sliced	21.1	5.1	0.2	0.4
	Total:	294.7	44.3	9.4	6.6
Post Workout Shake	Amount	Calories	Carbs	Fat	Protein
Blueberries	1/2 c	37.6	9.6	0.2	0.5
Green Regimen Protein	1 scoop	150.0	11.0	2.0	25.0
Almond Milk, Unsweetened Vanilla	1 c	30.0	1.0	2.5	1.0
ice + water	to taste	0.0	0.0	0.0	0.0
Banana	1/2 large	57.9	14.8	0.2	0.7
	Total:	275.5	36.4	4.9	27.2
Lunch	Amount	Calories	Carbs	Fat	Protein
Ezekiel Bread	2 slice	160.0	30.0	1.0	8.0
Nectarine	1 medium	90.0	20.7	0.3	0.4
Boca Turk'y Burger	2 patty	140.0	12.0	2.0	26.0
Small side salad with vinegar	2 c	50.0	8.0	0.0	0.0
lettuce, tomato, pickle, onion, ketchup, mustard etc	to taste	0.0	0.0	0.0	0.0
	Total:	440.0	70.7	3.3	34.4
Snack #2	Amount	Calories	Carbs	Fat	Protein
Cashews	1/4 c	191.0	9.7	14.0	5.8
Nugo Slim Bar	1 bar	170.0	17.0	5.0	18.0
	Total:	361.0	26.7	19.0	23.8
Dinner	Amount	Calories	Carbs	Fat	Protein
Broccoli Cauliflower Carrot Mix	3 c	90.0	15.0	0.0	6.0
Nutritional Yeast	2 Tbsp	50.0	4.0	0.0	6.0
Nasoya Extra Firm Tofu	6 oz	162.0	6.0	7.8	18.0
	Total:	302.0	25.0	7.8	30.0
Grand Total:		1673.2	203.1	44.4	122.0