



Meal Plan 5

Breakfast	Amount	Calories	Carbs	Fat	Protein
Whole Wheat Bagel	1 bagel	240.0	49.0	2.0	10.0
Iso Pure Vegan Protein Powder	1 scoop	120.0	4.0	2.0	21.0
Rice Milk, Unsweetened Vanilla	1/2 c	35.0	5.5	1.3	0.0
Sun Butter	1 Tbsp	100.0	3.5	8.0	3.5
	Total:	495.0	62.0	13.3	34.5
Snack #1	Amount	Calories	Carbs	Fat	Protein
Strawberries	2/3 c. halved	32.0	7.7	0.3	0.8
Almonds	2 Tbsp	92.6	3.4	8.0	3.4
	Total:	124.6	11.1	8.3	4.1
Lunch	Amount	Calories	Carbs	Fat	Protein
Lentils (cooked)	1/2 c	115.0	20.0	0.4	8.9
Salad Veggies of your choice	4 c	50.0	10.0	0.3	4.0
Hummus	1/4 c.	102.0	8.8	5.9	4.9
Seitan	3 oz	120.0	5.0	2.0	21.0
	Total:	387.0	43.8	8.6	38.8
Pre-Workout	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/Post Workout	Amount	Calories	Carbs	Fat	Protein
Non-Starchy Veggies of your choice	2 c.	50.0	14.0	0.4	4.0
White Potato, raw	200 g	118.0	31.4	0.2	3.4
Lightlife Tempeh	4 oz	188.0	13.2	6.0	21.2
BBQ Sauce	2 Tbl	40.0	10.0	0.0	0.0
	Total:	396.0	68.6	6.6	28.6
Dessert	Amount	Calories	Carbs	Fat	Protein
Banana	1 small	89.0	22.8	0.3	1.1
Peanut Butter	1 Tbsp	100.0	3.5	8.0	3.5
	Total:	189.0	26.3	8.3	4.6
Grand Total:		1861.6	242.8	53.0	130.6