



Meal Plan 19

Breakfast	Amount	Calories	Carbs	Fat	Protein
Grape Nuts	1/4	105.0	23.5	0.5	3.0
LightLife Sausage	2 oz	60.0	7.0	0.0	7.0
Kite Hill Yogurt	1 container	180.0	15.0	11.0	5.0
Blueberries	2 Tbsp	11.4	2.9	0.1	0.1
	Total:	356.4	48.4	11.6	15.1

Snack/Post Workout Meal	Amount	Calories	Carbs	Fat	Protein
Josephs Flax Oat And Bran Tortilla	1 tortilla	80.0	12.0	2.5	7.0
Wildwood High Protein Super Firm Tofu	3 oz	129.0	3.0	6.9	14.1
Nutritional Yeast	2 Tbl	40.0	4.0	0.0	6.0
Broccoli	1 c	25.0	4.0	0.0	2.0
Violife Cheese Shreds	1/4 c	80.0	6.0	7.0	0.0
	Total:	354.0	29.0	16.4	29.1

Lunch	Amount	Calories	Carbs	Fat	Protein
Hummus	4 Tbsp	102.0	8.8	5.9	4.9
Large Non Starchy Veggie Salad	4 c	60.0	10.0	0.0	5.0
Tofurkey Deli Slices	5 slices	100.0	6.0	3.0	13.0
Mini Pretzels	1 oz	100.0	23.0	0.0	2.0
	Total:	362.0	47.8	8.9	24.9

Snack #2	Amount	Calories	Carbs	Fat	Protein
Cherries	100 g	63.0	16.0	0.2	1.1
Soy Milk, Unsweetened	1/2 c	40.0	1.5	2.0	3.5
Liv Body Protein	1 scoop	14.0	5.0	3.0	24.0
Cherry Juice	1/2 c	75.0	18.0	0.0	0.0
Cocoa Powder, Unsweetened	1 Tbl	15.0	3.0	0.5	1.0
ice + water	to taste	0.0	0.0	0.0	0.0
	Total:	207.0	43.5	5.7	29.6

Dinner	Amount	Calories	Carbs	Fat	Protein
Riced Cauliflower	2c	60.0	10.0	0.0	5.0
Ezekiel Bread	1 slice	80.0	15.0	0.5	4.0
Gardein Beefless Crumble	1 c.	160.0	10.0	3.0	24.0
Avocado	40 g	64.0	3.4	5.9	0.8
Everything but the bagel seasoning	1tsp	15.0	2.0	1.0	1.0
	Total:	379.0	40.4	10.4	34.8

Snack #3	Amount	Calories	Carbs	Fat	Protein
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No Cow Bar	1 bar	180.0	22.0	4.0	22.0
	Total:	180.0	22.0	4.0	22.0
Grand Total:		1838.4	231.1	56.9	155.5