



## Meal Plan 14

<b>Breakfast</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Yves Canadian Bacon	6 slice	160.0	4.0	1.0	34.0
Strawberries	2/3 c	32.0	7.7	0.3	0.7
Almond Milk, Unsweetened Vanilla	1 c	30.0	1.0	2.5	1.0
Almonds	1-1/2 Tbsp	69.5	2.6	6.0	2.5
Blueberries	2/3 c	56.0	14.5	0.3	0.7
Oats, dry	1 c	300.0	54.0	6.0	10.0
	<b>Total:</b>	<b>647.5</b>	<b>83.8</b>	<b>16.1</b>	<b>48.9</b>
<b>Post Workout Shake</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Almond Milk, Unsweetened Vanilla	1 c.	30.0	1.0	2.5	1.0
Iso Pure Protein	1 -1/2 c	165.0	4.5	2.3	30.0
Banana	1/2 lg	57.9	14.8	0.2	0.7
Almond Butter	1-1/2 Tbsp	120.0	3.0	12.0	4.0
Spinach	2 handfuls	20.0	2.0	0.0	2.0
Blueberries	1/3 c	28.5	7.3	0.2	0.4
ice + water	to taste	0.0	0.0	0.0	0.0
	<b>Total:</b>	<b>421.4</b>	<b>32.6</b>	<b>17.1</b>	<b>38.1</b>
<b>Lunch</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Black Beans, cooked	1/4 c	56.8	10.3	0.3	3.8
Non-Starchy Veggies of your choice	2 c	70.0	12.0	0.0	4.0
Nutritional Yeast	2 Tbsp	60.0	6.0	0.0	9.0
Quinoa, cooked	3/4 c	180.0	31.5	2.7	4.4
Tofurkey Sausage	1 link	260.0	13.0	12.0	29.0
salt, pepper + spices	to taste	0.0	0.0	0.0	0.0
	<b>Total:</b>	<b>626.8</b>	<b>72.8</b>	<b>15.0</b>	<b>50.2</b>
<b>Lunch</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Ezekiel Cinnamon Raisin Bread	2 slice	160.0	30.0	1.0	8.0
Banana	1 small	89.0	22.8	0.3	1.1
Apple	1 small	78.0	20.7	0.3	0.4
Whole Fruit Jam	3 Tbl	90.0	27.0	0.0	0.0
Peanut Butter	2 Tbsp	188.8	7.0	16.0	7.7
	<b>Total:</b>	<b>605.8</b>	<b>107.5</b>	<b>17.5</b>	<b>17.2</b>
<b>Dinner</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Morning Star Farms Chick'n Strips	3 oz	150.0	4.0	4.5	23.0
Whole Grain Dinner Roll	1 roll (2 oz)	136.0	26.0	2.0	4.0
Sauteed Spinach	1 c	50.0	8.0	0.0	4.0
Black Bean Pasta	50 g	160.7	15.2	1.8	22.3
Pasta Sauce	3/4 c	75.0	13.5	1.5	3.0
	<b>Total:</b>	<b>278.8</b>	<b>34.0</b>	<b>16.0</b>	<b>7.7</b>
<b>Dinner</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Nasoya Silken Tofu	6 oz	90.0	1.8	4.2	5.8
Cocoa Powder, Unsweetened	1 Tbl	15.0	3.0	0.5	0.0
Ghirardelli Chocolate Chips	15 g	69.9	10.0	3.5	0.0
*blend the tofu til creamy, melt chips and stir in, stir on cocoa, add stevia to taste, chill for >2 hours. Delicious.		0.0	0.0	0.0	0.0
Banana	1/2 lg	57.9	14.8	0.2	0.7
	<b>Total:</b>	<b>232.8</b>	<b>66.7</b>	<b>9.8</b>	<b>6.5</b>
	<b>Grand Total:</b>	<b>2813.0</b>	<b>397.2</b>	<b>91.4</b>	<b>168.5</b>