



Meal Plan 13

Breakfast	Amount	Calories	Carbs	Fat	Protein
Blueberries	1/3 c	28.5	7.3	0.2	0.4
Almonds	2 Tbsp	92.6	3.4	8.0	3.4
Flax Meal	1 Tbsp	35.0	2.5	2.5	1.5
Oats, dry	3/4 c	222.6	40.9	4.5	7.5
	Total:	378.7	54.1	15.1	12.7
Lunch	Amount	Calories	Carbs	Fat	Protein
Nutritional Yeast	2 Tbsp	40.0	4.0	0.0	6.0
Chickpeas, cooked	3/4 c	19.5	33.8	3.2	10.8
Cucumber + Tomatoes	2 c	50.0	8.0	0.0	4.0
Quinoa, cooked	1/2 c	120.0	21.3	1.9	4.4
Hummus	1/4 c	102.0	8.8	5.9	4.9
Tahini	1-1/2 Tbsp	142.8	5.1	12.9	4.1
	Total:	474.3	80.9	23.9	34.1
Post Workout Shake - Move as needed	Amount	Calories	Carbs	Fat	Protein
Compliment Protein	3 Tbsp	90.0	2.0	2.0	15.0
greens	1 handful	10.0	1.0	0.0	1.0
Banana	65 g	57.5	14.9	0.2	0.7
ice + water	to taste	0.0	0.0	0.0	0.0
Apple	100 g	52.0	13.8	0.2	0.3
	Total:	209.5	31.7	2.4	17.0
Dinner	Amount	Calories	Carbs	Fat	Protein
Walnut	1-1/2 Tbsp	78.5	1.6	7.8	1.8
Lentils (cooked)	3/4 c	172.0	30.0	0.5	13.5
Broccoli	2 c	50.0	8.0	0.0	4.0
Nutritional Yeast	2 Tbsp	40.0	4.0	0.0	6.0
White Potato, raw	200 g	118.0	31.4	0.2	3.4
	Total:	458.5	75.0	8.5	28.7
Grand Total:		1521.0	241.8	49.9	92.6