



Eating right, simplified.

1,300 Calorie Plan (Vegan 2) 4meals/day

DAY 1

Breakfast

7:00 AM

soymilk vanilla, light with calcium	1 Cup(s)	73 cal
drinking water	8 fl oz	0 cal
oatmeal, steel cut	1/2 Cup(s)	300 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 73 g (70%) / **Protein** 16 g (15%) / **Fat** 7 g (15%) / **Fluid** 18

NOTES:

Snack

10:00 AM

trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
original oat milk by vitasoy	10 fl oz	181 cal

MEAL TOTAL: **Calories** 291 cal / **Carbs** 37 g (53%) / **Protein** 22 g (31%) / **Fat** 5 g (16%) / **Fluid** 0

NOTES:

Lunch

12:00 PM

baby carrots	10 large	53 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl oz	0 cal
whole wheat dinner rolls	1 1/2 roll	112 cal
dijon mustard	2 tsp	10 cal
vegetable chips	1/4 oz	31 cal

MEAL TOTAL: **Calories** 213 cal / **Carbs** 41 g (76%) / **Protein** 5 g (10%) / **Fat** 3 g (14%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

garden veggie tempeh	3 oz	188 cal
wild rice, cooked	3/4 Cup(s)	124 cal
drinking water	16 fl oz	0 cal
mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 51 g (54%) / **Protein** 24 g (26%) / **Fat** 8 g (20%) / **Fluid** 22

NOTES:

DAY 1 TOTAL: Calories 1,290 cal / **Carbs** 202 g (63%) / **Protein** 68 g (21%) / **Fat** 23 g (16%) / **Fluid** 62



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DAY 2

Breakfast

fbbc blueberry muffin smoothie-vegan

1 serving

404 cal

7:00 AM

MEAL TOTAL: **Calories** 404 cal / **Carbs** 35 g (33%) / **Protein** 32 g (30%) / **Fat** 18 g (37%) / **Fluid** 1

NOTES:

Snack

multi-seed rice crackers, no salt, gluten free

10 3/8 crackers

90 cal

10:00 AM

drinking water

16 fl oz

0 cal

hummus

7 Tbsp

192 cal

MEAL TOTAL: **Calories** 282 cal / **Carbs** 38 g (55%) / **Protein** 7 g (9%) / **Fat** 11 g (36%) / **Fluid** 18

NOTES:

Lunch

whole wheat tortillas

1 tortilla

127 cal

12:00 PM

salsa, ready to serve

1 Tbsp

5 cal

drinking water

16 fl oz

0 cal

avocados

1/4 cup

58 cal

black beans, no salt, boiled

1 Cup(s)

227 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 64 g (59%) / **Protein** 20 g (19%) / **Fat** 10 g (22%) / **Fluid** 22

NOTES:

Dinner

peas & carrots, no salt, boiled

1 Cup(s)

38 cal

6:00 PM

drinking water

16 fl oz

0 cal

barley, cooked

1/2 Cup(s)

97 cal

romaine lettuce

1 Cup(s)

8 cal

balsamic vinaigrette salad dressing, lower sodium

1 Tbsp

35 cal

MEAL TOTAL: **Calories** 178 cal / **Carbs** 34 g (72%) / **Protein** 5 g (10%) / **Fat** 4 g (18%) / **Fluid** 22

NOTES:

DAY 2 TOTAL: **Calories** 1,281 cal / **Carbs** 171 g (52%) / **Protein** 63 g (19%) / **Fat** 43 g (29%) / **Fluid** 63



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

sunflower flax bread	2 slice	270 cal
drinking water	8 fl oz	0 cal
smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 46 g (49%) / **Protein** 14 g (15%) / **Fat** 15 g (36%) / **Fluid** 8

NOTES:

Snack

10:00 AM

granola bars, mixed	1 bars	90 cal
drinking water	16 fl oz	0 cal
bananas	1 small	90 cal

MEAL TOTAL: **Calories** 180 cal / **Carbs** 38 g (78%) / **Protein** 3 g (6%) / **Fat** 3 g (16%) / **Fluid** 19

NOTES:

Snack

12:00 PM

iced tea, green	16 fl oz	0 cal
romaine lettuce	2 leaf	2 cal
dijon mustard	1 tsp	5 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
whole wheat tortillas	2 tortilla	254 cal
apples	1 small	55 cal
chickpeas, canned, drained	1 oz	39 cal

MEAL TOTAL: **Calories** 380 cal / **Carbs** 59 g (62%) / **Protein** 11 g (11%) / **Fat** 11 g (27%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

vegan chicken strips, meat free	2 1/2 oz	181 cal
drinking water	16 fl oz	0 cal
mango black bean salad	1/2 serving	208 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 37 g (37%) / **Protein** 22 g (22%) / **Fat** 18 g (41%) / **Fluid** 22

NOTES:

DAY 3 TOTAL: Calories 1,312 cal / **Carbs** 180 g (53%) / **Protein** 50 g (15%) / **Fat** 48 g (32%) / **Fluid** 69



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 9

NOTES:

Snack

10:00 AM

tangerines/ mandarin oranges	1 medium	45 cal
coconut water	1 Cup(s)	46 cal
drinking water	8 fl oz	0 cal

MEAL TOTAL: **Calories** 90 cal / **Carbs** 20 g (83%) / **Protein** 2 g (10%) / **Fat** 1 g (7%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

mango black bean salad	1/2 serving	208 cal
vegan chicken strips, meat free	2 1/2 oz	181 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 37 g (37%) / **Protein** 22 g (22%) / **Fat** 18 g (41%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal
teriyaki tofu, baked	7 oz	318 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 406 cal / **Carbs** 48 g (45%) / **Protein** 36 g (34%) / **Fat** 10 g (21%) / **Fluid** 20

NOTES:

DAY 4 TOTAL: Calories 1,298 cal / **Carbs** 138 g (41%) / **Protein** 90 g (26%) / **Fat** 50 g (33%) / **Fluid** 69



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 9

NOTES:

Snack

10:00 AM

soy protein powder	2 Tbsp	41 cal
plain soy yogurt	6 oz	150 cal
almonds, slivered	1/4 oz	38 cal
drinking water	16 fl oz	0 cal
blueberries	1/4 Cup(s)	21 cal

MEAL TOTAL: **Calories** 250 cal / **Carbs** 27 g (43%) / **Protein** 19 g (31%) / **Fat** 7 g (26%) / **Fluid** 17

NOTES:

Lunch

12:00 PM

drinking water	16 fl oz	0 cal
whole wheat dinner rolls	2 roll	149 cal
tomatoes	1/4 Cup(s)	8 cal
dijon mustard	2 tsp	10 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal

MEAL TOTAL: **Calories** 253 cal / **Carbs** 37 g (58%) / **Protein** 6 g (10%) / **Fat** 9 g (32%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

black bean vegetable soup, low-fat	1 3/4 Cup(s)	245 cal
drinking water	16 fl oz	0 cal
grilled vegetable sandwich	1/2 serving	168 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 64 g (61%) / **Protein** 15 g (15%) / **Fat** 11 g (24%) / **Fluid** 20

NOTES:

DAY 5 TOTAL: Calories 1,330 cal / **Carbs** 160 g (47%) / **Protein** 70 g (21%) / **Fat** 49 g (32%) / **Fluid** 68



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

sunflower flax bread	1 slice	135 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
drinking water	8 fl oz	0 cal

MEAL TOTAL: **Calories** 229 cal / **Carbs** 25 g (41%) / **Protein** 9 g (15%) / **Fat** 12 g (44%) / **Fluid** 8

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
bananas	1 small	90 cal
almonds	1 oz	162 cal

MEAL TOTAL: **Calories** 252 cal / **Carbs** 29 g (43%) / **Protein** 7 g (10%) / **Fat** 14 g (47%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

black bean vegetable soup, low-fat	1 1/2 Cup(s)	210 cal
drinking water	16 fl oz	0 cal
grilled vegetable sandwich	1/2 serving	168 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 57 g (59%) / **Protein** 14 g (15%) / **Fat** 11 g (26%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

spinach, no salt, boiled	1 Cup(s)	41 cal
drinking water	16 fl oz	0 cal
macaroni, cooked	3/4 Cup(s)	130 cal
marinara sauce, low-sodium	1/2 Cup(s)	20 cal
black beans, no salt, boiled	1 Cup(s)	227 cal

MEAL TOTAL: **Calories** 419 cal / **Carbs** 79 g (71%) / **Protein** 27 g (24%) / **Fat** 2 g (5%) / **Fluid** 28

NOTES:

DAY 6 TOTAL: Calories 1,278 cal / **Carbs** 190 g (57%) / **Protein** 57 g (17%) / **Fat** 39 g (26%) / **Fluid** 75



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
blueberries	1 Cup(s)	83 cal
soymilk vanilla, light with calcium	1 Cup(s)	73 cal
oatmeal, steel cut	1/3 Cup(s)	200 cal
almonds, slivered	1/4 oz	38 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 68 g (67%) / **Protein** 15 g (15%) / **Fat** 8 g (18%) / **Fluid** 28

NOTES:

Snack

10:00 AM

plain soy yogurt	5 oz	125 cal
coconut water	1 Cup(s)	46 cal
drinking water	8 fl oz	0 cal
bananas	1 small	90 cal

MEAL TOTAL: **Calories** 261 cal / **Carbs** 48 g (71%) / **Protein** 9 g (14%) / **Fat** 5 g (15%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

dijon mustard	1 tsp	5 cal
iced tea, green	16 fl oz	0 cal
romaine lettuce	2 leaf	2 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
whole wheat tortillas	1 1/2 tortilla	191 cal

MEAL TOTAL: **Calories** 222 cal / **Carbs** 29 g (53%) / **Protein** 7 g (12%) / **Fat** 8 g (35%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

garden veggie tempeh	4 oz	251 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	16 fl oz	0 cal
barley, cooked	1/2 Cup(s)	97 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 51 g (46%) / **Protein** 27 g (25%) / **Fat** 14 g (29%) / **Fluid** 22

NOTES:

DAY 7 TOTAL: Calories 1,305 cal / **Carbs** 196 g (59%) / **Protein** 58 g (17%) / **Fat** 35 g (24%) / **Fluid** 85



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1 Servings

fbbc blueberry muffin smoothie-vegan

Ingredients

almond milk (unsweetened)
1 cup(s)

blueberries (frozen)
1/2 cup(s)

spinach
1 Cup(s)

almond butter (unsweetened)
1 tablespoon(s)

old fashioned oats by quaker
1/3 Cup(s)

ground flaxseed
1/3 tablespoons

cinnamon, ground
1/8 tsp

nutmeg, ground
1/8 tsp

trulean vegan plant based protein frosted vanilla cupcake
1 Scoop

Nutrition Totals

Calories 404 / **Carbs** 35 g / **Protein** 32 g / **Fat** 18 g / **Fluid** 1 fl oz

Instructions

Blend all of the ingredients in a high-speed blender until smooth and serve.



Eating right, simplified.

Nutrition Label

Fbbc Blueberry Muffin Smoothie-Vegan	
Amount Per Serving	
Calories	404
% Daily Value*	
Total Fat 17.5g	27%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 376.8mg	16%
Total Carbohydrates 34.6g	12%
Dietary Fiber 10.1g	41%
Total Sugar 7.5g	
Protein 31.5g	
Vitamin D 0IU	0%
Calcium 98mg	10%
Iron 4mg	22%
Potassium 222.6mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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2 Servings

mango black bean salad

Ingredients

green onions/scallions
4 medium

mangos
1 fruit

romaine lettuce
4 Cup(s)

red peppers
1/3 cup

sweet white corn, no salt, boiled
2/3 cup

olive oil
2 Tbsp

black beans, no salt, boiled
1 1/2 Cup(s)

cumin ground
1 tsp

Nutrition Totals

Calories 831 / Carbs 119 g / Protein 31 g / Fat 31 g / Fluid 22 fl oz

Instructions

1. Whisk together olive oil, garlic, cumin, and chili powder (with salt & pepper to taste) in a small bowl.
2. Place romaine lettuce to large mixing bowl.
3. Add mango, red bell pepper, black beans, corn, green onions, drizzle dressing over mixture and toss to coat.



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Nutrition Label

Mango Black Bean Salad	
Amount Per Serving	
Calories	415
% Daily Value*	
Total Fat 15.4g	24%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrates 59.4g	20%
Dietary Fiber 16.7g	67%
Total Sugar 16.9g	
Protein 15.2g	
Vitamin D 0IU	0%
Calcium 101.5mg	10%
Iron 4.5mg	25%
Potassium 1067.9mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Eating right, simplified.



1 Servings

fbcc cherry almond butter shake- vegan

Ingredients

frozen fruit dark sweet cherries by dole
1 Cup(s)

avocado
1/4 avocado

almond milk (unsweetened)
1 cup(s)

almond butter (unsweetened)
1 tablespoon(s)

ice cubes
4 cubes

trulean vegan plant based protein frosted vanilla cupcake
1 Scoop

Nutrition Totals

Calories 413 / **Carbs** 32 g / **Protein** 29 g / **Fat** 21 g / **Fluid** 1 fl oz

Instructions

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.



Eating right, simplified.

Nutrition Label

Fbbc Cherry Almond Butter Shake-Vegan		
Amount Per Serving		
Calories		413
		% Daily Value*
Total Fat	21.1g	33%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	356.6mg	15%
Total Carbohydrates	32.2g	11%
Dietary Fiber	10.9g	44%
Total Sugar	19g	
Protein	29.3g	
Vitamin D	0IU	0%
Calcium	71mg	7%
Iron	2.6mg	15%
Potassium	296.7mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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2 Servings

grilled vegetable sandwich

Ingredients

pesto basil sauce, low-fat
1/4 Cup(s)

zucchini/summer squash
1 cup

olive oil
1 Tbsp

eggplant
3 cup

red peppers
1 cup

french bread
1 medium slice

Nutrition Totals

Calories 673 / Carbs 72 g / Protein 20 g / Fat 35 g / Fluid 17 fl oz

Instructions

1. Combine zucchini, eggplant, and red bell pepper in a bowl. <
2. Preheat grill for medium heat and lightly oil the grate.
3. Drain moisture from vegetable mixture. Brush vegetables with olive oil to coat; season with black pepper.
4. Cook vegetables on hot grill until tender, 2 to 3 minutes per side. Transfer to a bowl and set aside.
5. Toast cut sides of baguette in a toaster oven until golden brown, 2 to 3 minutes. Spread basil pesto evenly over toasted surface. Arrange grilled vegetables evenly onto 2 of the baguette halves. Top each with plum tomato slices; top sandwich with the remaining baguette pieces to serve.



Eating right, simplified.

Nutrition Label

Grilled Vegetable Sandwich		
Amount Per Serving		
Calories		337
% Daily Value*		
Total Fat	17.4g	27%
Saturated Fat	3.2g	16%
Trans Fat	0g	
Cholesterol	7.4mg	2%
Sodium	444.6mg	19%
Total Carbohydrates	36.2g	12%
Dietary Fiber	7.6g	31%
Total Sugar	12.3g	
Protein	9.9g	
Vitamin D	0IU	0%
Calcium	140.3mg	14%
Iron	2.2mg	12%
Potassium	641.7mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



Eating right, simplified.

Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium

4 Tbsp

dijon mustard

6 tsp

marinara sauce, low-sodium

0.5 Cup(s)

mayonnaise, made with tofu

1 Tbsp

salsa, ready to serve

1 Tbsp

Beverages

almond milk (unsweetened)

3 cup(s)

coconut water

2 Cup(s)

drinking water

312 fl oz

iced tea, green

48 fl oz

soymilk vanilla, light with calcium

2 Cup(s)

Bread

french bread

0.5 medium slice

sunflower flax bread

3 slice

whole wheat dinner rolls

3.5 roll

whole wheat tortillas

4.5 tortilla

Cereal & Grain Products

barley, cooked

1 Cup(s)

macaroni, cooked

0.75 Cup(s)

oatmeal, steel cut

0.83 Cup(s)

pesto basil sauce, low-fat

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Eating right, simplified.

0.12 Cup(s)
wild rice, cooked
0.75 Cup(s)

Desserts

plain soy yogurt
11 oz

Entrees

vegan chicken strips, meat free
5 oz

Fats & Oils

olive oil
1.5 Tbsp

Fruits & Juices

apples
1 small
avocado
0.5 avocado
avocados
0.25 cup
bananas
3 small
blueberries
1.75 Cup(s)
blueberries (frozen)
0.5 cup(s)
mangos
0.5 fruit
tangerines/ mandarin oranges
1 medium

Legumes & Beans

black beans, no salt, boiled
2.76 Cup(s)
chickpeas, canned, drained
1 oz
hummus
7 Tbsp

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Eating right, simplified.

Nuts & Seeds

almond butter (unsweetened)

3 tablespoon(s)

almonds

1 oz

almonds, slivered

0.5 oz

smooth peanut butter, no salt

2 Tbsp

Snacks

granola bars, mixed

1 bars

multi-seed rice crackers, no salt, gluten free

10.38 crackers

vegetable chips

0.25 oz

Soup

black bean vegetable soup, low-fat

3.25 Cup(s)

Spices & Herbs

cinnamon, ground

0.13 tsp

cumin ground

0.5 tsp

nutmeg, ground

0.13 tsp

Sports & Diet Nutritionals

soy protein powder

2 Tbsp

trulean vegan plant based protein frosted vanilla cupcake

4 Scoop

Uncategorized

frozen fruit dark sweet cherries by dole

2 Cup(s)

ground flaxseed

0.33 tablespoons

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ice cubes
8 cubes
old fashioned oats by quaker
0.33 Cup(s)
original oat milk by vitasoy
10 fl oz

Vegetables

baby carrots
10 large
eggplant
1.5 cup
green onions/scallions
2 medium
mixed vegetables, frozen no salt, boiled
2.5 Cup(s)
peas & carrots, no salt, boiled
2 Cup(s)
red peppers
0.66 cup
romaine lettuce
6 Cup(s)
4 leaf
spinach
1 Cup(s)
spinach, no salt, boiled
1 Cup(s)
sweet white corn, no salt, boiled
0.34 cup
tomatoes
0.5 Cup(s)
zucchini/summer squash
0.5 cup

Vegetarian Products

garden veggie tempeh
7 oz
teriyaki tofu, baked
7 oz