



Eating right, simplified.

1,300 Calorie Plan (Vegetarian) 4 meals/day

DAY 1

Breakfast

7:00 AM

oat bran, cooked	2 Cup(s)	175 cal
whole eggs, poached	1 large	72 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 76 g (64%) / **Protein** 22 g (19%) / **Fat** 9 g (17%) / **Fluid** 29

NOTES:

Snack

10:00 AM

pretzel sticks, no salt	1/2 oz	54 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 236 cal / **Carbs** 30 g (51%) / **Protein** 24 g (40%) / **Fat** 2 g (9%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

tomatoes	1/4 Cup(s)	8 cal
peppered tofurky deli slices	2 oz	109 cal
dijon mustard	2 tsp	10 cal
sharp cheddar, sliced	1/2 slice	55 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 leaf	2 cal
whole wheat bread	2 slice	200 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 48 g (48%) / **Protein** 28 g (28%) / **Fat** 11 g (24%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

brussels sprouts, no salt, boiled	5 sprout	38 cal
vegan turkey with sage, meat free	8 oz	75 cal
extra virgin olive oil	1 tsp	40 cal
quinoa, cooked	3/4 Cup(s)	167 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 44 g (53%) / **Protein** 18 g (22%) / **Fat** 9 g (25%) / **Fluid** 23

NOTES:

DAY 1 TOTAL: Calories 1,298 cal / **Carbs** 198 g (55%) / **Protein** 92 g (25%) / **Fat** 32 g (20%) / **Fluid** 94

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DAY 2

Breakfast

7:00 AM

skim milk with calcium	1 Cup(s)	86 cal
wheat chex cereal	1 Cup(s)	160 cal
drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 337 cal / **Carbs** 52 g (57%) / **Protein** 21 g (23%) / **Fat** 8 g (20%) / **Fluid** 25

NOTES:

Snack

10:00 AM

almond butter	1 Tbsp	100 cal
apples	1 small	55 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 246 cal / **Carbs** 35 g (56%) / **Protein** 7 g (11%) / **Fat** 9 g (33%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

kielbasa sausage tofurky	2 1/2 oz	172 cal
drinking water	2 Cup(s)	0 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
baby carrots	15 large	79 cal
whole-wheat pita bread	1 small	74 cal
romaine lettuce	2 leaf	2 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 43 g (46%) / **Protein** 23 g (25%) / **Fat** 12 g (29%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
vegan chicken strips, meat free	2 oz	145 cal
drinking water	2 Cup(s)	0 cal
mustard greens, no salt, boiled	1 cup	36 cal

MEAL TOTAL: **Calories** 373 cal / **Carbs** 41 g (41%) / **Protein** 21 g (22%) / **Fat** 16 g (37%) / **Fluid** 22

NOTES:

DAY 2 TOTAL: Calories 1,308 cal / **Carbs** 172 g (49%) / **Protein** 72 g (21%) / **Fat** 46 g (30%) / **Fluid** 89



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

almond butter	1 Tbsp	100 cal
whole wheat bread	1 slice	100 cal
skim milk with calcium	1 Cup(s)	86 cal
drinking water	1 Cup(s)	0 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 346 cal / **Carbs** 49 g (54%) / **Protein** 18 g (20%) / **Fat** 10 g (26%) / **Fluid** 20

NOTES:

Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
drinking water	1 Cup(s)	0 cal
apples	1 small	55 cal
nut and raisin granola bars	1 bar	127 cal

MEAL TOTAL: **Calories** 228 cal / **Carbs** 41 g (69%) / **Protein** 4 g (7%) / **Fat** 6 g (24%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

chicken nuggets, meat free	3 oz	237 cal
extra virgin olive oil	1/2 Tbsp	60 cal
balsamic vinegar	1/2 Tbsp	7 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	1 roll	74 cal
romaine lettuce	2 Cup(s)	16 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 39 g (38%) / **Protein** 17 g (16%) / **Fat** 21 g (46%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
kielbasa sausage tofurky	2 oz	137 cal
shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal

MEAL TOTAL: **Calories** 329 cal / **Carbs** 35 g (40%) / **Protein** 21 g (24%) / **Fat** 14 g (36%) / **Fluid** 18

NOTES:

DAY 3 TOTAL: Calories 1,298 cal / **Carbs** 165 g (49%) / **Protein** 60 g (17%) / **Fat** 51 g (34%) / **Fluid** 76



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
salsa, ready to serve	1 Tbsp	5 cal
whole eggs, poached	1 large	72 cal
whole wheat tortillas	1 tortilla	127 cal

MEAL TOTAL: **Calories** 315 cal / **Carbs** 46 g (59%) / **Protein** 12 g (15%) / **Fat** 9 g (26%) / **Fluid** 18

NOTES:

Snack

10:00 AM

nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 223 cal / **Carbs** 20 g (37%) / **Protein** 29 g (52%) / **Fat** 3 g (11%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

vegetarian chili soup, no salt added	1 1/2 Cup(s)	315 cal
whole-wheat pita bread	1 small	74 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 389 cal / **Carbs** 77 g (73%) / **Protein** 18 g (17%) / **Fat** 4 g (10%) / **Fluid** 16

NOTES:

Dinner

6:00 PM

navy beans, no salt, boiled	1/2 Cup(s)	127 cal
vegan chicken strips, meat free	2 oz	145 cal
extra virgin olive oil	1 tsp	40 cal
mustard greens, no salt, boiled	1/2 cup	18 cal
wild rice, cooked	1/4 Cup(s)	41 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 42 g (43%) / **Protein** 23 g (24%) / **Fat** 14 g (33%) / **Fluid** 21

NOTES:

DAY 4 TOTAL: Calories 1,299 cal / **Carbs** 185 g (56%) / **Protein** 82 g (24%) / **Fat** 31 g (20%) / **Fluid** 81



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

meat free bacon	2 slices	45 cal
skim milk with calcium	1 Cup(s)	86 cal
wheat chex cereal	1 Cup(s)	160 cal
strawberries	6 large	35 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 60 g (67%) / **Protein** 22 g (24%) / **Fat** 4 g (9%) / **Fluid** 27

NOTES:

Snack

10:00 AM

almond butter	1/2 Tbsp	50 cal
soy protein bar chocolate mint	1/2 bar	120 cal
drinking water	2 Cup(s)	0 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 225 cal / **Carbs** 35 g (60%) / **Protein** 9 g (15%) / **Fat** 6 g (25%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
kielbasa sausage tofurky	2 oz	137 cal
whole wheat dinner rolls	2 roll	149 cal
balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 369 cal / **Carbs** 40 g (41%) / **Protein** 21 g (21%) / **Fat** 17 g (38%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

vegan fajitas	1 serving	439 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 63 g (54%) / **Protein** 16 g (14%) / **Fat** 16 g (32%) / **Fluid** 25

NOTES:

DAY 5 TOTAL: Calories 1,360 cal / **Carbs** 198 g (54%) / **Protein** 68 g (19%) / **Fat** 43 g (27%) / **Fluid** 91



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

almond butter	1 1/2 Tbsp	150 cal
drinking water	1 Cup(s)	0 cal
whole wheat bread	2 slice	200 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 56 g (50%) / **Protein** 23 g (20%) / **Fat** 15 g (30%) / **Fluid** 16

NOTES:

Snack

10:00 AM

almonds	1/4 oz	41 cal
drinking water	2 Cup(s)	0 cal
nectarines	1 fruit	60 cal
vanilla yogurt, low-fat	5 oz	120 cal

MEAL TOTAL: **Calories** 221 cal / **Carbs** 35 g (61%) / **Protein** 10 g (17%) / **Fat** 6 g (22%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

vegan fajitas	1 serving	439 cal
iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 63 g (54%) / **Protein** 16 g (14%) / **Fat** 16 g (32%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

vegan turkey with sage, meat free	8 oz	75 cal
summer squash, no salt, boiled	1 cup	36 cal
butter, no salt	1 tsp	34 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 Cup(s)	166 cal

MEAL TOTAL: **Calories** 311 cal / **Carbs** 50 g (62%) / **Protein** 17 g (21%) / **Fat** 6 g (17%) / **Fluid** 26

NOTES:

DAY 6 TOTAL: Calories 1,408 cal / **Carbs** 205 g (55%) / **Protein** 66 g (18%) / **Fat** 44 g (27%) / **Fluid** 91



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

meat free bacon	2 slices	45 cal
orange juice	1 Cup(s)	112 cal
butter, no salt	1 tsp	34 cal
drinking water	1 Cup(s)	0 cal
whole wheat bread	1 slice	100 cal
whole eggs, poached	1 large	72 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 47 g (50%) / **Protein** 19 g (20%) / **Fat** 13 g (30%) / **Fluid** 17

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
pretzel sticks, no salt	1 oz	108 cal
hummus, lower sodium	2 Tbsp	52 cal
baby carrots	12 large	63 cal

MEAL TOTAL: **Calories** 223 cal / **Carbs** 42 g (74%) / **Protein** 6 g (11%) / **Fat** 4 g (15%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

dijon mustard	2 tsp	10 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
tomatoes	1/4 Cup(s)	8 cal
peppered tofurky deli slices	2 oz	109 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal

MEAL TOTAL: **Calories** 408 cal / **Carbs** 46 g (46%) / **Protein** 23 g (23%) / **Fat** 14 g (31%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

chicken nuggets, meat free	1 1/2 oz	119 cal
quinoa, cooked	3/4 Cup(s)	167 cal
brussels sprouts, no salt, boiled	10 sprout	76 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 361 cal / **Carbs** 55 g (58%) / **Protein** 18 g (19%) / **Fat** 10 g (23%) / **Fluid** 26

NOTES:

DAY 7 TOTAL: Calories 1,354 cal / **Carbs** 190 g (55%) / **Protein** 66 g (19%) / **Fat** 40 g (26%) / **Fluid** 83



Eating right, simplified.

2 Servings



shell pasta with artichokes in garlic & olive oil

Ingredients

garlic
2 clove

olive oil
2 Tbsp

pasta shells
1 1/3 Cup(s)

artichokes
2 medium

Nutrition Totals

Calories 768 / **Carbs** 113 g / **Protein** 23 g / **Fat** 29 g / **Fluid** 7 fl oz

Instructions

1. Bring a pot of lightly salted water to a boil. Add seashell pasta, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the olive oil in a skillet over medium heat. Mix in the garlic, basil, and artichoke hearts, and cook 5 minutes, until heated through. Toss with the cooked pasta to serve.



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Nutrition Label

Shell Pasta With Artichokes In Garlic & Olive Oil	
Amount Per Serving	
Calories	384
% Daily Value*	
Total Fat 14.3g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 121.1mg	5%
Total Carbohydrates 56.4g	19%
Dietary Fiber 8.9g	36%
Total Sugar 2.6g	
Protein 11.7g	
Vitamin D 0IU	0%
Calcium 75.2mg	8%
Iron 4.1mg	23%
Potassium 485.7mg	
* 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

vegan fajitas

Ingredients

corn tortillas, no salt
2 tortilla

sweet green peppers
2/3 medium

zucchini/summer squash
1/2 small

summer squash
3/4 cup

olive oil
1 Tbsp

black beans, no salt, boiled
1 1/3 Cup(s)

corn sweet yellow raw
1 1/3 Cup(s)

olive oil
1 Tbsp

distilled vinegar
2 tsp

chili powder
1/2 tsp

Nutrition Totals

Calories 879 / **Carbs** 126 g / **Protein** 33 g / **Fat** 33 g / **Fluid** 19 fl oz

Instructions

1. In a large bowl combine olive oil, vinegar, oregano, and chili powder. To the marinade add the zucchini, yellow squash, onion, and peppers. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.
2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.
3. Serve in corn or flour tortillas



Eating right, simplified.

Nutrition Label

Vegan Fajitas	
Amount Per Serving	
Calories	439
% Daily Value*	
Total Fat 16.4g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35.1mg	1%
Total Carbohydrates 63g	21%
Dietary Fiber 15g	60%
Total Sugar 9g	
Protein 16.2g	
Vitamin D 0IU	0%
Calcium 96mg	10%
Iron 3.8mg	22%
Potassium 994.1mg	
* 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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Eating right, simplified.

Shopping List

Accompaniments

dijon mustard
4 tsp
olive oil, mayonnaise, light
1 Tbsp
salsa, ready to serve
1 Tbsp

Beverages

coconut water
3 Cup(s)
drinking water
44 Cup(s)
iced tea, green
32 fl. oz.

Bread

corn tortillas, no salt
2 tortilla
whole-wheat pita bread
2 small
whole wheat bread
6 slice
whole wheat dinner rolls
3 roll
whole wheat tortillas
3 tortilla

Cereal & Grain Products

oat bran, cooked
2 Cup(s)
pasta shells
0.66 Cup(s)
quinoa, cooked
1.5 Cup(s)
wheat chex cereal
2 Cup(s)
wild rice, cooked
1.25 Cup(s)

Dairy & Egg

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Eating right, simplified.

butter, no salt
2 tsp
low-fat cottage cheese, 1%
1.75 Cup(s)
sharp cheddar, sliced
0.5 slice
skim milk with calcium
4 Cup(s)
vanilla yogurt, low-fat
5 oz
whole eggs, poached
3 large
whole eggs, scrambled
1 large

Entrees

vegan chicken strips, meat free
4 oz

Fats & Oils

extra virgin olive oil
2 tsp
1 Tbsp
olive oil
3 Tbsp

Fruits & Juices

apples
3 small
nectarines
4 fruit
orange juice
3 Cup(s)
strawberries
6 large

Ingredients

balsamic vinegar
1 Tbsp
distilled vinegar
2 tsp

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Eating right, simplified.

Legumes & Beans

black beans, no salt, boiled

1.34 Cup(s)

hummus, lower sodium

2 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

Nuts & Seeds

almond butter

4 Tbsp

almonds

0.25 oz

Sausages & Meats

meat free bacon

4 slices

Snacks

nut and raisin granola bars

1 bar

pretzel sticks, no salt

1.5 oz

Soup

vegetarian chili soup, no salt added

1.5 Cup(s)

Spices & Herbs

chili powder

0.5 tsp

Sports & Diet Nutritionals

soy protein bar chocolate mint

0.5 bar

Uncategorized

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Eating right, simplified.

corn sweet yellow raw

1.34 Cup(s)

Vegetables

artichokes

1 medium

baby carrots

27 large

brussels sprouts, no salt, boiled

15 sprout

garlic

1 clove

mustard greens, no salt, boiled

1.5 cup

romaine lettuce

6 leaf

4 Cup(s)

summer squash

0.76 cup

summer squash, no salt, boiled

1 cup

sweet green peppers

0.66 medium

tomatoes

0.5 Cup(s)

zucchini/summer squash

0.5 small

Vegetarian Products

chicken nuggets, meat free

4.5 oz

kielbasa sausage tofurky

6.5 oz

peppered tofurky deli slices

4 oz

vegan turkey with sage, meat free

16 oz