



Eating right, simplified.

1,600 Calorie Plan (Vegan) 4meals/day

DAY 1

Breakfast

7:00 AM

whole grain rolled oats, dry	1 Cup(s)	299 cal
blueberries	1 Cup(s)	83 cal
drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 87 g (79%) / **Protein** 2 g (2%) / **Fat** 9 g (19%) / **Fluid** 20

NOTES:

Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

baby carrots	15 large	79 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	2 small	149 cal
vegan chicken strips, meat free	3 oz	217 cal

MEAL TOTAL: **Calories** 455 cal / **Carbs** 61 g (52%) / **Protein** 25 g (21%) / **Fat** 14 g (27%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

garden veggie tempeh	3 oz	188 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
wild rice, cooked	3/4 Cup(s)	124 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 71 g (58%) / **Protein** 33 g (26%) / **Fat** 9 g (16%) / **Fluid** 26

NOTES:

DAY 1 TOTAL: Calories 1,697 cal / **Carbs** 254 g (59%) / **Protein** 67 g (15%) / **Fat** 49 g (26%) / **Fluid** 93



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DAY 2

Breakfast

7:00 AM

oat bran flakes cereal	1 Cup(s)	179 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 493 cal / **Carbs** 84 g (66%) / **Protein** 29 g (23%) / **Fat** 6 g (11%) / **Fluid** 28

NOTES:

Snack

10:00 AM

grapes	3 oz	48 cal
drinking water	2 Cup(s)	0 cal
almonds	1 1/4 oz	203 cal

MEAL TOTAL: **Calories** 251 cal / **Carbs** 19 g (29%) / **Protein** 8 g (12%) / **Fat** 18 g (59%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
whole wheat dinner rolls	1 roll	74 cal
vegan chicken strips, meat free	3 oz	217 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
balsamic vinegar	1/4 Tbsp	4 cal

MEAL TOTAL: **Calories** 463 cal / **Carbs** 52 g (43%) / **Protein** 21 g (17%) / **Fat** 22 g (40%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
sweet potato, no salt, baked	2 small	108 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
vegan chicken strips, meat free	4 oz	289 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 44 g (39%) / **Protein** 31 g (27%) / **Fat** 17 g (34%) / **Fluid** 25

NOTES:

DAY 2 TOTAL: Calories 1,646 cal / **Carbs** 200 g (46%) / **Protein** 90 g (21%) / **Fat** 63 g (33%) / **Fluid** 91



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DAY 3

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
multigrain english muffins, gluten free	1 muffin	150 cal
blueberries	1 Cup(s)	83 cal
drinking water	1 Cup(s)	0 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 63 g (58%) / **Protein** 29 g (27%) / **Fat** 7 g (15%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
sea salt & black pepper soy chips	18 crisps	127 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 262 cal / **Carbs** 52 g (76%) / **Protein** 8 g (12%) / **Fat** 4 g (12%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

italian tofurky deli slices	3 oz	180 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
apples	1 large	110 cal
cracked-wheat bread	2 thick slice	156 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 73 g (59%) / **Protein** 25 g (20%) / **Fat** 12 g (21%) / **Fluid** 751

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
vegan turkey with sage, meat free	8 oz	75 cal
kale, no salt, boiled	1 Cup(s)	36 cal
hearts of palm risotto	1 serving	305 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 63 g (63%) / **Protein** 17 g (17%) / **Fat** 9 g (20%) / **Fluid** 33

NOTES:

DAY 3 TOTAL: Calories 1,571 cal / **Carbs** 251 g (62%) / **Protein** 79 g (20%) / **Fat** 32 g (18%) / **Fluid** 823



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DAY 4

Breakfast

7:00 AM

whole grain rolled oats, dry	1/2 Cup(s)	150 cal
drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
blueberries	1 Cup(s)	83 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 62 g (59%) / **Protein** 24 g (23%) / **Fat** 8 g (18%) / **Fluid** 20

NOTES:

Snack

10:00 AM

pears	1 large	119 cal
drinking water	2 Cup(s)	0 cal
almonds	1 1/2 oz	243 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 41 g (42%) / **Protein** 10 g (10%) / **Fat** 21 g (48%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

hearts of palm risotto	1 serving	305 cal
vegan turkey with sage, meat free	8 oz	75 cal
balsamic vinegar	1/2 Tbsp	7 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	1 Cup(s)	8 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 59 g (63%) / **Protein** 15 g (16%) / **Fat** 9 g (21%) / **Fluid** 31

NOTES:

Dinner

6:00 PM

garden veggie tempeh	4 oz	251 cal
wild rice, cooked	1/2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
summer squash, no salt, boiled	1 cup	36 cal

MEAL TOTAL: **Calories** 370 cal / **Carbs** 42 g (45%) / **Protein** 27 g (29%) / **Fat** 11 g (26%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,538 cal / **Carbs** 204 g (53%) / **Protein** 76 g (19%) / **Fat** 49 g (28%) / **Fluid** 97



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DAY 5

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
sausage, meat free	1 sausages	84 cal
oat bran flakes cereal	1 Cup(s)	179 cal
blueberries	1 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 75 g (69%) / **Protein** 14 g (13%) / **Fat** 9 g (18%) / **Fluid** 28

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
almond butter	2 Tbsp	200 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 37 g (35%) / **Protein** 29 g (27%) / **Fat** 18 g (38%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

vegan chicken strips, meat free	3 oz	217 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
tomatoes	1/4 Cup(s)	8 cal
baby carrots	25 large	131 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 73 g (55%) / **Protein** 26 g (20%) / **Fat** 15 g (25%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

portabella mushroom burger with bruschetta topping	1 serving	293 cal
drinking water	2 Cup(s)	0 cal
vegetable soup, vegan	1/2 Cup(s)	55 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 52 g (63%) / **Protein** 12 g (14%) / **Fat** 8 g (23%) / **Fluid** 20

NOTES:

DAY 5 TOTAL: Calories 1,691 cal / **Carbs** 237 g (55%) / **Protein** 80 g (19%) / **Fat** 50 g (26%) / **Fluid** 100



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DAY 6

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
almond butter	1 1/2 Tbsp	150 cal
peaches	1 large	61 cal
drinking water	1 Cup(s)	0 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 32 g (33%) / **Protein** 29 g (29%) / **Fat** 17 g (38%) / **Fluid** 21

NOTES:

Snack

10:00 AM

mixed berry soy yogurt	6 oz	180 cal
drinking water	2 Cup(s)	0 cal
blueberries	1 Cup(s)	83 cal
vegetable protein powder	1/4 Cup(s)	83 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 55 g (60%) / **Protein** 25 g (27%) / **Fat** 5 g (13%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

portabella mushroom burger with bruschetta topping	1 serving	293 cal
drinking water	2 Cup(s)	0 cal
vegetable soup, vegan	1/2 Cup(s)	55 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 52 g (63%) / **Protein** 12 g (14%) / **Fat** 8 g (23%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

wild rice, cooked	1/2 Cup(s)	83 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	3 oz	217 cal

MEAL TOTAL: **Calories** 455 cal / **Carbs** 54 g (46%) / **Protein** 34 g (28%) / **Fat** 14 g (26%) / **Fluid** 26

NOTES:

DAY 6 TOTAL: Calories 1,539 cal / **Carbs** 193 g (50%) / **Protein** 100 g (25%) / **Fat** 44 g (25%) / **Fluid** 86



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

bananas	1 medium	105 cal
cracked-wheat bread	2 thick slice	156 cal
plain soy yogurt	4 oz	100 cal
sausage, meat free	1 sausages	84 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 445 cal / **Carbs** 75 g (64%) / **Protein** 19 g (16%) / **Fat** 10 g (20%) / **Fluid** 745

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
baby carrots	20 large	105 cal
sea salt & black pepper soy chips	20 crisps	141 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 356 cal / **Carbs** 46 g (51%) / **Protein** 31 g (34%) / **Fat** 6 g (15%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

italian tofurky deli slices	3 oz	180 cal
whole wheat tortillas	2 tortilla	254 cal
iced tea, green	16 fl. oz.	0 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 491 cal / **Carbs** 51 g (42%) / **Protein** 27 g (22%) / **Fat** 19 g (36%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

vegan turkey with sage, meat free	8 oz	75 cal
kale, no salt, boiled	1 Cup(s)	36 cal
sweet potato, no salt, baked	2 small	108 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 340 cal / **Carbs** 39 g (44%) / **Protein** 14 g (16%) / **Fat** 16 g (40%) / **Fluid** 23

NOTES:

DAY 7 TOTAL: Calories 1,632 cal / **Carbs** 211 g (50%) / **Protein** 91 g (22%) / **Fat** 52 g (28%) / **Fluid** 812



Eating right, simplified.



2 Servings

hearts of palm risotto

Ingredients

vegetable broth soup, low sodium

3 Cup(s)

olive oil

1 Tbsp

arborio rice

1/2 Cup(s)

white wine

1/4 Cup(s)

hearts of palm

1/2 Cup(s)

onions

1 small slice

Nutrition Totals

Calories 609 / **Carbs** 97 g / **Protein** 11 g / **Fat** 15 g / **Fluid** 26 fl oz

Instructions

1. Heat 1 tablespoon of olive oil in a large, heavy-bottomed saucepan over medium-high heat. Add the onion; cook and stir until it begins to turn golden brown at the edges, about 2 minutes.
2. Pour in the rice, and stir until the rice is coated in oil and has started to toast, 2 to 3 minutes. Reduce the heat to medium and stir in the white wine. Let it cook until it has mostly evaporated, then stir in one-third of the boiling vegetable broth; continue stirring until incorporated.
3. Repeat this process twice more, stirring constantly. Incorporating the broth should take 15 to 20 minutes in all.
4. When the rice is mostly tender, but still has a very slight crunch, stir in the hearts of palm; season with salt and pepper. Cook for another minute to heat through then stir in parsley and serve immediately.



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Nutrition Label

Hearts Of Palm Risotto		
Amount Per Serving		
Calories		305
		% Daily Value*
Total Fat	7.2g	11%
Saturated Fat	0.9g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	58mg	2%
Total Carbohydrates	48.5g	16%
Dietary Fiber	3g	12%
Total Sugar	2.4g	
Protein	5.4g	
Vitamin D	0IU	0%
Calcium	3.7mg	0%
Iron	0.8mg	5%
Potassium	27.5mg	
* 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

portabella mushroom burger with bruschetta topping

Ingredients

olive oil

2/3 Tbsp

balsamic vinegar

1/2 Tbsp

basil

1/3 Cup(s)

roma tomatoes

2 Cup(s)

garlic

1 clove

kaiser rolls

2 roll

black pepper

1/2 tsp

portabella mushroom

2 cup

Nutrition Totals

Calories 587 / **Carbs** 86 g / **Protein** 20 g / **Fat** 15 g / **Fluid** 7 fl oz

Instructions

1. Mix tomatoes, basil, balsamic vinegar, garlic, olive oil, and black pepper in a bowl and refrigerate to blend flavors, 1 to 2 hours.
2. Preheat grill for medium heat and lightly oil the grate.
3. Grill portabella mushrooms with gill sides up on an upper rack of the grill until juicy and hot, about 15 minutes. Spoon tomato mixture into mushroom caps to cover entire cap. Continue grilling until topping is heated through, another 15 to 20 minutes.
4. Serve on kaiser rolls.



Eating right, simplified.

Nutrition Label

Portabella Mushroom Burger With Bruschetta Topping	
Amount Per Serving	
Calories	293
% Daily Value*	
Total Fat 7.2g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 337.8mg	14%
Total Carbohydrates 42.9g	14%
Dietary Fiber 2.6g	11%
Total Sugar 7.7g	
Protein 9.8g	
Vitamin D 8.6IU	1%
Calcium 75mg	8%
Iron 4.6mg	26%
Potassium 932.6mg	
* 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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Shopping List

Accompaniments

mayonnaise, made with tofu
1.5 Tbsp

Beverages

almond beverage with calcium
6 Cup(s)
drinking water
48 Cup(s)
iced tea, green
32 fl. oz.
white wine
0.26 Cup(s)

Bread

cracked-wheat bread
4 thick slice
kaiser rolls
2 roll
multigrain english muffins, gluten free
1 muffin
whole-wheat pita bread
4 small
whole wheat dinner rolls
1 roll
whole wheat tortillas
2 tortilla

Cereal & Grain Products

arborio rice
0.5 Cup(s)
oat bran flakes cereal
2 Cup(s)
whole grain rolled oats, dry
1.5 Cup(s)
wild rice, cooked
1.75 Cup(s)

Desserts

mixed berry soy yogurt

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Eating right, simplified.

6 oz

plain soy yogurt

4 oz

Entrees

vegan chicken strips, meat free

16 oz

Fats & Oils

extra virgin olive oil

1.5 Tbsp

olive oil

1.66 Tbsp

Fruits & Juices

apples

3 large

bananas

2 extra large

1 medium

blueberries

5 Cup(s)

cranberries, dried sweetened

0.25 Cup(s)

grapes

3 oz

peaches

1 large

pears

1 large

Ingredients

balsamic vinegar

1.25 Tbsp

Legumes & Beans

black beans, no salt, boiled

1 Cup(s)

Nuts & Seeds

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almond butter
5.5 Tbsp
almonds
2.75 oz

Snacks

sea salt & black pepper soy chips
38 crisps

Soup

vegetable broth soup, low sodium
3 Cup(s)
vegetable soup, vegan
1 Cup(s)

Spices & Herbs

basil
0.34 Cup(s)
black pepper
0.5 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake
6 Scoop
vegetable protein powder
0.25 Cup(s)

Vegetables

baby carrots
60 large
broccoli, no salt, boiled
1 Cup(s)
garlic
1 clove
hearts of palm
0.5 Cup(s)
kale, no salt, boiled
2 Cup(s)
onions
1 small slice
portabella mushroom
2 cup

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romaine lettuce

6 leaf

3 Cup(s)

roma tomatoes

2 Cup(s)

spinach, no salt, boiled

2 Cup(s)

summer squash, no salt, boiled

1 cup

sweet potato, no salt, baked

4 small

tomatoes

1 Cup(s)

Vegetarian Products

garden veggie tempeh

7 oz

italian tofurky deli slices

6 oz

sausage, meat free

2 sausages

vegan turkey with sage, meat free

24 oz