



Eating right, simplified.

1,600 Calorie Plan (Vegan 2) 4meals/day

DAY 1

Breakfast

7:00 AM

trulean vegan plant based protein chocolate browni...	1 Scoop	110 cal
original oat milk by vitasoy	10 fl oz	181 cal
strawberries	1 1/2 cup	80 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 57 g (61%) / **Protein** 24 g (25%) / **Fat** 6 g (14%) / **Fluid** 8

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	1 1/3 Tbsp	125 cal
drinking water	16 fl oz	0 cal
apples	1 large	110 cal
chickpea crisps gluten free by has no...	1 1/2 serving	177 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 53 g (49%) / **Protein** 11 g (10%) / **Fat** 20 g (41%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
romaine lettuce	3 leaf	3 cal
drinking water	16 fl oz	0 cal
hummus, lower sodium	5 Tbsp	131 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 49 g (50%) / **Protein** 14 g (15%) / **Fat** 16 g (35%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1/3 Tbsp	40 cal
cauliflower, no salt, boiled	3 flowerets	12 cal
drinking water	16 fl oz	0 cal
wild rice, cooked	1 Cup(s)	166 cal
lentil beans, no salt, boiled	1 Cup(s)	230 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 77 g (66%) / **Protein** 25 g (22%) / **Fat** 6 g (12%) / **Fluid** 26

NOTES:

DAY 1 TOTAL: Calories 1,620 cal / **Carbs** 236 g (57%) / **Protein** 74 g (18%) / **Fat** 47 g (25%) / **Fluid** 75

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DAY 2

Breakfast

fbbc cherry almond butter shake-vegan

1 serving

413 cal

7:00 AM

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 1

NOTES:

Snack

drinking water

16 fl oz

0 cal

10:00 AM

oranges

1 fruit

69 cal

cultured coconut milk yogurt

11 oz

221 cal

MEAL TOTAL: **Calories** 289 cal / **Carbs** 51 g (63%) / **Protein** 1 g (2%) / **Fat** 13 g (35%) / **Fluid** 20

NOTES:

Lunch

tomatoes

1/4 Cup(s)

8 cal

12:00 PM

mayonnaise, made with tofu

1 Tbsp

48 cal

iced tea, green

16 fl oz

0 cal

whole-wheat pita bread

2 small

149 cal

avocados

1/4 cup

58 cal

chickpeas pasta by banza

1 1/2 serving

330 cal

MEAL TOTAL: **Calories** 594 cal / **Carbs** 86 g (57%) / **Protein** 27 g (18%) / **Fat** 17 g (25%) / **Fluid** 19

NOTES:

Dinner

drinking water

16 fl oz

0 cal

6:00 PM

yams, no salt, boiled or baked

1 Cup(s)

158 cal

green snap beans, no salt, boiled

2 1/2 Cup(s)

109 cal

extra virgin olive oil

1/2 Tbsp

60 cal

MEAL TOTAL: **Calories** 327 cal / **Carbs** 62 g (70%) / **Protein** 8 g (9%) / **Fat** 8 g (21%) / **Fluid** 29

NOTES:

DAY 2 TOTAL: **Calories** 1,624 cal / **Carbs** 231 g (54%) / **Protein** 66 g (15%) / **Fat** 59 g (31%) / **Fluid** 69



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
smooth peanut butter, no salt	1/2 Tbsp	47 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 60 g (60%) / **Protein** 16 g (16%) / **Fat** 10 g (24%) / **Fluid** 27

NOTES:

Snack

10:00 AM

bananas	1 extra large	135 cal
drinking water	16 fl oz	0 cal
almond butter	1 Tbsp	100 cal

MEAL TOTAL: **Calories** 235 cal / **Carbs** 38 g (61%) / **Protein** 5 g (8%) / **Fat** 9 g (31%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

mayonnaise, made with tofu	1/2 Tbsp	24 cal
drinking water	16 fl oz	0 cal
romaine lettuce	3 leaf	3 cal
whole wheat tortillas	2 tortilla	254 cal
edamame soybeans, shelled	1 1/2 Cup(s)	180 cal

MEAL TOTAL: **Calories** 461 cal / **Carbs** 50 g (44%) / **Protein** 24 g (21%) / **Fat** 18 g (35%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

tofu, extra firm	3 oz	77 cal
whole-wheat pita bread	1/2 small	37 cal
drinking water	16 fl oz	0 cal
fava bean salad	1 serving	366 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 58 g (47%) / **Protein** 26 g (21%) / **Fat** 17 g (32%) / **Fluid** 32

NOTES:

DAY 3 TOTAL: Calories 1,582 cal / **Carbs** 205 g (51%) / **Protein** 70 g (18%) / **Fat** 54 g (31%) / **Fluid** 97



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

bananas	1 extra large	135 cal
drinking water	16 fl oz	0 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal

MEAL TOTAL: **Calories** 443 cal / **Carbs** 80 g (72%) / **Protein** 11 g (10%) / **Fat** 9 g (18%) / **Fluid** 31

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
oranges	1 fruit	69 cal
peanuts, no salt, dry-roasted	1 oz	166 cal

MEAL TOTAL: **Calories** 234 cal / **Carbs** 24 g (37%) / **Protein** 8 g (13%) / **Fat** 14 g (50%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

tofu, extra firm	6 oz	155 cal
fava bean salad	1 serving	366 cal
balsamic vinegar	1 Tbsp	14 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 551 cal / **Carbs** 58 g (41%) / **Protein** 34 g (24%) / **Fat** 22 g (35%) / **Fluid** 38

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
wild rice, cooked	1 Cup(s)	166 cal
asparagus, boiled	6 spears	20 cal
black beans, no salt, boiled	7/8 Cup(s)	199 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 74 g (74%) / **Protein** 22 g (22%) / **Fat** 2 g (4%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: Calories 1,612 cal / **Carbs** 236 g (57%) / **Protein** 76 g (18%) / **Fat** 47 g (25%) / **Fluid** 115



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 35 g (33%) / **Protein** 32 g (30%) / **Fat** 18 g (37%) / **Fluid** 17

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 204 cal / **Carbs** 32 g (58%) / **Protein** 5 g (8%) / **Fat** 8 g (34%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
hummus, lower sodium	6 Tbsp	157 cal
avocados	1/2 cup	117 cal
whole-wheat pita bread	2 small	149 cal
pine nuts	1 Tbsp	57 cal

MEAL TOTAL: **Calories** 488 cal / **Carbs** 53 g (41%) / **Protein** 16 g (12%) / **Fat** 27 g (47%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

veggie burger	1 serving	279 cal
drinking water	16 fl oz	0 cal
cauliflower, no salt, boiled	9 flowerets	37 cal
yams, no salt, boiled or baked	1 1/4 Cup(s)	197 cal

MEAL TOTAL: **Calories** 513 cal / **Carbs** 92 g (68%) / **Protein** 20 g (14%) / **Fat** 11 g (18%) / **Fluid** 29

NOTES:

DAY 5 TOTAL: Calories 1,610 cal / **Carbs** 212 g (49%) / **Protein** 72 g (17%) / **Fat** 64 g (34%) / **Fluid** 90



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
smooth peanut butter, no salt	1/2 Tbsp	47 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 60 g (60%) / **Protein** 16 g (16%) / **Fat** 10 g (24%) / **Fluid** 27

NOTES:

Snack

10:00 AM

brown rice protein	1/2 oz	54 cal
raisins, seedless	1/4 cup	123 cal
drinking water	16 fl oz	0 cal
plain soy yogurt	4 oz	100 cal

MEAL TOTAL: **Calories** 278 cal / **Carbs** 48 g (66%) / **Protein** 16 g (22%) / **Fat** 4 g (12%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

veggie burger	2 serving	558 cal
green snap beans, no salt, boiled	1/4 Cup(s)	11 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 79 g (52%) / **Protein** 29 g (19%) / **Fat** 20 g (29%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
vegan pasta sauce, low-fat	1/2 Cup(s)	80 cal
asparagus, boiled	6 spears	20 cal
chickpeas pasta by banza	1 1/8 serving	247 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 52 g (59%) / **Protein** 22 g (25%) / **Fat** 6 g (16%) / **Fluid** 19

NOTES:

DAY 6 TOTAL: Calories 1,599 cal / **Carbs** 239 g (58%) / **Protein** 82 g (20%) / **Fat** 40 g (22%) / **Fluid** 86



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
almond butter	1 Tbsp	100 cal

MEAL TOTAL: **Calories** 300 cal / **Carbs** 43 g (61%) / **Protein** 7 g (10%) / **Fat** 9 g (29%) / **Fluid** 8

NOTES:

Snack

10:00 AM

melba toast, no salt	5 toast	94 cal
carrots	1 1/8 large	33 cal
cashews	5/8 oz	98 cal
classic hummus by sabra	5 Tbsp	175 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 42 g (41%) / **Protein** 12 g (12%) / **Fat** 21 g (47%) / **Fluid** 3

NOTES:

Lunch

12:00 PM

mayonnaise, made with tofu	2/3 Tbsp	32 cal
iced tea, green	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	3 leaf	3 cal
whole wheat tortillas	2 tortilla	254 cal

MEAL TOTAL: **Calories** 298 cal / **Carbs** 40 g (54%) / **Protein** 9 g (12%) / **Fat** 11 g (34%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

yams, no salt, boiled or baked	1 3/4 Cup(s)	276 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
drinking water	16 fl oz	0 cal
quinoa, cooked	1 1/4 Cup(s)	278 cal

MEAL TOTAL: **Calories** 597 cal / **Carbs** 125 g (81%) / **Protein** 16 g (11%) / **Fat** 5 g (8%) / **Fluid** 31

NOTES:

DAY 7 TOTAL: Calories 1,595 cal / **Carbs** 250 g (63%) / **Protein** 45 g (11%) / **Fat** 46 g (26%) / **Fluid** 61



Eating right, simplified.



1 Servings

fbbs 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.		



Eating right, simplified.



2 Servings

fava bean salad

Ingredients

balsamic vinegar

2 Tbsp

garlic

1 clove

fava beans, canned, no salt

2 Cup(s)

roma tomatoes

1 Cup(s)

cucumber

1 cucumber

onions

1 small

olive oil

1 2/3 Tbsp

lemon juice

1 Tbsp

Nutrition Totals

Calories 732 / **Carbs** 97 g / **Protein** 33 g / **Fat** 24 g / **Fluid** 27 fl oz

Instructions

1. Whisk the lemon juice, balsamic vinegar, garlic, and olive oil together in a bowl to make the dressing.
2. Toss the cucumber, onion, tomatoes, and fava beans together in a large bowl; pour the dressing over the vegetable mixture and toss to coat. Chill for 1 hour before serving.



Eating right, simplified.

Nutrition Label

Fava Bean Salad	
Amount Per Serving	
Calories	366
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30.1mg	1%
Total Carbohydrates 48.2g	16%
Dietary Fiber 10.8g	43%
Total Sugar 8.5g	
Protein 16.5g	
Vitamin D 0IU	0%
Calcium 106.2mg	11%
Iron 4.3mg	24%
Potassium 1183.8mg	
* 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.



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	
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Eating right, simplified.



2 Servings

veggie burger

Ingredients

brown rice, long-grain, cooked

1/4 Cup(s)

quick oats cereal with iron

2/3 Cup(s)

garbanzo beans, no salt, boiled

2/3 Cup(s)

sage, ground

1/4 tsp

garlic powder

1/4 tsp

oat bran

2 Tbsp

tofu, extra firm

4 oz

vegetable oil

1/2 tablespoons

barbecue sauce

1 Tbsp

Nutrition Totals

Calories 558 / Carbs 77 g / Protein 28 g / Fat 20 g / Fluid 7 fl oz

Instructions

1. In a large bowl, stir together the mashed garbanzo beans and basil. Mix in the oat bran, quick oats, and rice; the mixture should seem a little dry.
2. In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible. Drain of the water, and repeat the process until there is hardly any water worth pouring off. It is not necessary to remove all of the water. Pour the barbeque sauce over the tofu, and stir to coat.
3. Stir the tofu into the garbanzo beans and oats. Season with garlic powder, and sage (with optional dash of salt & pepper); mix until well blended.
4. Heat oil in a large skillet over medium-high heat. Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side. Serve as you would burgers.



Eating right, simplified.

Nutrition Label

Veggie Burger		
Amount Per Serving		
Calories		279
		% Daily Value*
Total Fat	9.8g	15%
Saturated Fat	0.7g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	91.3mg	4%
Total Carbohydrates	38.2g	13%
Dietary Fiber	7.1g	28%
Total Sugar	5.8g	
Protein	14g	
Vitamin D	0IU	0%
Calcium	142.4mg	14%
Iron	9.7mg	54%
Potassium	349mg	
* 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

barbecue sauce
1.5 Tbsp
mayonnaise, made with tofu
2.17 Tbsp
vegan pasta sauce, low-fat
0.5 Cup(s)

Beverages

almond milk (unsweetened)
2 cup(s)
drinking water
360 fl oz
iced tea, green
32 fl oz
soy milk with calcium
4.5 Cup(s)

Bread

brown rice bread, gluten free, low-sodium
6 slice
whole-wheat pita bread
4.5 small
whole wheat tortillas
6 tortilla

Cereal & Grain Products

brown rice, long-grain, cooked
0.38 Cup(s)
oat bran
3 Tbsp
quick oats cereal with iron
1 Cup(s)
quinoa, cooked
1.25 Cup(s)
whole grain rolled oats, dry
0.5 Cup(s)
wild rice, cooked
2 Cup(s)

Cookies & Crackers

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Eating right, simplified.

melba toast, no salt
5 toast

Desserts

plain soy yogurt
4 oz

Fats & Oils

extra virgin olive oil
0.83 Tbsp
olive oil
1.66 Tbsp

Fruits & Juices

apples
2 large
avocado
0.25 avocado
avocados
0.75 cup
bananas
2 extra large
blueberries (frozen)
0.5 cup(s)
lemon juice
1 Tbsp
oranges
2 fruit
raisins, seedless
0.25 cup
strawberries
1.5 cup

Ingredients

balsamic vinegar
3 Tbsp

Legumes & Beans

black beans, no salt, boiled
0.88 Cup(s)
edamame soybeans, shelled

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Eating right, simplified.

1.5 Cup(s)
fava beans, canned, no salt
2 Cup(s)
garbanzo beans, no salt, boiled
1 Cup(s)
green snap beans, no salt, boiled
3.75 Cup(s)
hummus, lower sodium
11 Tbsp
lentil beans, no salt, boiled
1 Cup(s)

Nuts & Seeds

almond butter
2 Tbsp
almond butter (unsweetened)
2 tablespoon(s)
cashews
0.63 oz
peanuts, no salt, dry-roasted
1 oz
pine nuts
1 Tbsp
smooth peanut butter, no salt
3.33 Tbsp

Snacks

cultured coconut milk yogurt
11 oz

Spices & Herbs

cinnamon, ground
0.13 tsp
garlic powder
0.38 tsp
nutmeg, ground
0.13 tsp
sage, ground
0.38 tsp

Sports & Diet Nutritionals

brown rice protein
0.5 oz
trulean vegan plant based protein chocolate brownie

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Eating right, simplified.

1 Scoop

trulean vegan plant based protein frosted vanilla cupcake

2 Scoop

Uncategorized

chickpea crisps gluten free by has no...

1.5 serving

chickpeas pasta by banza

2.63 serving

classic hummus by sabra

5 Tbsp

frozen fruit dark sweet cherries by dole

1 Cup(s)

ground flaxseed

0.33 tablespoons

ice cubes

4 cubes

old fashioned oats by quaker

0.33 Cup(s)

original oat milk by vitasoy

10 fl oz

vegetable oil

0.75 tablespoons

Vegetables

asparagus, boiled

12 spears

carrots

1.13 large

cauliflower, no salt, boiled

12 flowerets

cucumber

1 cucumber

garlic

1 clove

onions

1 small

romaine lettuce

9 leaf

1 Cup(s)

roma tomatoes

1 Cup(s)

spinach

1 Cup(s)

tomatoes

1 Cup(s)

yams, no salt, boiled or baked

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Eating right, simplified.

4 Cup(s)

Vegetarian Products

tofu, extra firm

15 oz

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