



Eating right, simplified.

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

DAY 1

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	8 fl oz	0 cal
plain greek yogurt, nonfat	9 oz	151 cal
strawberries	1 cup	53 cal
cashews	1 oz	157 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 30 g (32%) / **Protein** 32 g (35%) / **Fat** 14 g (33%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl oz	0 cal
chickpeas pasta by banza	1 serving	220 cal
marinara sauce, low-sodium	1/3 Cup(s)	13 cal
parmesan cheese, grated	1 oz	122 cal

MEAL TOTAL: **Calories** 356 cal / **Carbs** 36 g (41%) / **Protein** 24 g (28%) / **Fat** 12 g (31%) / **Fluid** 16

NOTES:

Dinner

6:00 PM

mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
brown rice, cooked	1 Cup(s)	218 cal
drinking water	16 fl oz	0 cal
edamame soybeans, shelled	1 1/2 Cup(s)	180 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 70 g (62%) / **Protein** 22 g (20%) / **Fat** 9 g (18%) / **Fluid** 23

NOTES:

DAY 1 TOTAL: Calories 1,578 cal / **Carbs** 171 g (42%) / **Protein** 110 g (28%) / **Fat** 53 g (30%) / **Fluid** 77



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DAY 2

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 568 cal / **Carbs** 33 g (23%) / **Protein** 42 g (29%) / **Fat** 32 g (48%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
apples	1 large	110 cal
pistachios	1 oz	85 cal

MEAL TOTAL: **Calories** 196 cal / **Carbs** 33 g (62%) / **Protein** 4 g (7%) / **Fat** 7 g (31%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

salsa, ready to serve	2 Tbsp	10 cal
drinking water	16 fl oz	0 cal
avocados	1/2 cup	117 cal
whole wheat tortillas	1 tortilla	127 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 58 g (52%) / **Protein** 17 g (16%) / **Fat** 15 g (32%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
super easy vegetarian chili	1 serving	278 cal
baked potato, no salt	1 small	128 cal

MEAL TOTAL: **Calories** 407 cal / **Carbs** 70 g (66%) / **Protein** 18 g (17%) / **Fat** 8 g (17%) / **Fluid** 21

NOTES:

DAY 2 TOTAL: Calories 1,594 cal / **Carbs** 195 g (47%) / **Protein** 81 g (19%) / **Fat** 62 g (34%) / **Fluid** 85



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DAY 3

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

bananas	1 medium	105 cal
drinking water	16 fl oz	0 cal
plain greek yogurt, nonfat	1 container	100 cal

MEAL TOTAL: **Calories** 205 cal / **Carbs** 33 g (62%) / **Protein** 19 g (34%) / **Fat** 1 g (4%) / **Fluid** 24

NOTES:

Snack

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
mushrooms	1 cup	15 cal
romaine lettuce	2 leaf	2 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal
iced tea, green	16 fl oz	0 cal
hummus	4 Tbsp	110 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 65 g (60%) / **Protein** 21 g (19%) / **Fat** 10 g (21%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

mango black bean salad	1 serving	415 cal
drinking water	16 fl oz	0 cal
quinoa, cooked	3/4 Cup(s)	167 cal

MEAL TOTAL: **Calories** 582 cal / **Carbs** 89 g (59%) / **Protein** 21 g (14%) / **Fat** 18 g (27%) / **Fluid** 31

NOTES:

DAY 3 TOTAL: Calories 1,625 cal / **Carbs** 219 g (52%) / **Protein** 90 g (21%) / **Fat** 51 g (27%) / **Fluid** 87



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DAY 4

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
oatmeal, steel cut	1/2 Cup(s)	300 cal
blueberries	3/4 Cup(s)	62 cal
almonds, slivered	1 oz	153 cal

MEAL TOTAL: **Calories** 515 cal / **Carbs** 81 g (62%) / **Protein** 17 g (13%) / **Fat** 14 g (25%) / **Fluid** 11

NOTES:

Snack

10:00 AM

plain greek yogurt, nonfat	6 oz	100 cal
raspberries	1 Cup(s)	64 cal
drinking water	8 fl oz	0 cal

MEAL TOTAL: **Calories** 164 cal / **Carbs** 21 g (48%) / **Protein** 19 g (44%) / **Fat** 1 g (8%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

mango black bean salad	1 serving	415 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 59 g (54%) / **Protein** 15 g (14%) / **Fat** 15 g (32%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
vegetable gnocchi soup	1 serving	349 cal
teriyaki tofu, baked	4 oz	181 cal

MEAL TOTAL: **Calories** 530 cal / **Carbs** 79 g (56%) / **Protein** 28 g (20%) / **Fat** 15 g (24%) / **Fluid** 22

NOTES:

DAY 4 TOTAL: Calories 1,625 cal / **Carbs** 240 g (56%) / **Protein** 79 g (19%) / **Fat** 46 g (25%) / **Fluid** 76



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DAY 5

Breakfast

7:00 AM

kashi golean crunch cereal	1 Cup(s)	193 cal
drinking water	16 fl oz	0 cal
grapefruit	1 fruit	52 cal
original oat milk by vitasoy	3 fl oz	54 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 62 g (77%) / **Protein** 10 g (12%) / **Fat** 4 g (11%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
carrots	9 small	185 cal
hummus	4 Tbsp	110 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 56 g (72%) / **Protein** 7 g (9%) / **Fat** 6 g (19%) / **Fluid** 31

NOTES:

Lunch

12:00 PM

drinking water	16 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal
egg, hard boiled	1 large	78 cal

MEAL TOTAL: **Calories** 491 cal / **Carbs** 33 g (26%) / **Protein** 36 g (28%) / **Fat** 26 g (46%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
black bean vegetable soup, low-fat	1 1/2 Cup(s)	210 cal
grilled vegetable sandwich	1 serving	337 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 75 g (54%) / **Protein** 19 g (14%) / **Fat** 20 g (32%) / **Fluid** 24

NOTES:

DAY 5 TOTAL: Calories 1,631 cal / **Carbs** 226 g (53%) / **Protein** 71 g (17%) / **Fat** 57 g (30%) / **Fluid** 93



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DAY 6

Breakfast

7:00 AM

salsa, ready to serve	4 Tbsp	19 cal
whole wheat tortillas	1 tortilla	127 cal
drinking water	16 fl oz	0 cal
blackberries	1 Cup(s)	62 cal
egg whites, cooked	5 large	86 cal
avocados	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 455 cal / **Carbs** 47 g (39%) / **Protein** 27 g (23%) / **Fat** 20 g (38%) / **Fluid** 30

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
hummus	4 Tbsp	110 cal
triscuit crackers baked whole grain wheat rosemary...	1 1/2 serving	180 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 42 g (56%) / **Protein** 8 g (10%) / **Fat** 11 g (34%) / **Fluid** 17

NOTES:

Lunch

12:00 PM

drinking water	16 fl oz	0 cal
chickpeas pasta by banza	1 serving	220 cal
marinara sauce, low-sodium	1/3 Cup(s)	13 cal
parmesan cheese, grated	1 oz	122 cal

MEAL TOTAL: **Calories** 356 cal / **Carbs** 36 g (41%) / **Protein** 24 g (28%) / **Fat** 12 g (31%) / **Fluid** 16

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
macaroni, cooked	9 oz	316 cal
parmesan cheese, shredded	3 Tbsp	62 cal
sweet potato, no salt, baked	1 medium	103 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 92 g (73%) / **Protein** 22 g (17%) / **Fat** 6 g (10%) / **Fluid** 25

NOTES:

DAY 6 TOTAL: Calories 1,581 cal / **Carbs** 218 g (53%) / **Protein** 80 g (20%) / **Fat** 49 g (27%) / **Fluid** 88



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DAY 7

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 59 g (41%) / **Protein** 35 g (24%) / **Fat** 23 g (35%) / **Fluid** 10

NOTES:

Snack

10:00 AM

cantaloupe melon	1 cup	54 cal
drinking water	8 fl oz	0 cal
fruit yogurt, non-fat	8 oz	215 cal
pistachios, no salt, dry roasted	1/2 oz	80 cal

MEAL TOTAL: **Calories** 350 cal / **Carbs** 60 g (66%) / **Protein** 14 g (16%) / **Fat** 7 g (18%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl oz	0 cal
garden veggie tempeh	4 oz	251 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
soy sauce, low-sodium	1 Tbsp	10 cal
broccoli	1 cup	31 cal
sesame seed oil by dynasty	1 Tbsp	130 cal

MEAL TOTAL: **Calories** 535 cal / **Carbs** 44 g (33%) / **Protein** 33 g (25%) / **Fat** 25 g (42%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
drinking water	16 fl oz	0 cal
spinach	2 Cup(s)	14 cal
pitted kalamata olives	6 olives	45 cal
cucumber	1/4 cup	1 cal
quinoa, cooked	1/4 Cup(s)	56 cal

MEAL TOTAL: **Calories** 151 cal / **Carbs** 16 g (42%) / **Protein** 4 g (10%) / **Fat** 8 g (48%) / **Fluid** 19

NOTES:

DAY 7 TOTAL: Calories 1,583 cal / **Carbs** 180 g (44%) / **Protein** 86 g (21%) / **Fat** 62 g (35%) / **Fluid** 69



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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.



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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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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.



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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	
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4 Servings

super easy vegetarian chili

Ingredients

canned beans organic plain beans organic black beans by 365 by eden foods
15 oz

canned beans organic plain kidney by eden foods
15 oz

muir glen tomatoes muir glen organic diced tomatoes fire roasted by general mills
15 oz

onions
1/2 medium

garlic
3 cloves

red peppers
1 medium

extra virgin olive oil
2 Tbsp

broths organic vegetable broth by pacific natural foods
1/4 Cup(s)

chili powder
6 tsp

himalayan pink salt by kirkland signature
1/2 tsp

black pepper
1/2 tsp

Nutrition Totals

Calories 1113 / **Carbs** 165 g / **Protein** 57 g / **Fat** 31 g / **Fluid** 6 fl oz

Instructions

Ingredients

1 15 oz. can black or pinto beans, drained
1 15 oz. can kidney beans, drained
1 15 oz. can diced tomatoes (do not drain)
1/2 onion, diced
3 cloves garlic, minced
1 bell pepper, diced (any color)
2 tbsp. olive oil
1/4 cup vegetable broth
2 tbsp. chili powder
1/2 tsp. salt (or to taste)
1/2 tsp. pepper (or to taste)

Instructions

-In a medium or large soup pot, sautee the onion, bell pepper and garlic in the olive oil for 3 to five minutes, until the onions are soft, stirring occasionally.
-Next, add in the undrained tomatoes, the vegetable broth and the chili powder and stir.
-Reduce heat to medium low and add beans. Stir occasionally and cook for at least 20 minutes. The longer you cook chili the



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better, but if you're pressed for time, 20 minutes is fine.

-For a spicier chili, add cayenne pepper and red pepper flakes.



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Nutrition Label

Super Easy Vegetarian Chili	
Amount Per Serving	
Calories	278
% Daily Value*	
Total Fat 7.6g	12%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 603.4mg	25%
Total Carbohydrates 41.2g	14%
Dietary Fiber 14.6g	58%
Total Sugar 5.5g	
Protein 14.2g	
Vitamin D 0IU	0%
Calcium 171.2mg	17%
Iron 4.1mg	23%
Potassium 937.1mg	
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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	
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4 Servings

vegetable gnocchi soup

Ingredients

onions
1 cup

garlic
4 cloves

basil
1/2 Cup(s)

chickpeas (garbanzo beans), canned
4 oz

extra virgin olive oil
2 Tbsp

crushed red pepper flakes
1/8 tsp

vegetable broth soup, low sodium
28 oz

tomatoes red ripe canned stewed
15 oz

kosher salt
1/8 tsp

black pepper
1/4 tsp

green snap beans
1 1/2 Cup(s)

potato gnocchi
2 Cup(s)

fresh spinach
4 Cup(s)

Nutrition Totals

Calories 1394 / **Carbs** 250 g / **Protein** 38 g / **Fat** 36 g / **Fluid** 22 fl oz

Instructions

1. Chop onions, mince garlic, and finely shred half of the basil (reserve the other half for garnish).
2. Heat olive oil in large pot over medium heat. Saute onions until cooked through.
3. Add in garlic and basil and cook for an additional 2 minutes.
4. Add in drained and rinsed chickpeas, broth, tomatoes and spices. Bring to a boil.
5. Reduce to a simmer and then add in green beans. Simmer until green beans are tender.
6. Add in gnocchi and cook an additional 5 minutes, or until gnocchi are tender.
7. Turn off heat and add in fresh spinach.
8. Divide soup into 4 bowls; garnish with remaining basil leaves.



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Nutrition Label

Vegetable Gnocchi Soup	
Amount Per Serving	
Calories	349
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1047.8mg	44%
Total Carbohydrates 62.4g	21%
Dietary Fiber 10.1g	41%
Total Sugar 8.3g	
Protein 9.4g	
Vitamin D 0IU	0%
Calcium 135.6mg	14%
Iron 5.4mg	30%
Potassium 409.3mg	
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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.



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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	
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Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium

1 Tbsp

kosher salt

0.03 tsp

marinara sauce, low-sodium

0.66 Cup(s)

salsa, ready to serve

6 Tbsp

soy sauce, low-sodium

1 Tbsp

Beverages

almond milk (unsweetened)

5 cup(s)

drinking water

352 fl oz

iced tea, green

48 fl oz

Bread

french bread

0.5 medium slice

whole wheat english muffin

1 muffin

whole wheat tortillas

3 tortilla

Cereal & Grain Products

brown rice, cooked

1 Cup(s)

kashi golean crunch cereal

1 Cup(s)

macaroni, cooked

9 oz

oatmeal, steel cut

0.5 Cup(s)

pesto basil sauce, low-fat

0.13 Cup(s)

quinoa, cooked

1 Cup(s)

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Dairy & Egg

egg, hard boiled

3 large

egg whites, cooked

5 large

fruit yogurt, non-fat

8 oz

parmesan cheese, grated

2 oz

parmesan cheese, shredded

3 Tbsp

plain greek yogurt, nonfat

15 oz

1 container

Entrees

potato gnocchi

0.5 Cup(s)

Fats & Oils

extra virgin olive oil

1 Tbsp

olive oil

2.5 Tbsp

Fruits & Juices

apples

1 large

avocado

1 avocado

avocados

0.5 cup

0.5 avocado

bananas

1 medium

blackberries

1 Cup(s)

blueberries

0.75 Cup(s)

blueberries (frozen)

0.5 cup(s)

cantaloupe melon

1 cup

grapefruit

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Eating right, simplified.

1 fruit
mangos
1 fruit
raspberries
1 Cup(s)
strawberries
1 cup

Legumes & Beans

black beans, no salt, boiled
3.5 Cup(s)
edamame soybeans, shelled
1.5 Cup(s)
green snap beans
0.38 Cup(s)
hummus
12 Tbsp

Nuts & Seeds

almond butter (unsweetened)
5 tablespoon(s)
almonds, slivered
1 oz
cashews
1 oz
pistachios, no salt, dry roasted
0.5 oz

Soup

black bean vegetable soup, low-fat
1.5 Cup(s)
vegetable broth soup, low sodium
7 oz

Spices & Herbs

basil
0.13 Cup(s)
black pepper
0.19 tsp
chili powder
1.5 tsp
cinnamon, ground
0.13 tsp
crushed red pepper flakes

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Eating right, simplified.

0.03 tsp
cumin ground
1 tsp
nutmeg, ground
0.13 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake
5 Scoop

Uncategorized

broths organic vegetable broth by pacific natural foods
0.06 Cup(s)
canned beans organic plain beans organic black beans by 365 by eden foods
3.75 oz
canned beans organic plain kidney by eden foods
3.75 oz
chickpeas pasta by banza
2 serving
frozen fruit dark sweet cherries by dole
4 Cup(s)
ground flaxseed
0.33 tablespoons
himalayan pink salt by kirkland signature
0.13 tsp
ice cubes
16 cubes
muir glen tomatoes muir glen organic diced tomatoes fire roasted by general mills
3.75 oz
old fashioned oats by quaker
0.33 Cup(s)
original oat milk by vitasoy
3 fl oz
pistachios
1 oz
sesame seed oil by dynasty
1 Tbsp
tomatoes red ripe canned stewed
3.75 oz
triscuit crackers baked whole grain wheat rosemary & olive oil by kraft
1.5 serving

Vegetables

baked potato, no salt
1 small

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broccoli
1 cup

carrots
9 small

chickpeas (garbanzo beans), canned
1 oz

cucumber
0.25 cup

eggplant
1.5 cup

fresh spinach
1 Cup(s)

garlic
1.75 cloves

green onions/scallions
4 medium

mixed vegetables, frozen no salt, boiled
1 Cup(s)

mushrooms
1 cup

onions
0.13 medium
0.25 cup

pitted kalamata olives
6 olives

red peppers
0.25 medium
0.84 cup

romaine lettuce
2 leaf
4 Cup(s)

spinach
3 Cup(s)

sweet potato, no salt, baked
1 medium

sweet white corn, no salt, boiled
0.66 cup

zucchini/summer squash
0.5 cup

Vegetarian Products

garden veggie tempeh
4 oz

teriyaki tofu, baked
4 oz