



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

whole eggs, poached	1 large	72 cal
oat bran, cooked	1 Cup(s)	88 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 1/2 Cup(s)	167 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 66 g (53%) / **Protein** 38 g (30%) / **Fat** 9 g (17%) / **Fluid** 27

NOTES:

Snack

10:00 AM

pretzel sticks, no salt	1 oz	108 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
drinking water	2 Cup(s)	0 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 42 g (57%) / **Protein** 25 g (35%) / **Fat** 3 g (8%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1/2 Tbsp	25 cal
baby carrots	15 large	79 cal
tomatoes	1/4 Cup(s)	8 cal
dijon mustard	2 tsp	10 cal
peppered tofurky deli slices	2 oz	109 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 leaf	2 cal
whole wheat bread	2 slice	200 cal

MEAL TOTAL: **Calories** 432 cal / **Carbs** 67 g (59%) / **Protein** 26 g (23%) / **Fat** 9 g (18%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

quinoa, cooked	1 Cup(s)	222 cal
vegan turkey with sage, meat free	8 oz	75 cal
brussels sprouts, no salt, boiled	10 sprout	76 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 62 g (54%) / **Protein** 23 g (20%) / **Fat** 13 g (26%) / **Fluid** 27

NOTES:

DAY 1 TOTAL: Calories 1,591 cal / **Carbs** 236 g (56%) / **Protein** 112 g (26%) / **Fat** 34 g (18%) / **Fluid** 103

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DAY 2

Breakfast

7:00 AM

wheat chex cereal	1 Cup(s)	160 cal
skim milk with calcium	1 Cup(s)	86 cal
whole eggs, scrambled	1 large	91 cal
drinking water	2 Cup(s)	0 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 54 g (45%) / **Protein** 43 g (36%) / **Fat** 10 g (19%) / **Fluid** 25

NOTES:

Snack

10:00 AM

pretzel sticks, no salt	1 oz	108 cal
coconut water	2 Cup(s)	91 cal
almond butter	1 Tbsp	100 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 354 cal / **Carbs** 58 g (65%) / **Protein** 10 g (11%) / **Fat** 10 g (24%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

kielbasa sausage tofurky	3 oz	206 cal
whole-wheat pita bread	2 small	149 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 61 g (49%) / **Protein** 29 g (24%) / **Fat** 15 g (27%) / **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	3 oz	217 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 445 cal / **Carbs** 44 g (38%) / **Protein** 27 g (23%) / **Fat** 20 g (39%) / **Fluid** 22

NOTES:

DAY 2 TOTAL: Calories 1,707 cal / **Carbs** 216 g (49%) / **Protein** 109 g (24%) / **Fat** 55 g (27%) / **Fluid** 90



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

meat free bacon	2 slices	45 cal
almond butter	1 Tbsp	100 cal
drinking water	1 Cup(s)	0 cal
whole wheat bread	2 slice	200 cal
nectarines	1 fruit	60 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 491 cal / **Carbs** 70 g (54%) / **Protein** 29 g (22%) / **Fat** 14 g (24%) / **Fluid** 20

NOTES:

Snack

10:00 AM

apples	1 small	55 cal
nut and raisin granola bars	1 bar	127 cal
almonds	1/4 oz	41 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 314 cal / **Carbs** 52 g (63%) / **Protein** 7 g (9%) / **Fat** 10 g (28%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
whole wheat dinner rolls	2 roll	149 cal
chicken nuggets, meat free	2 oz	158 cal
balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 47 g (45%) / **Protein** 15 g (15%) / **Fat** 18 g (40%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
kielbasa sausage tofurky	4 oz	275 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 503 cal / **Carbs** 48 g (35%) / **Protein** 39 g (29%) / **Fat** 22 g (36%) / **Fluid** 22

NOTES:

DAY 3 TOTAL: Calories 1,699 cal / **Carbs** 217 g (48%) / **Protein** 90 g (20%) / **Fat** 64 g (32%) / **Fluid** 80



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

salsa, ready to serve	2 Tbsp	10 cal
whole eggs, poached	1 large	72 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 66 g (58%) / **Protein** 17 g (15%) / **Fat** 13 g (27%) / **Fluid** 19

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	1/2 Cup(s)	81 cal
nectarines	1 fruit	60 cal
soy protein bar chocolate mint	1/2 bar	120 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 261 cal / **Carbs** 36 g (54%) / **Protein** 22 g (33%) / **Fat** 4 g (13%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	1 1/2 small	112 cal
vegetarian chili soup, no salt added	1 1/2 Cup(s)	315 cal
mexican cheese blend, reduced fat	1 oz	80 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 86 g (64%) / **Protein** 26 g (19%) / **Fat** 10 g (17%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

vegan chicken strips, meat free	2 oz	145 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal
wild rice, cooked	1/2 Cup(s)	83 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 54 g (46%) / **Protein** 26 g (22%) / **Fat** 17 g (32%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,666 cal / **Carbs** 241 g (56%) / **Protein** 91 g (21%) / **Fat** 44 g (23%) / **Fluid** 83



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

skim milk with calcium	1 Cup(s)	86 cal
meat free bacon	4 slices	90 cal
drinking water	2 Cup(s)	0 cal
wheat chex cereal	1 Cup(s)	160 cal
strawberries	8 large	46 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 493 cal / **Carbs** 66 g (50%) / **Protein** 50 g (37%) / **Fat** 8 g (13%) / **Fluid** 28

NOTES:

Snack

10:00 AM

apples	1 small	55 cal
almond butter	1 Tbsp	100 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 155 cal / **Carbs** 18 g (45%) / **Protein** 3 g (8%) / **Fat** 8 g (47%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

kielbasa sausage tofurky	4 oz	275 cal
extra virgin olive oil	1/2 Tbsp	60 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** 507 cal / **Carbs** 47 g (34%) / **Protein** 36 g (26%) / **Fat** 24 g (40%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
refried beans, vegetarian	1/2 Cup(s)	100 cal
vegan fajitas	1 serving	439 cal

MEAL TOTAL: **Calories** 540 cal / **Carbs** 79 g (56%) / **Protein** 23 g (16%) / **Fat** 18 g (28%) / **Fluid** 29

NOTES:

DAY 5 TOTAL: Calories 1,694 cal / **Carbs** 210 g (46%) / **Protein** 112 g (25%) / **Fat** 57 g (29%) / **Fluid** 95



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
bananas	1 small	90 cal
skim milk with calcium	1 Cup(s)	86 cal
almond butter	1 Tbsp	100 cal
whole wheat bread	2 slice	200 cal

MEAL TOTAL: **Calories** 476 cal / **Carbs** 78 g (61%) / **Protein** 22 g (18%) / **Fat** 12 g (21%) / **Fluid** 18

NOTES:

Snack

10:00 AM

vanilla yogurt, low-fat	8 oz	193 cal
drinking water	2 Cup(s)	0 cal
almonds	1/2 oz	81 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 334 cal / **Carbs** 49 g (56%) / **Protein** 16 g (18%) / **Fat** 10 g (26%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

refried beans, vegetarian	1/2 Cup(s)	100 cal
iced tea, green	16 fl. oz.	0 cal
vegan fajitas	1 serving	439 cal

MEAL TOTAL: **Calories** 540 cal / **Carbs** 79 g (56%) / **Protein** 23 g (16%) / **Fat** 18 g (28%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

vegan turkey with sage, meat free	12 oz	113 cal
wild rice, cooked	1 1/4 Cup(s)	207 cal
drinking water	2 Cup(s)	0 cal
summer squash, no salt, boiled	1 1/2 cup	54 cal
butter, no salt	1/2 Tbsp	51 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 66 g (59%) / **Protein** 24 g (22%) / **Fat** 9 g (19%) / **Fluid** 30

NOTES:

DAY 6 TOTAL: Calories 1,775 cal / **Carbs** 272 g (58%) / **Protein** 85 g (18%) / **Fat** 49 g (24%) / **Fluid** 102



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

butter, no salt	1/2 Tbsp	51 cal
orange juice	1 Cup(s)	112 cal
meat free bacon	3 slices	68 cal
drinking water	1 Cup(s)	0 cal
whole wheat bread	2 slice	200 cal
whole eggs, poached	1 large	72 cal

MEAL TOTAL: **Calories** 502 cal / **Carbs** 68 g (51%) / **Protein** 27 g (20%) / **Fat** 17 g (29%) / **Fluid** 17

NOTES:

Snack

10:00 AM

pretzel sticks, no salt	1 oz	108 cal
hummus, lower sodium	2 Tbsp	52 cal
baby carrots	20 large	105 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 265 cal / **Carbs** 52 g (76%) / **Protein** 7 g (11%) / **Fat** 4 g (13%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

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

MEAL TOTAL: **Calories** 410 cal / **Carbs** 46 g (46%) / **Protein** 23 g (23%) / **Fat** 14 g (31%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

chicken nuggets, meat free	3 oz	237 cal
quinoa, cooked	1 Cup(s)	222 cal
brussels sprouts, no salt, boiled	8 sprout	60 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 520 cal / **Carbs** 72 g (54%) / **Protein** 26 g (19%) / **Fat** 16 g (27%) / **Fluid** 26

NOTES:

DAY 7 TOTAL: Calories 1,696 cal / **Carbs** 238 g (55%) / **Protein** 83 g (19%) / **Fat** 51 g (26%) / **Fluid** 87



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
1.5 Tbsp
salsa, ready to serve
2 Tbsp

Beverages

coconut water
4 Cup(s)
drinking water
43 Cup(s)
iced tea, green
32 fl. oz.

Bread

corn tortillas, no salt
2 tortilla
whole-wheat pita bread
3.5 small
whole wheat bread
8 slice
whole wheat dinner rolls
4 roll
whole wheat tortillas
4 tortilla

Cereal & Grain Products

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

Dairy & Egg

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Eating right, simplified.

butter, no salt

1 Tbsp

low-fat cottage cheese, 1%

1.25 Cup(s)

mexican cheese blend, reduced fat

1 oz

skim milk with calcium

4 Cup(s)

vanilla yogurt, low-fat

8 oz

whole eggs, poached

3 large

whole eggs, scrambled

1 large

Entrees

vegan chicken strips, meat free

5 oz

Fats & Oils

extra virgin olive oil

2 Tbsp

olive oil

3 Tbsp

Fruits & Juices

apples

3 small

bananas

1 small

nectarines

4 fruit

orange juice

3.5 Cup(s)

strawberries

8 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)

refried beans, vegetarian

1 Cup(s)

Nuts & Seeds

almond butter

4 Tbsp

almonds

0.75 oz

Sausages & Meats

meat free bacon

9 slices

Snacks

nut and raisin granola bars

1 bar

pretzel sticks, no salt

3 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

trulean vegan plant based protein frosted vanilla cupcake

3 Scoop

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Eating right, simplified.

Uncategorized

corn sweet yellow raw
1.34 Cup(s)

Vegetables

artichokes
1 medium
baby carrots
50 large
brussels sprouts, no salt, boiled
18 sprout
garlic
1 clove
mustard greens, no salt, boiled
3 cup
romaine lettuce
8 leaf
4 Cup(s)
summer squash
0.76 cup
summer squash, no salt, boiled
1.5 cup
sweet green peppers
0.66 medium
tomatoes
0.5 Cup(s)
zucchini/summer squash
0.5 small

Vegetarian Products

chicken nuggets, meat free
5 oz
kielbasa sausage tofurky
11 oz
peppered tofurky deli slices
4 oz
vegan turkey with sage, meat free
20 oz