



Eating right, simplified.

2,600 Calorie Plan (Vegetarian) 5 meals.day

DAY 1

Breakfast

7:00 AM

whole eggs, poached	1 large	72 cal
oat bran, cooked	2 1/4 Cup(s)	197 cal
drinking water	8 fl oz	0 cal
egg whites, cooked	4 large	69 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
pea milk unsweetened original-ripple	8 fl oz	70 cal

MEAL TOTAL: **Calories** 517 cal / **Carbs** 60 g (39%) / **Protein** 66 g (44%) / **Fat** 11 g (17%) / **Fluid** 27

NOTES:

Snack

10:00 AM

pretzel sticks, no salt	1 oz	108 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
drinking water	16 fl oz	0 cal
nectarines	2 fruit	120 cal
almonds, raw	25 Whole nuts	185 cal

MEAL TOTAL: **Calories** 575 cal / **Carbs** 63 g (43%) / **Protein** 41 g (28%) / **Fat** 19 g (29%) / **Fluid** 30

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
baby carrots	15 large	79 cal
tomatoes	1/2 Cup(s)	16 cal
dijon mustard	2 tsp	10 cal
drinking water	16 fl oz	0 cal
romaine lettuce	2 leaf	2 cal
whole wheat bread	2 slice	200 cal
tempeh	4 oz	216 cal

MEAL TOTAL: **Calories** 597 cal / **Carbs** 74 g (47%) / **Protein** 33 g (21%) / **Fat** 23 g (32%) / **Fluid** 28

NOTES:

Snack

3:00 PM

drinking water	8 fl oz	0 cal
bananas	1 large	121 cal
hummus	3 Tbsp	82 cal
almond nut thins hint of sea salt	15 crackers	115 cal

MEAL TOTAL: **Calories** 318 cal / **Carbs** 62 g (74%) / **Protein** 6 g (8%) / **Fat** 7 g (18%) / **Fluid** 12

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Dinner

6:00 PM

quinoa, cooked	1 1/2 Cup(s)	333 cal
vegan turkey with sage, meat free	8 oz	75 cal
brussels sprouts, no salt, boiled	10 sprout	76 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 604 cal / **Carbs** 81 g (52%) / **Protein** 27 g (17%) / **Fat** 22 g (31%) / **Fluid** 29

NOTES:

DAY 1 TOTAL: **Calories** 2,611 cal / **Carbs** 340 g (49%) / **Protein** 174 g (25%) / **Fat** 81 g (26%) / **Fluid** 128



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

wheat chex cereal	1 Cup(s)	160 cal
whole eggs, scrambled	1 large	91 cal
drinking water	16 fl oz	0 cal
pea milk unsweetened original-ripple	8 fl oz	70 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 456 cal / **Carbs** 75 g (65%) / **Protein** 22 g (19%) / **Fat** 8 g (16%) / **Fluid** 21

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal

MEAL TOTAL: **Calories** 514 cal / **Carbs** 64 g (46%) / **Protein** 32 g (24%) / **Fat** 18 g (30%) / **Fluid** 7

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
romaine lettuce	2 leaf	2 cal
drinking water	16 fl oz	0 cal
baby carrots	15 large	79 cal
hummus	4 Tbsp	110 cal
spicy quinoa & black beans	3/4 serving	290 cal

MEAL TOTAL: **Calories** 629 cal / **Carbs** 109 g (67%) / **Protein** 24 g (15%) / **Fat** 13 g (18%) / **Fluid** 28

NOTES:

Snack

3:00 PM

drinking water	16 fl oz	0 cal
almonds	1 oz	162 cal
nectarines	2 fruit	120 cal
nut and raisin granola bars	1 bar	127 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 53 g (48%) / **Protein** 11 g (10%) / **Fat** 21 g (42%) / **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	5 oz	361 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 590 cal / **Carbs** 50 g (33%) / **Protein** 39 g (25%) / **Fat** 29 g (42%) / **Fluid** 22

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DAY 2 TOTAL: **Calories** 2,598 cal / **Carbs** 350 g (52%) / **Protein** 128 g (19%) / **Fat** 89 g (29%) / **Fluid** 103

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DAY 3

Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
almond butter	2 Tbsp	200 cal
drinking water	8 fl oz	0 cal
whole wheat bread	2 slice	200 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 550 cal / **Carbs** 62 g (44%) / **Protein** 29 g (20%) / **Fat** 23 g (36%) / **Fluid** 12

NOTES:

Snack

10:00 AM

apples	1 small	55 cal
almonds	1 oz	162 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 327 cal / **Carbs** 23 g (26%) / **Protein** 28 g (32%) / **Fat** 16 g (42%) / **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	4 oz	316 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** 548 cal / **Carbs** 61 g (42%) / **Protein** 24 g (17%) / **Fat** 26 g (41%) / **Fluid** 20

NOTES:

Snack

3:00 PM

hummus, lower sodium	4 Tbsp	105 cal
drinking water	16 fl oz	0 cal
baby carrots	20 large	105 cal
pretzel sticks, no salt	1 1/2 oz	162 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 526 cal / **Carbs** 69 g (52%) / **Protein** 24 g (18%) / **Fat** 18 g (30%) / **Fluid** 29

NOTES:



Eating right, simplified.

Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	16 fl oz	0 cal
green beans	1 cups	35 cal
quinoa and black bean patties	1 1/2 serving	398 cal

MEAL TOTAL: **Calories** 662 cal / **Carbs** 92 g (54%) / **Protein** 28 g (16%) / **Fat** 23 g (30%) / **Fluid** 27

NOTES:

DAY 3 TOTAL: **Calories** 2,613 cal / **Carbs** 306 g (45%) / **Protein** 132 g (20%) / **Fat** 107 g (35%) / **Fluid** 107



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

salsa, ready to serve	4 Tbsp	19 cal
whole eggs, poached	2 large	143 cal
drinking water	8 fl oz	0 cal
whole wheat tortillas	3 tortilla	381 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 63 g (42%) / **Protein** 40 g (26%) / **Fat** 22 g (32%) / **Fluid** 18

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	1 Cup(s)	163 cal
nectarines	1 fruit	60 cal
drinking water	16 fl oz	0 cal
cashews	1 oz	157 cal

MEAL TOTAL: **Calories** 379 cal / **Carbs** 29 g (30%) / **Protein** 35 g (35%) / **Fat** 15 g (35%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	1 small	74 cal
vegetarian chili soup, no salt added	2 Cup(s)	420 cal
mexican cheese blend, reduced fat	1/2 oz	40 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 534 cal / **Carbs** 98 g (69%) / **Protein** 26 g (18%) / **Fat** 8 g (13%) / **Fluid** 17

NOTES:

Snack

3:00 PM

apples	1 large	110 cal
drinking water	8 fl oz	0 cal
almond butter (unsweetened)	2 tablespoon(s)	196 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
pea milk unsweetened original-ripple	10 fl oz	88 cal

MEAL TOTAL: **Calories** 504 cal / **Carbs** 37 g (31%) / **Protein** 39 g (32%) / **Fat** 20 g (37%) / **Fluid** 14

NOTES:



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Dinner

6:00 PM

vegan chicken strips, meat free	3 oz	217 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal
wild rice, cooked	3/4 Cup(s)	124 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 66 g (44%) / **Protein** 34 g (23%) / **Fat** 21 g (33%) / **Fluid** 25

NOTES:

DAY 4 TOTAL: **Calories** 2,594 cal / **Carbs** 292 g (44%) / **Protein** 174 g (26%) / **Fat** 87 g (30%) / **Fluid** 100



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
drinking water	16 fl oz	0 cal
wheat chex cereal	2 Cup(s)	320 cal
strawberries	1 Cup(s)	46 cal
pea milk unsweetened original-ripple	10 fl oz	88 cal

MEAL TOTAL: **Calories** 544 cal / **Carbs** 91 g (64%) / **Protein** 36 g (26%) / **Fat** 6 g (10%) / **Fluid** 20

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
almond butter	2 Tbsp	200 cal
drinking water	16 fl oz	0 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 36 g (31%) / **Protein** 19 g (16%) / **Fat** 27 g (53%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

meat free sausages	8 oz	409 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	16 fl oz	0 cal

MEAL TOTAL: **Calories** 641 cal / **Carbs** 79 g (43%) / **Protein** 36 g (19%) / **Fat** 31 g (38%) / **Fluid** 20

NOTES:

Snack

3:00 PM

pretzel sticks, no salt	1 1/2 oz	162 cal
baby carrots	20 large	105 cal
hummus, lower sodium	4 Tbsp	105 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 68 g (71%) / **Protein** 11 g (12%) / **Fat** 7 g (17%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
refried beans, vegetarian	1 Cup(s)	201 cal
vegan fajitas	1 serving	379 cal

MEAL TOTAL: **Calories** 580 cal / **Carbs** 96 g (63%) / **Protein** 29 g (19%) / **Fat** 12 g (18%) / **Fluid** 32

NOTES:

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DAY 5 TOTAL: **Calories** 2,602 cal / **Carbs** 370 g (54%) / **Protein** 131 g (19%) / **Fat** 84 g (27%) / **Fluid** 123

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DAY 6

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
bananas	1 large	121 cal
almond butter	1 Tbsp	100 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal

MEAL TOTAL: **Calories** 625 cal / **Carbs** 69 g (42%) / **Protein** 36 g (22%) / **Fat** 26 g (36%) / **Fluid** 12

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
almonds	1 oz	162 cal
nectarines	2 fruit	120 cal
plain greek yogurt, nonfat	10 oz	167 cal

MEAL TOTAL: **Calories** 449 cal / **Carbs** 45 g (38%) / **Protein** 38 g (32%) / **Fat** 16 g (30%) / **Fluid** 32

NOTES:

Lunch

12:00 PM

refried beans, vegetarian	1 Cup(s)	201 cal
iced tea, green	16 fl oz	0 cal
vegan fajitas	1 serving	379 cal

MEAL TOTAL: **Calories** 580 cal / **Carbs** 96 g (63%) / **Protein** 29 g (19%) / **Fat** 12 g (18%) / **Fluid** 32

NOTES:

Snack

3:00 PM

almond butter	1 1/2 Tbsp	150 cal
apples	1 large	110 cal
nut and raisin granola bars	1 bar	127 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 52 g (52%) / **Protein** 7 g (7%) / **Fat** 18 g (41%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

vegan turkey with sage, meat free	14 oz	132 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
drinking water	16 fl oz	0 cal
summer squash, no salt, boiled	2 cup	72 cal
butter, no salt	1 Tbsp	103 cal

MEAL TOTAL: **Calories** 555 cal / **Carbs** 81 g (55%) / **Protein** 29 g (20%) / **Fat** 16 g (25%) / **Fluid** 34

NOTES:

DAY 6 TOTAL: Calories 2,597 cal / **Carbs** 342 g (50%) / **Protein** 139 g (21%) / **Fat** 88 g (29%) / **Fluid** 132

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Eating right, simplified.

DAY 7

Breakfast

7:00 AM

meat free bacon	3 slices	68 cal
drinking water	16 fl oz	0 cal
whole wheat bread	1 slice	100 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
natural peanut butter	1 tablespoons	95 cal
blueberries	3/4 Cup(s)	62 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 43 g (37%) / **Protein** 40 g (34%) / **Fat** 15 g (29%) / **Fluid** 19

NOTES:

Snack

10:00 AM

pretzel sticks, no salt	1 1/2 oz	162 cal
hummus, lower sodium	4 Tbsp	105 cal
baby carrots	20 large	105 cal
drinking water	16 fl oz	0 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 526 cal / **Carbs** 69 g (52%) / **Protein** 24 g (18%) / **Fat** 18 g (30%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1/2 Tbsp	25 cal
romaine lettuce	4 leaf	4 cal
whole wheat tortillas	3 tortilla	381 cal
dijon mustard	2 tsp	10 cal
tomatoes	1/4 Cup(s)	8 cal
drinking water	16 fl oz	0 cal
tempeh	5 oz	270 cal

MEAL TOTAL: **Calories** 698 cal / **Carbs** 73 g (40%) / **Protein** 39 g (22%) / **Fat** 30 g (38%) / **Fluid** 22

NOTES:

Snack

3:00 PM

almonds	1 oz	162 cal
drinking water	16 fl oz	0 cal
strawberries	1 Cup(s)	46 cal
plain greek yogurt, nonfat	8 oz	134 cal

MEAL TOTAL: **Calories** 342 cal / **Carbs** 25 g (28%) / **Protein** 30 g (33%) / **Fat** 15 g (39%) / **Fluid** 27

NOTES:



Eating right, simplified.

Dinner

6:00 PM

chicken nuggets, meat free	4 oz	316 cal
quinoa, cooked	1 Cup(s)	222 cal
brussels sprouts, no salt, boiled	10 sprout	76 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 614 cal / **Carbs** 82 g (52%) / **Protein** 31 g (19%) / **Fat** 21 g (29%) / **Fluid** 27

NOTES:

DAY 7 TOTAL: **Calories** 2,614 cal / **Carbs** 292 g (43%) / **Protein** 164 g (24%) / **Fat** 98 g (33%) / **Fluid** 124



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	
* 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

spicy quinoa & black beans

Ingredients

red pepper, spices

1/8 tsp

cilantro leaves raw, coriander

5 sprigs

onions

1/4 cup

garlic

1/2 clove

quinoa

1/4 Cup(s)

cumin ground

1/4 tsp

black beans, no salt, boiled

3/4 Cup(s)

extra virgin olive oil

1/3 Tbsp

Nutrition Totals

Calories 386 / **Carbs** 62 g / **Protein** 18 g / **Fat** 8 g / **Fluid** 4 fl oz

Instructions

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and saute until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin & cayenne pepper (with salt & pepper to taste). Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
3. Stir corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.



Eating right, simplified.

Nutrition Label

Spicy Quinoa & Black Beans		
Amount Per Serving		
Calories		386
		% Daily Value*
Total Fat	8.1g	13%
Saturated Fat	1.1g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	9.9mg	0%
Total Carbohydrates	61.7g	21%
Dietary Fiber	15g	60%
Total Sugar	1.3g	
Protein	18.2g	
Vitamin D	0IU	0%
Calcium	71.9mg	7%
Iron	4.9mg	28%
Potassium	807.6mg	
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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.



Eating right, simplified.

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	
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4 Servings

quinoa and black bean patties

Ingredients

black beans, no salt, boiled

1 1/2 Cup(s)

quinoa

1/4 Cup(s)

drinking water

1/2 Cup(s)

bread crumbs

4 fl oz

red peppers

1/4 cup

onions

2 tbsp

garlic

1 clove

cumin ground

1 1/2 tsp

sriracha, hot chili sauce

1 tsp

egg

1 egg

extra virgin olive oil

2 Tbsp

Nutrition Totals

Calories 1062 / **Carbs** 135 g / **Protein** 43 g / **Fat** 41 g / **Fluid** 12 fl oz

Instructions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to low, cover, and simmer until quinoa is cooked.
2. In a medium bowl, roughly mash the black beans with a fork. Leave some beans whole.
3. Add cooked quinoa, bread crumbs, bell pepper, onion, garlic, cumin, hot sauce, and egg into the black beans.
4. Form the black bean mixture into 4 patties.
5. Heat the olive oil in a large skillet. Brown patties in hot oil for 2-3 minutes per side.



Eating right, simplified.

Nutrition Label

Quinoa And Black Bean Patties		
Amount Per Serving		
Calories		266
		% Daily Value*
Total Fat	10.1g	16%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125.6mg	5%
Total Carbohydrates	33.6g	11%
Dietary Fiber	7.2g	29%
Total Sugar	1.6g	
Protein	10.8g	
Vitamin D	0IU	0%
Calcium	50.2mg	5%
Iron	2.5mg	14%
Potassium	345.2mg	
* 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.



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

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 759 / **Carbs** 126 g / **Protein** 33 g / **Fat** 19 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		379
		% Daily Value*
Total Fat	9.7g	15%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrates	62.9g	21%
Dietary Fiber	15g	60%
Total Sugar	9g	
Protein	16.2g	
Vitamin D	0IU	0%
Calcium	95.9mg	10%
Iron	3.8mg	21%
Potassium	994mg	
* 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

dijon mustard
4 tsp
olive oil, mayonnaise, light
2 Tbsp
salsa, ready to serve
4 Tbsp
sriracha, hot chili sauce
0.38 tsp

Beverages

almond milk (unsweetened)
2 cup(s)
drinking water
464 fl oz
0.19 Cup(s)
iced tea, green
32 fl oz

Bread

bread crumbs
1.5 fl oz
corn tortillas, no salt
2 tortilla
whole-wheat pita bread
3 small
whole wheat bread
5 slice
whole wheat dinner rolls
4 roll
whole wheat tortillas
6 tortilla

Cereal & Grain Products

oat bran, cooked
2.25 Cup(s)
pasta shells
0.66 Cup(s)
quinoa
0.28 Cup(s)
quinoa, cooked
2.5 Cup(s)

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Eating right, simplified.

wheat chex cereal

3 Cup(s)

wild rice, cooked

2.25 Cup(s)

Dairy & Egg

butter, no salt

1 Tbsp

egg

0.38 egg

egg, hard boiled

6 large

egg whites, cooked

8 large

low-fat cottage cheese, 1%

2 Cup(s)

mexican cheese blend, reduced fat

0.5 oz

plain greek yogurt, nonfat

18 oz

whole eggs, poached

3 large

whole eggs, scrambled

1 large

Entrees

vegan chicken strips, meat free

8 oz

Fats & Oils

extra virgin olive oil

3.5 Tbsp

olive oil

2 Tbsp

Fruits & Juices

apples

4 large

1 small

bananas

2 large

1 extra large

blueberries

0.75 Cup(s)

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Eating right, simplified.

blueberries (frozen)

1 cup(s)

nectarines

8 fruit

strawberries

2 Cup(s)

Ingredients

balsamic vinegar

1 Tbsp

distilled vinegar

2 tsp

Legumes & Beans

black beans, no salt, boiled

2.46 Cup(s)

hummus

7 Tbsp

hummus, lower sodium

12 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

refried beans, vegetarian

2 Cup(s)

Nuts & Seeds

almond butter

6.5 Tbsp

almond butter (unsweetened)

4 tablespoon(s)

almonds

4 oz

cashews

1 oz

natural peanut butter

1 tablespoons

Sausages & Meats

meat free bacon

11 slices

Snacks

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Eating right, simplified.

almond nut thins hint of sea salt

15 crackers

nut and raisin granola bars

2 bar

pretzel sticks, no salt

5.5 oz

Soup

vegetarian chili soup, no salt added

2 Cup(s)

Spices & Herbs

chili powder

0.5 tsp

cinnamon, ground

0.26 tsp

cumin ground

0.75 tsp

nutmeg, ground

0.26 tsp

red pepper, spices

0.09 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

6 Scoop

Uncategorized

almonds, raw

25 Whole nuts

corn sweet yellow raw

1.34 Cup(s)

green beans

1 cups

ground flaxseed

0.66 tablespoons

old fashioned oats by quaker

0.66 Cup(s)

pea milk unsweetened original-ripple

36 fl oz

Vegetables

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artichokes
1 medium
baby carrots
90 large
brussels sprouts, no salt, boiled
20 sprout
cilantro leaves raw, coriander
3.75 sprigs
garlic
1.76 clove
mustard greens, no salt, boiled
3 cup
onions
0.19 cup
0.75 tbsp
red peppers
0.09 cup
romaine lettuce
8 leaf
4 Cup(s)
spinach
2 Cup(s)
summer squash
0.76 cup
summer squash, no salt, boiled
2 cup
sweet green peppers
0.66 medium
tomatoes
0.75 Cup(s)
zucchini/summer squash
0.5 small

Vegetarian Products

chicken nuggets, meat free
8 oz
meat free sausages
8 oz
tempeh
9 oz
vegan turkey with sage, meat free
22 oz