



Eating right, simplified.

2,600 Calorie Plan (Vegan) 5 meals/day

DAY 1

Breakfast

7:00 AM

soymilk vanilla, light with calcium	1 Cup(s)	73 cal
drinking water	1 Cup(s)	0 cal
oatmeal, steel cut	3/4 Cup(s)	450 cal
blueberries	3/4 Cup(s)	62 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 105 g (70%) / **Protein** 22 g (15%) / **Fat** 10 g (15%) / **Fluid** 19

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
tangerines/ mandarin oranges	2 medium	89 cal
peppered tofurky jurky	2 oz	202 cal

MEAL TOTAL: **Calories** 383 cal / **Carbs** 58 g (59%) / **Protein** 29 g (29%) / **Fat** 6 g (12%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

vegetable chips	1 1/4 oz	154 cal
dijon mustard	2 tsp	10 cal
whole wheat dinner rolls	2 roll	149 cal
iced tea, green	16 fl. oz.	0 cal
tomatoes	1/4 Cup(s)	8 cal
baby carrots	8 large	42 cal
tofurky deli slices	6 oz	327 cal

MEAL TOTAL: **Calories** 690 cal / **Carbs** 86 g (50%) / **Protein** 50 g (28%) / **Fat** 17 g (22%) / **Fluid** 22

NOTES:

Snack

3:00 PM

granola bars, mixed	1 bars	90 cal
drinking water	2 Cup(s)	0 cal
bananas	1 large	110 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 73 g (86%) / **Protein** 3 g (4%) / **Fat** 4 g (10%) / **Fluid** 28

NOTES:



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Dinner

6:00 PM

mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
garden veggie tempeh	4 oz	251 cal

MEAL TOTAL: Calories 588 cal / Carbs 87 g (59%) / Protein 36 g (24%) / Fat 11 g (17%) / Fluid 26

NOTES:

DAY 1 TOTAL: Calories 2,556 cal / Carbs 410 g (63%) / Protein 139 g (21%) / Fat 47 g (16%) / Fluid 115



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

soymilk vanilla, light with calcium	2 Cup(s)	146 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
tofurky franks	2 oz	164 cal
cereals, kashi 7 whole grain nuggets	1 1/2 Cup(s)	206 cal

MEAL TOTAL: **Calories** 628 cal / **Carbs** 97 g (60%) / **Protein** 34 g (21%) / **Fat** 13 g (19%) / **Fluid** 31

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
medjool dates	2 date, pitted	133 cal
granola bars, mixed	2 bars	180 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 83 g (77%) / **Protein** 8 g (8%) / **Fat** 7 g (15%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	3 tortilla	381 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal
salsa, ready to serve	2 Tbsp	10 cal
avocados	1/4 cup	58 cal

MEAL TOTAL: **Calories** 620 cal / **Carbs** 92 g (58%) / **Protein** 25 g (16%) / **Fat** 18 g (26%) / **Fluid** 22

NOTES:

Snack

3:00 PM

plain soy yogurt	6 oz	150 cal
drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 56 g (54%) / **Protein** 32 g (31%) / **Fat** 7 g (15%) / **Fluid** 20

NOTES:



Eating right, simplified.

Dinner

6:00 PM

balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
romaine lettuce	2 Cup(s)	16 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	4 oz	289 cal
barley, cooked	1 Cup(s)	193 cal

MEAL TOTAL: **Calories** 607 cal / **Carbs** 72 g (45%) / **Protein** 31 g (20%) / **Fat** 24 g (35%) / **Fluid** 25

NOTES:

DAY 2 TOTAL: **Calories** 2,653 cal / **Carbs** 400 g (58%) / **Protein** 129 g (19%) / **Fat** 70 g (23%) / **Fluid** 113



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

orange juice	3/4 Cup(s)	84 cal
sunflower flax bread	2 slice	270 cal
drinking water	1 Cup(s)	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
tofurky franks	1 oz	82 cal

MEAL TOTAL: **Calories** 624 cal / **Carbs** 72 g (46%) / **Protein** 26 g (16%) / **Fat** 27 g (38%) / **Fluid** 14

NOTES:

Snack

10:00 AM

bananas	1 extra large	135 cal
granola bars, mixed	2 bars	180 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 406 cal / **Carbs** 82 g (76%) / **Protein** 9 g (8%) / **Fat** 7 g (16%) / **Fluid** 19

NOTES:

Snack

12:00 PM

romaine lettuce	3 leaf	3 cal
dijon mustard	2 tsp	10 cal
meat free bacon	4 slices	90 cal
whole wheat tortillas	3 tortilla	381 cal
iced tea, green	16 fl. oz.	0 cal
apples	1 large	110 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal

MEAL TOTAL: **Calories** 619 cal / **Carbs** 89 g (57%) / **Protein** 25 g (16%) / **Fat** 19 g (27%) / **Fluid** 24

NOTES:

Snack

3:00 PM

peppered tofurky jurky	2 oz	202 cal
hummus, lower sodium	2 Tbsp	52 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
vegetable chips	1/2 oz	61 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 52 g (51%) / **Protein** 29 g (28%) / **Fat** 9 g (21%) / **Fluid** 24

NOTES:



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Dinner

6:00 PM

vegan chicken strips, meat free	3 oz	217 cal
whole-wheat pita bread	1/2 small	37 cal
drinking water	2 Cup(s)	0 cal
mango black bean salad	1 serving	415 cal

MEAL TOTAL: Calories 669 cal / Carbs 76 g (43%) / Protein 34 g (20%) / Fat 28 g (37%) / Fluid 27

NOTES:

DAY 3 TOTAL: Calories 2,713 cal / Carbs 371 g (53%) / Protein 124 g (18%) / Fat 91 g (29%) / Fluid 108



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

almonds, slivered	3/4 oz	115 cal
oatmeal, steel cut	2/3 Cup(s)	400 cal
blueberries	1/2 Cup(s)	41 cal
drinking water	1 Cup(s)	0 cal
soymilk vanilla, light with calcium	1 Cup(s)	73 cal

MEAL TOTAL: **Calories** 629 cal / **Carbs** 99 g (63%) / **Protein** 24 g (15%) / **Fat** 16 g (22%) / **Fluid** 18

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
peppered tofurky jurky	2 oz	202 cal
tangerines/ mandarin oranges	2 medium	89 cal

MEAL TOTAL: **Calories** 383 cal / **Carbs** 58 g (59%) / **Protein** 29 g (29%) / **Fat** 6 g (12%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

vegan chicken strips, meat free	3 oz	217 cal
whole-wheat pita bread	1/2 small	37 cal
drinking water	2 Cup(s)	0 cal
mango black bean salad	1 serving	415 cal

MEAL TOTAL: **Calories** 669 cal / **Carbs** 76 g (43%) / **Protein** 34 g (20%) / **Fat** 28 g (37%) / **Fluid** 27

NOTES:

Snack

3:00 PM

granola bars, mixed	1 bars	90 cal
drinking water	2 Cup(s)	0 cal
bananas	1 large	110 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 73 g (86%) / **Protein** 3 g (4%) / **Fat** 4 g (10%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

teriyaki tofu, baked	8 oz	363 cal
mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal
drinking water	2 Cup(s)	0 cal
vegan chicken fillets, meat free	6 oz	146 cal

MEAL TOTAL: **Calories** 598 cal / **Carbs** 67 g (42%) / **Protein** 60 g (38%) / **Fat** 14 g (20%) / **Fluid** 20

NOTES:

DAY 4 TOTAL: Calories 2,589 cal / **Carbs** 374 g (56%) / **Protein** 151 g (22%) / **Fat** 67 g (22%) / **Fluid** 113

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DAY 5

Breakfast

7:00 AM

soymilk vanilla, light with calcium	2 Cup(s)	146 cal
cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
orange juice	1 Cup(s)	112 cal
tofurky franks	1 oz	82 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 615 cal / **Carbs** 109 g (68%) / **Protein** 29 g (18%) / **Fat** 10 g (14%) / **Fluid** 31

NOTES:

Snack

10:00 AM

blueberries	1 Cup(s)	83 cal
pumpkin and squash seeds, no salt, dry roasted	1 1/8 oz	142 cal
drinking water	2 Cup(s)	0 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 335 cal / **Carbs** 40 g (45%) / **Protein** 29 g (33%) / **Fat** 9 g (22%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

vegetable chips	1 1/4 oz	154 cal
tomatoes	1/4 Cup(s)	8 cal
dijon mustard	2 tsp	10 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
whole wheat dinner rolls	2 roll	149 cal
tofurky deli slices	4 oz	218 cal

MEAL TOTAL: **Calories** 625 cal / **Carbs** 77 g (48%) / **Protein** 36 g (23%) / **Fat** 20 g (29%) / **Fluid** 21

NOTES:

Snack

3:00 PM

hummus, lower sodium	2 Tbsp	52 cal
drinking water	2 Cup(s)	0 cal
baby carrots	20 large	105 cal
peppered tofurky jurky	2 oz	202 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 47 g (51%) / **Protein** 29 g (31%) / **Fat** 7 g (18%) / **Fluid** 26

NOTES:



Eating right, simplified.

Dinner

6:00 PM

black bean vegetable soup, low-fat	2 Cup(s)	280 cal
drinking water	2 Cup(s)	0 cal
grilled vegetable sandwich	1 serving	337 cal

MEAL TOTAL: **Calories** 617 cal / **Carbs** 88 g (57%) / **Protein** 22 g (14%) / **Fat** 20 g (29%) / **Fluid** 24

NOTES:

DAY 5 TOTAL: **Calories** 2,550 cal / **Carbs** 362 g (55%) / **Protein** 145 g (22%) / **Fat** 67 g (23%) / **Fluid** 122

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DAY 6

Breakfast

7:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
sunflower flax bread	2 slice	270 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
tofurky franks	1 oz	82 cal

MEAL TOTAL: **Calories** 652 cal / **Carbs** 79 g (47%) / **Protein** 27 g (16%) / **Fat** 27 g (37%) / **Fluid** 15

NOTES:

Snack

10:00 AM

bananas	1 extra large	135 cal
peppered tofurky jurky	1 1/2 oz	152 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 66 g (67%) / **Protein** 23 g (23%) / **Fat** 4 g (10%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

black bean vegetable soup, low-fat	2 Cup(s)	280 cal
drinking water	2 Cup(s)	0 cal
grilled vegetable sandwich	1 serving	337 cal

MEAL TOTAL: **Calories** 617 cal / **Carbs** 88 g (57%) / **Protein** 22 g (14%) / **Fat** 20 g (29%) / **Fluid** 24

NOTES:

Snack

3:00 PM

apples	1 large	110 cal
drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
smooth peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 368 cal / **Carbs** 47 g (47%) / **Protein** 10 g (10%) / **Fat** 19 g (43%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

marinara sauce, low-sodium	3/4 Cup(s)	30 cal
drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
vegan chicken strips, meat free	3 oz	217 cal
macaroni, cooked	1 3/4 Cup(s)	304 cal

MEAL TOTAL: **Calories** 592 cal / **Carbs** 86 g (55%) / **Protein** 37 g (23%) / **Fat** 15 g (22%) / **Fluid** 27

NOTES:

DAY 6 TOTAL: Calories 2,606 cal / **Carbs** 366 g (54%) / **Protein** 118 g (17%) / **Fat** 87 g (29%) / **Fluid** 108

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DAY 7

Breakfast

7:00 AM

blueberries	1/2 Cup(s)	41 cal
drinking water	1 Cup(s)	0 cal
soymilk vanilla, light with calcium	1 Cup(s)	73 cal
oatmeal, steel cut	1/2 Cup(s)	300 cal
almonds, slivered	1 oz	153 cal

MEAL TOTAL: **Calories** 567 cal / **Carbs** 84 g (58%) / **Protein** 23 g (16%) / **Fat** 16 g (26%) / **Fluid** 18

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
bananas	1 extra large	135 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 56 g (53%) / **Protein** 38 g (37%) / **Fat** 4 g (10%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
whole wheat tortillas	3 tortilla	381 cal
meat free bacon	6 slices	135 cal
dijon mustard	2 tsp	10 cal
romaine lettuce	6 leaf	6 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 667 cal / **Carbs** 90 g (53%) / **Protein** 31 g (19%) / **Fat** 21 g (28%) / **Fluid** 25

NOTES:

Snack

3:00 PM

baby carrots	15 large	79 cal
hummus, lower sodium	2 Tbsp	52 cal
drinking water	2 Cup(s)	0 cal
peppered tofurky jerky	2 oz	202 cal

MEAL TOTAL: **Calories** 334 cal / **Carbs** 41 g (48%) / **Protein** 28 g (33%) / **Fat** 7 g (19%) / **Fluid** 24

NOTES:



Eating right, simplified.

Dinner

6:00 PM

balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
peas & carrots, no salt, boiled	1 1/2 Cup(s)	58 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	1 Cup(s)	8 cal
garden veggie tempeh	4 oz	251 cal
barley, cooked	1 Cup(s)	193 cal

MEAL TOTAL: **Calories** 580 cal / **Carbs** 79 g (54%) / **Protein** 30 g (20%) / **Fat** 17 g (26%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: **Calories** 2,539 cal / **Carbs** 350 g (54%) / **Protein** 150 g (23%) / **Fat** 66 g (23%) / **Fluid** 110



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	
* 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

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.



Eating right, simplified.

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	
* 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

balsamic vinaigrette salad dressing, lower sodium

6 Tbsp

dijon mustard

8 tsp

marinara sauce, low-sodium

0.75 Cup(s)

mayonnaise, made with tofu

1 Tbsp

salsa, ready to serve

2 Tbsp

Beverages

almond beverage with calcium

1 Cup(s)

coconut water

12 Cup(s)

drinking water

44 Cup(s)

iced tea, green

48 fl. oz.

soymilk vanilla, light with calcium

7 Cup(s)

Bread

french bread

1 medium slice

sunflower flax bread

4 slice

whole-wheat pita bread

1 small

whole wheat dinner rolls

4 roll

whole wheat tortillas

9 tortilla

Cereal & Grain Products

barley, cooked

2 Cup(s)

cereals, kashi 7 whole grain nuggets

3.5 Cup(s)

macaroni, cooked



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1.75 Cup(s)
oatmeal, steel cut
1.92 Cup(s)
pesto basil sauce, low-fat
0.26 Cup(s)
wild rice, cooked
1.5 Cup(s)

Desserts

plain soy yogurt
6 oz

Entrees

vegan chicken strips, meat free
13 oz

Fats & Oils

olive oil
3 Tbsp

Fruits & Juices

apples
5 large
avocados
0.25 cup
bananas
2 large
4 extra large
blueberries
2.75 Cup(s)
mangos
1 fruit
medjool dates
2 date, pitted
orange juice
3.75 Cup(s)
tangerines/ mandarin oranges
4 medium

Legumes & Beans

black beans, no salt, boiled
2.25 Cup(s)

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Eating right, simplified.

hummus, lower sodium
6 Tbsp

Nuts & Seeds

almonds, slivered
1.75 oz
pumpkin and squash seeds, no salt, dry roasted
1.13 oz
smooth peanut butter, no salt
6 Tbsp

Sausages & Meats

meat free bacon
10 slices

Snacks

granola bars, mixed
6 bars
vegetable chips
3 oz

Soup

black bean vegetable soup, low-fat
4 Cup(s)

Spices & Herbs

cumin ground
1 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake
3.5 Scoop

Vegetables

baby carrots
58 large
eggplant
3 cup

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green onions/scallions

4 medium

mixed vegetables, frozen no salt, boiled

3 Cup(s)

peas & carrots, no salt, boiled

2.5 Cup(s)

red peppers

1.34 cup

romaine lettuce

9 Cup(s)

9 leaf

spinach, no salt, boiled

1 Cup(s)

sweet white corn, no salt, boiled

0.66 cup

tomatoes

0.5 Cup(s)

zucchini/summer squash

1 cup

Vegetarian Products

garden veggie tempeh

8 oz

peppered tofurky jurky

11.5 oz

teriyaki tofu, baked

8 oz

tofurky deli slices

10 oz

tofurky franks

5 oz

vegan chicken fillets, meat free

6 oz