



Eating right, simplified.

# 1,400 Calorie Plan (Vegan 2) 4meals/day

## DAY 1

### 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

nectarines	2 fruit	120 cal
drinking water	16 fl oz	0 cal
hazelnuts/filberts	1/2 oz	89 cal

MEAL TOTAL: **Calories** 209 cal / **Carbs** 31 g (54%) / **Protein** 5 g (9%) / **Fat** 9 g (37%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
drinking water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 leaf	2 cal
dijon mustard	1 tsp	5 cal
american soy cheese, sliced	1 slice	70 cal

MEAL TOTAL: **Calories** 339 cal / **Carbs** 42 g (51%) / **Protein** 11 g (13%) / **Fat** 13 g (36%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	16 fl oz	0 cal
quinoa, cooked	1 1/2 Cup(s)	333 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 65 g (60%) / **Protein** 14 g (13%) / **Fat** 13 g (27%) / **Fluid** 25

NOTES:

**DAY 1 TOTAL: Calories** 1,383 cal / **Carbs** 170 g (47%) / **Protein** 59 g (17%) / **Fat** 56 g (36%) / **Fluid** 77



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## DAY 2

### Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
cereals, kashi 7 whole grain nuggets	1 1/2 Cup(s)	206 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 357 cal / **Carbs** 75 g (77%) / **Protein** 9 g (10%) / **Fat** 6 g (13%) / **Fluid** 33

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
almond butter	1 1/2 Tbsp	150 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 260 cal / **Carbs** 34 g (50%) / **Protein** 5 g (8%) / **Fat** 12 g (42%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
baby carrots	15 large	79 cal
drinking water	16 fl oz	0 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
whole-wheat pita bread	2 small	149 cal
chickpeas, canned, drained	4 oz	158 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 76 g (71%) / **Protein** 16 g (14%) / **Fat** 7 g (15%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

drinking water	16 fl oz	0 cal
mustard greens, no salt, boiled	1 cup	36 cal
shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
quinoa, cooked	3/4 Cup(s)	167 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 64 g (62%) / **Protein** 16 g (15%) / **Fat** 11 g (23%) / **Fluid** 26

NOTES:

**DAY 2 TOTAL: Calories** 1,423 cal / **Carbs** 248 g (66%) / **Protein** 45 g (12%) / **Fat** 36 g (22%) / **Fluid** 107



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### DAY 3

#### Breakfast

7:00 AM

whole wheat raisin bread	2 slice	260 cal
almond beverage with calcium	1 Cup(s)	69 cal
drinking water	8 fl oz	0 cal
almond butter	1 Tbsp	100 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 70 g (63%) / **Protein** 12 g (11%) / **Fat** 13 g (26%) / **Fluid** 16

NOTES:

#### Snack

10:00 AM

fbbc blueberry muffin smoothie-vegan	1 serving	404 cal
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MEAL TOTAL: **Calories** 404 cal / **Carbs** 35 g (33%) / **Protein** 32 g (30%) / **Fat** 18 g (37%) / **Fluid** 1

NOTES:

#### Lunch

12:00 PM

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

MEAL TOTAL: **Calories** 232 cal / **Carbs** 33 g (54%) / **Protein** 6 g (10%) / **Fat** 10 g (36%) / **Fluid** 20

NOTES:

#### Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
drinking water	16 fl oz	0 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 55 g (62%) / **Protein** 16 g (18%) / **Fat** 8 g (20%) / **Fluid** 20

NOTES:

**DAY 3 TOTAL: Calories** 1,409 cal / **Carbs** 193 g (53%) / **Protein** 66 g (18%) / **Fat** 48 g (29%) / **Fluid** 57



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## DAY 4

### Breakfast

7:00 AM

strawberries	1 Cup(s)	46 cal
drinking water	16 fl oz	0 cal
cereals, kashi 7 whole grain nuggets	1 Cup(s)	138 cal
almond beverage with calcium	1 Cup(s)	69 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 363 cal / **Carbs** 55 g (57%) / **Protein** 29 g (29%) / **Fat** 6 g (14%) / **Fluid** 28

NOTES:

### Snack

10:00 AM

nectarines	1 fruit	60 cal
mixed berry soy yogurt	4 oz	120 cal
drinking water	16 fl oz	0 cal
almonds	1/2 oz	81 cal

MEAL TOTAL: **Calories** 261 cal / **Carbs** 40 g (57%) / **Protein** 8 g (12%) / **Fat** 10 g (31%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

american soy cheese, sliced	2 slice	140 cal
quinoa chili, vegan	1 serving	230 cal
drinking water	16 fl oz	0 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 52 g (47%) / **Protein** 17 g (15%) / **Fat** 19 g (38%) / **Fluid** 16

NOTES:

### Dinner

6:00 PM

navy beans, no salt, boiled	3/4 Cup(s)	191 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
mustard greens, no salt, boiled	1/2 cup	18 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 56 g (61%) / **Protein** 16 g (18%) / **Fat** 8 g (21%) / **Fluid** 23

NOTES:

**DAY 4 TOTAL: Calories** 1,421 cal / **Carbs** 204 g (55%) / **Protein** 70 g (19%) / **Fat** 43 g (26%) / **Fluid** 88



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## DAY 5

### Breakfast

7:00 AM

oat bran, cooked	1 1/2 Cup(s)	131 cal
drinking water	8 fl oz	0 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 40 g (48%) / **Protein** 33 g (39%) / **Fat** 5 g (13%) / **Fluid** 17

NOTES:

### Snack

10:00 AM

pecan granola bars	1 bars	95 cal
almond butter	1/2 Tbsp	50 cal
drinking water	16 fl oz	0 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 255 cal / **Carbs** 45 g (68%) / **Protein** 4 g (6%) / **Fat** 8 g (26%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	16 fl oz	0 cal
whole wheat dinner rolls	2 roll	149 cal
edamame soybeans, shelled	1 1/2 Cup(s)	180 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 45 g (43%) / **Protein** 21 g (20%) / **Fat** 17 g (37%) / **Fluid** 20

NOTES:

### Dinner

6:00 PM

drinking water	16 fl oz	0 cal
vegan fajitas	1 serving	379 cal
black beans, no salt, boiled	1/4 Cup(s)	57 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 73 g (64%) / **Protein** 20 g (17%) / **Fat** 10 g (19%) / **Fluid** 26

NOTES:

**DAY 5 TOTAL: Calories** 1,345 cal / **Carbs** 203 g (55%) / **Protein** 78 g (21%) / **Fat** 40 g (24%) / **Fluid** 86



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## DAY 6

### Breakfast

7:00 AM

whole wheat raisin bread	1 1/2 slice	195 cal
drinking water	8 fl oz	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
almond butter	1 1/2 Tbsp	150 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 58 g (55%) / **Protein** 12 g (11%) / **Fat** 16 g (34%) / **Fluid** 16

NOTES:

### Snack

10:00 AM

nectarines	1 fruit	60 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 60 cal / **Carbs** 14 g (85%) / **Protein** 1 g (9%) / **Fat** 0 g (6%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

iced tea, green	16 fl oz	0 cal
vegan fajitas	1 serving	379 cal
black beans, no salt, boiled	1/4 Cup(s)	57 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 73 g (64%) / **Protein** 20 g (17%) / **Fat** 10 g (19%) / **Fluid** 26

NOTES:

### Dinner

6:00 PM

wild rice, cooked	1 1/2 Cup(s)	248 cal
summer squash, no salt, boiled	1 1/2 cup	54 cal
drinking water	16 fl oz	0 cal
lima beans, boiled, no salt	3/4 Cup(s)	162 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 94 g (77%) / **Protein** 23 g (19%) / **Fat** 2 g (4%) / **Fluid** 34

NOTES:

**DAY 6 TOTAL: Calories** 1,375 cal / **Carbs** 239 g (66%) / **Protein** 56 g (16%) / **Fat** 29 g (18%) / **Fluid** 96



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## DAY 7

### Breakfast

7:00 AM

cereals, kashi 7 whole grain nuggets	1 1/2 Cup(s)	206 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
strawberries	1/2 Cup(s)	23 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 69 g (76%) / **Protein** 9 g (10%) / **Fat** 6 g (14%) / **Fluid** 30

NOTES:

### Snack

10:00 AM

hummus, lower sodium	3 Tbsp	78 cal
drinking water	16 fl oz	0 cal
baby carrots	20 large	105 cal

MEAL TOTAL: **Calories** 183 cal / **Carbs** 31 g (65%) / **Protein** 6 g (12%) / **Fat** 5 g (23%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

garden vegetable burger patties, with soy	2 oz	104 cal
american soy cheese, sliced	1 slice	70 cal
whole wheat tortillas	2 tortilla	254 cal
drinking water	16 fl oz	0 cal
dijon mustard	2 tsp	10 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 49 g (46%) / **Protein** 23 g (21%) / **Fat** 16 g (33%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

quinoa, cooked	1 Cup(s)	222 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	16 fl oz	0 cal
red lentil chili	1 Cup(s)	170 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 72 g (67%) / **Protein** 19 g (18%) / **Fat** 7 g (15%) / **Fluid** 23

NOTES:

**DAY 7 TOTAL: Calories** 1,385 cal / **Carbs** 221 g (63%) / **Protein** 56 g (16%) / **Fat** 33 g (21%) / **Fluid** 98



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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.





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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	
* 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

## 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

<b>Shell Pasta With Artichokes In Garlic &amp; Olive Oil</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>384</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14.3g	<b>22%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 121.1mg	<b>5%</b>
<b>Total Carbohydrates</b> 56.4g	<b>19%</b>
Dietary Fiber 8.9g	<b>36%</b>
Total Sugar 2.6g	
<b>Protein</b> 11.7g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 75.2mg	<b>8%</b>
<b>Iron</b> 4.1mg	<b>23%</b>
<b>Potassium</b> 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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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	
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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

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



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## 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.		



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# Shopping List

## Accompaniments

dijon mustard  
3 tsp  
mayonnaise, made with tofu  
0.5 Tbsp

## Beverages

almond beverage with calcium  
6 Cup(s)  
almond milk (unsweetened)  
2 cup(s)  
drinking water  
368 fl oz  
iced tea, green  
32 fl oz

## Bread

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

## Cereal & Grain Products

cereals, kashi 7 whole grain nuggets  
4 Cup(s)  
oat bran, cooked  
1.5 Cup(s)  
pasta shells  
0.66 Cup(s)  
quinoa, cooked  
3.25 Cup(s)  
wild rice, cooked  
2 Cup(s)

## Dairy & Egg

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american soy cheese, sliced  
4 slice

## Desserts

mixed berry soy yogurt  
4 oz

## Entrees

garden vegetable burger patties, with soy  
2 oz  
quinoa chili, vegan  
1 serving

## Fats & Oils

extra virgin olive oil  
2 Tbsp  
olive oil  
2 Tbsp

## Fruits & Juices

apples  
2 large  
avocado  
0.25 avocado  
blueberries (frozen)  
0.5 cup(s)  
nectarines  
4 fruit  
strawberries  
2.5 Cup(s)

## Ingredients

balsamic vinegar  
1 Tbsp  
distilled vinegar  
2 tsp

## Legumes & Beans

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

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chickpeas, canned, drained  
4 oz  
edamame soybeans, shelled  
1.5 Cup(s)  
hummus, lower sodium  
3 Tbsp  
lima beans, boiled, no salt  
0.75 Cup(s)  
navy beans, no salt, boiled  
0.75 Cup(s)  
red lentil chili  
1 Cup(s)

## Nuts & Seeds

almond butter  
4.5 Tbsp  
almond butter (unsweetened)  
2 tablespoon(s)  
almonds  
0.5 oz  
hazelnuts/filberts  
0.5 oz

## Snacks

pecan granola bars  
1 bars

## Spices & Herbs

chili powder  
0.5 tsp  
cinnamon, ground  
0.13 tsp  
nutmeg, ground  
0.13 tsp

## Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake  
4 Scoop

## Uncategorized

corn sweet yellow raw  
1.34 Cup(s)

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**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)**

## Vegetables

**artichokes**

**1 medium**

**baby carrots**

**35 large**

**brussels sprouts, no salt, boiled**

**2 Cup(s)**

**garlic**

**1 clove**

**mustard greens, no salt, boiled**

**1.5 cup**

**romaine lettuce**

**6 leaf**

**4 Cup(s)**

**spinach**

**1 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**