



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



Eating right, simplified.

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

**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

**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



Eating right, simplified.

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



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



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



1 Servings

fbbc 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.

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.



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.



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.



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.

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.



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



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.



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



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)



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 Nutritional

trulean vegan plant based protein frosted vanilla cupcake

4 Scoop

Uncategorized

corn sweet yellow raw

1.34 Cup(s)



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