



Eating right, simplified.

1,800 Calorie Plan (Vegan) 4 meals/day

DAY 1

Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
almond beverage with calcium	1 Cup(s)	69 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
drinking water	1 Cup(s)	0 cal
sausage, meat free	1 sausages	84 cal

MEAL TOTAL: **Calories** 536 cal / **Carbs** 93 g (70%) / **Protein** 9 g (7%) / **Fat** 14 g (23%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almond butter	2 Tbsp	200 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	2 small	149 cal
vegan chicken strips, meat free	3 oz	217 cal
romaine lettuce	2 leaf	2 cal
baby carrots	20 large	105 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 67 g (54%) / **Protein** 26 g (20%) / **Fat** 15 g (26%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

black beans, no salt, boiled	1/2 Cup(s)	114 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
wild rice, cooked	1/2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
garden veggie tempeh	4 oz	251 cal

MEAL TOTAL: **Calories** 502 cal / **Carbs** 66 g (51%) / **Protein** 37 g (29%) / **Fat** 11 g (20%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: Calories 1,829 cal / **Carbs** 261 g (56%) / **Protein** 78 g (17%) / **Fat** 56 g (27%) / **Fluid** 95

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DAY 2

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
sausage, meat free	1 sausages	84 cal
drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal
oat bran flakes cereal	1 1/4 Cup(s)	223 cal

MEAL TOTAL: **Calories** 512 cal / **Carbs** 97 g (73%) / **Protein** 16 g (12%) / **Fat** 9 g (15%) / **Fluid** 28

NOTES:

Snack

10:00 AM

grapes	3 oz	48 cal
drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 321 cal / **Carbs** 20 g (23%) / **Protein** 29 g (34%) / **Fat** 16 g (43%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

balsamic vinegar	1/4 Tbsp	4 cal
drinking water	2 Cup(s)	0 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
extra virgin olive oil	1/2 Tbsp	60 cal
vegan chicken strips, meat free	3 oz	217 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	2 roll	149 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 66 g (47%) / **Protein** 24 g (17%) / **Fat** 23 g (36%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

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
sweet potato, no salt, baked	2 small	108 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 441 cal / **Carbs** 56 g (49%) / **Protein** 28 g (24%) / **Fat** 14 g (27%) / **Fluid** 25

NOTES:

DAY 2 TOTAL: Calories 1,811 cal / **Carbs** 240 g (51%) / **Protein** 96 g (20%) / **Fat** 62 g (29%) / **Fluid** 91



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
blueberries	1 Cup(s)	83 cal
multigrain english muffins, gluten free	1 muffin	150 cal
almond butter	2 Tbsp	200 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 56 g (50%) / **Protein** 12 g (11%) / **Fat** 19 g (39%) / **Fluid** 12

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
garbanzo beans, dry-roasted no salt	3 2/3 oz	141 cal
bananas	1 extra large	135 cal
natural peanut butter	1 tablespoons	95 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 72 g (65%) / **Protein** 16 g (14%) / **Fat** 11 g (21%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
cracked-wheat bread	4 thick slice	312 cal
italian tofurky deli slices	3 oz	180 cal

MEAL TOTAL: **Calories** 636 cal / **Carbs** 102 g (63%) / **Protein** 30 g (18%) / **Fat** 14 g (19%) / **Fluid** 1,477

NOTES:

Dinner

6:00 PM

vegan turkey with sage, meat free	8 oz	75 cal
kale, no salt, boiled	1 Cup(s)	36 cal
drinking water	2 Cup(s)	0 cal
hearts of palm risotto	1 serving	305 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 63 g (63%) / **Protein** 17 g (17%) / **Fat** 9 g (20%) / **Fluid** 33

NOTES:

DAY 3 TOTAL: Calories 1,857 cal / **Carbs** 294 g (61%) / **Protein** 75 g (15%) / **Fat** 53 g (24%) / **Fluid** 1,542



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DAY 4

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
drinking water	1 Cup(s)	0 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
blueberries	1 Cup(s)	83 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 75 g (62%) / **Protein** 24 g (20%) / **Fat** 10 g (18%) / **Fluid** 20

NOTES:

Snack

10:00 AM

pears	1 large	119 cal
drinking water	2 Cup(s)	0 cal
almonds	1 1/2 oz	243 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 41 g (42%) / **Protein** 10 g (10%) / **Fat** 21 g (48%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

vegan turkey with sage, meat free	8 oz	75 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
balsamic vinegar	1 Tbsp	14 cal
hearts of palm risotto	1 serving	305 cal

MEAL TOTAL: **Calories** 402 cal / **Carbs** 60 g (63%) / **Protein** 15 g (16%) / **Fat** 9 g (21%) / **Fluid** 31

NOTES:

Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
summer squash, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
garden veggie tempeh	5 oz	314 cal

MEAL TOTAL: **Calories** 515 cal / **Carbs** 64 g (49%) / **Protein** 36 g (27%) / **Fat** 14 g (24%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: Calories 1,766 cal / **Carbs** 240 g (54%) / **Protein** 85 g (19%) / **Fat** 53 g (27%) / **Fluid** 99



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
sausage, meat free	1 sausages	84 cal
oat bran flakes cereal	1 1/2 Cup(s)	268 cal
blueberries	1 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 504 cal / **Carbs** 93 g (72%) / **Protein** 16 g (12%) / **Fat** 9 g (16%) / **Fluid** 28

NOTES:

Snack

10:00 AM

lima beans, boiled, no salt	1 Cup(s)	216 cal
apples	1 large	110 cal
almond butter	1 Tbsp	100 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 72 g (64%) / **Protein** 18 g (17%) / **Fat** 9 g (19%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
baby carrots	15 large	79 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
vegan chicken strips, meat free	3 oz	217 cal

MEAL TOTAL: **Calories** 511 cal / **Carbs** 63 g (47%) / **Protein** 26 g (20%) / **Fat** 19 g (33%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

vegetable soup, vegan	1 Cup(s)	110 cal
drinking water	2 Cup(s)	0 cal
portabella mushroom burger with bruschetta topping	1 serving	293 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 61 g (64%) / **Protein** 14 g (14%) / **Fat** 9 g (22%) / **Fluid** 20

NOTES:

DAY 5 TOTAL: Calories 1,845 cal / **Carbs** 288 g (61%) / **Protein** 75 g (16%) / **Fat** 47 g (23%) / **Fluid** 101



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

multigrain english muffins, gluten free	1 muffin	150 cal
almond beverage with calcium	1 Cup(s)	69 cal
almond butter	2 Tbsp	200 cal
peaches	1 large	61 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 61 g (50%) / **Protein** 13 g (11%) / **Fat** 21 g (39%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
blueberries	1 Cup(s)	83 cal
mixed berry soy yogurt	4 oz	120 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 313 cal / **Carbs** 46 g (55%) / **Protein** 27 g (32%) / **Fat** 5 g (13%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

portabella mushroom burger with bruschetta topping	1 serving	293 cal
drinking water	2 Cup(s)	0 cal
vegetable soup, vegan	1 Cup(s)	110 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 61 g (64%) / **Protein** 14 g (14%) / **Fat** 9 g (22%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
wild rice, cooked	3/4 Cup(s)	124 cal
vegan chicken strips, meat free	3 oz	217 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal

MEAL TOTAL: **Calories** 553 cal / **Carbs** 73 g (51%) / **Protein** 39 g (27%) / **Fat** 14 g (22%) / **Fluid** 28

NOTES:

DAY 6 TOTAL: Calories 1,749 cal / **Carbs** 240 g (54%) / **Protein** 94 g (21%) / **Fat** 50 g (25%) / **Fluid** 88



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

bananas	1 medium	105 cal
cracked-wheat bread	2 thick slice	156 cal
plain soy yogurt	6 oz	150 cal
sausage, meat free	1 sausages	84 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 495 cal / **Carbs** 82 g (63%) / **Protein** 22 g (17%) / **Fat** 12 g (20%) / **Fluid** 745

NOTES:

Snack

10:00 AM

baby carrots	15 large	79 cal
garbanzo beans, dry-roasted no salt	3 2/3 oz	141 cal
drinking water	2 Cup(s)	0 cal
tofurky jurky	1 oz	101 cal

MEAL TOTAL: **Calories** 321 cal / **Carbs** 61 g (65%) / **Protein** 24 g (25%) / **Fat** 4 g (10%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat tortillas	2 tortilla	254 cal
italian tofurky deli slices	4 oz	240 cal

MEAL TOTAL: **Calories** 534 cal / **Carbs** 57 g (42%) / **Protein** 33 g (25%) / **Fat** 19 g (33%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1 Tbsp	120 cal
drinking water	2 Cup(s)	0 cal
kale, no salt, boiled	1 Cup(s)	36 cal
vegan turkey with sage, meat free	8 oz	75 cal
sweet potato, no salt, baked	4 small	216 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 64 g (55%) / **Protein** 16 g (14%) / **Fat** 16 g (31%) / **Fluid** 26

NOTES:

DAY 7 TOTAL: Calories 1,799 cal / **Carbs** 263 g (56%) / **Protein** 95 g (20%) / **Fat** 52 g (24%) / **Fluid** 814



Eating right, simplified.



2 Servings

hearts of palm risotto

Ingredients

vegetable broth soup, low sodium

3 Cup(s)

olive oil

1 Tbsp

arborio rice

1/2 Cup(s)

white wine

1/4 Cup(s)

hearts of palm

1/2 Cup(s)

onions

1 small slice

Nutrition Totals

Calories 609 / **Carbs** 97 g / **Protein** 11 g / **Fat** 15 g / **Fluid** 26 fl oz

Instructions

1. Heat 1 tablespoon of olive oil in a large, heavy-bottomed saucepan over medium-high heat. Add the onion; cook and stir until it begins to turn golden brown at the edges, about 2 minutes.
2. Pour in the rice, and stir until the rice is coated in oil and has started to toast, 2 to 3 minutes. Reduce the heat to medium and stir in the white wine. Let it cook until it has mostly evaporated, then stir in one-third of the boiling vegetable broth; continue stirring until incorporated.
3. Repeat this process twice more, stirring constantly. Incorporating the broth should take 15 to 20 minutes in all.
4. When the rice is mostly tender, but still has a very slight crunch, stir in the hearts of palm; season with salt and pepper. Cook for another minute to heat through then stir in parsley and serve immediately.



Eating right, simplified.

Nutrition Label

Hearts Of Palm Risotto		
Amount Per Serving		
Calories		305
		% Daily Value*
Total Fat	7.2g	11%
Saturated Fat	0.9g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	58mg	2%
Total Carbohydrates	48.5g	16%
Dietary Fiber	3g	12%
Total Sugar	2.4g	
Protein	5.4g	
Vitamin D	0IU	0%
Calcium	3.7mg	0%
Iron	0.8mg	5%
Potassium	27.5mg	
* 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



portabella mushroom burger with bruschetta topping

Ingredients

olive oil

2/3 Tbsp

balsamic vinegar

1/2 Tbsp

basil

1/3 Cup(s)

roma tomatoes

2 Cup(s)

garlic

1 clove

kaiser rolls

2 roll

black pepper

1/2 tsp

portabella mushroom

2 cup

Nutrition Totals

Calories 587 / **Carbs** 86 g / **Protein** 20 g / **Fat** 15 g / **Fluid** 7 fl oz

Instructions

1. Mix tomatoes, basil, balsamic vinegar, garlic, olive oil, and black pepper in a bowl and refrigerate to blend flavors, 1 to 2 hours.
2. Preheat grill for medium heat and lightly oil the grate.
3. Grill portabella mushrooms with gill sides up on an upper rack of the grill until juicy and hot, about 15 minutes. Spoon tomato mixture into mushroom caps to cover entire cap. Continue grilling until topping is heated through, another 15 to 20 minutes.
4. Serve on kaiser rolls.



Eating right, simplified.

Nutrition Label

Portabella Mushroom Burger With Bruschetta Topping	
Amount Per Serving	
Calories	293
% Daily Value*	
Total Fat 7.2g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 337.8mg	14%
Total Carbohydrates 42.9g	14%
Dietary Fiber 2.6g	11%
Total Sugar 7.7g	
Protein 9.8g	
Vitamin D 8.6IU	1%
Calcium 75mg	8%
Iron 4.6mg	26%
Potassium 932.6mg	
* 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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Eating right, simplified.

Shopping List

Accompaniments

mayonnaise, made with tofu

2 Tbsp

Beverages

almond beverage with calcium

5 Cup(s)

drinking water

48 Cup(s)

iced tea, green

32 fl. oz.

white wine

0.26 Cup(s)

Bread

cracked-wheat bread

6 thick slice

kaiser rolls

2 roll

multigrain english muffins, gluten free

2 muffin

whole-wheat pita bread

5 small

whole wheat dinner rolls

2 roll

whole wheat tortillas

2 tortilla

Cereal & Grain Products

arborio rice

0.5 Cup(s)

oat bran flakes cereal

2.75 Cup(s)

whole grain rolled oats, dry

1.75 Cup(s)

wild rice, cooked

2.25 Cup(s)

Desserts

mixed berry soy yogurt

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Eating right, simplified.

4 oz

plain soy yogurt

6 oz

Entrees

vegan chicken strips, meat free

15 oz

Fats & Oils

extra virgin olive oil

1.5 Tbsp

olive oil

1.66 Tbsp

Fruits & Juices

apples

3 large

bananas

2 extra large

1 medium

blueberries

5 Cup(s)

cranberries, dried sweetened

0.25 Cup(s)

grapes

3 oz

peaches

1 large

pears

1 large

Ingredients

balsamic vinegar

1.75 Tbsp

Legumes & Beans

black beans, no salt, boiled

1.25 Cup(s)

lima beans, boiled, no salt

1 Cup(s)

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Nuts & Seeds

almond butter
7 Tbsp
almonds
2.5 oz
natural peanut butter
1 tablespoons

Snacks

garbanzo beans, dry-roasted no salt
7.34 oz

Soup

vegetable broth soup, low sodium
3 Cup(s)
vegetable soup, vegan
2 Cup(s)

Spices & Herbs

basil
0.34 Cup(s)
black pepper
0.5 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake
3 Scoop

Vegetables

baby carrots
50 large
broccoli, no salt, boiled
1 Cup(s)
garlic
1 clove
hearts of palm
0.5 Cup(s)
kale, no salt, boiled
2 Cup(s)
onions
1 small slice

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Eating right, simplified.

portabella mushroom

2 cup

romaine lettuce

6 leaf

3 Cup(s)

roma tomatoes

2 Cup(s)

spinach, no salt, boiled

2 Cup(s)

summer squash, no salt, boiled

1 cup

sweet potato, no salt, baked

6 small

tomatoes

1.5 Cup(s)

Vegetarian Products

garden veggie tempeh

9 oz

italian tofurky deli slices

7 oz

sausage, meat free

4 sausages

tofurky jurky

1 oz

vegan turkey with sage, meat free

24 oz