



Eating right, simplified.

2,100 Calorie Plan (Vegan) 4 meals/day

DAY 1

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
oatmeal	1/2 cups	257 cal
banana	1 whole	105 cal

MEAL TOTAL: **Calories** 503 cal / **Carbs** 57 g (43%) / **Protein** 27 g (20%) / **Fat** 22 g (37%) / **Fluid** 8

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
nectarines	1 fruit	60 cal
tofurky jurky	1 1/2 oz	152 cal
garbanzo beans, dry-roasted no salt	3 2/3 oz	141 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 61 g (59%) / **Protein** 30 g (29%) / **Fat** 6 g (12%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
drinking water	2 Cup(s)	0 cal
peppered tofurky deli slices	4 oz	218 cal
dijon mustard	3 tsp	15 cal
tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	4 leaf	4 cal
american soy cheese, sliced	2 slice	140 cal

MEAL TOTAL: **Calories** 648 cal / **Carbs** 57 g (37%) / **Protein** 41 g (27%) / **Fat** 25 g (36%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

brussels sprouts, no salt, boiled	1 1/2 Cup(s)	42 cal
extra virgin olive oil	1 Tbsp	120 cal
drinking water	2 Cup(s)	0 cal
quinoa, cooked	1 1/2 Cup(s)	333 cal
vegan turkey with sage, meat free	12 oz	113 cal

MEAL TOTAL: **Calories** 608 cal / **Carbs** 78 g (50%) / **Protein** 29 g (18%) / **Fat** 22 g (32%) / **Fluid** 26

NOTES:

DAY 1 TOTAL: Calories 2,111 cal / **Carbs** 254 g (46%) / **Protein** 127 g (23%) / **Fat** 74 g (31%) / **Fluid** 75

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DAY 2

Breakfast

7:00 AM

almond beverage with calcium	1 1/2 Cup(s)	104 cal
cereals, kashi 7 whole grain nuggets	1 3/4 Cup(s)	241 cal
drinking water	2 Cup(s)	0 cal
strawberries	1 Cup(s)	46 cal
tofurky franks	1 1/2 oz	123 cal

MEAL TOTAL: **Calories** 514 cal / **Carbs** 88 g (65%) / **Protein** 21 g (15%) / **Fat** 12 g (20%) / **Fluid** 33

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
almond butter	2 Tbsp	200 cal
drinking water	2 Cup(s)	0 cal
melba toast, no salt	2 toast	37 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 45 g (38%) / **Protein** 30 g (26%) / **Fat** 19 g (36%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
drinking water	2 Cup(s)	0 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
romaine lettuce	4 leaf	4 cal
baby carrots	15 large	79 cal
vegan chicken strips, meat free	4 1/2 oz	325 cal

MEAL TOTAL: **Calories** 605 cal / **Carbs** 65 g (41%) / **Protein** 35 g (22%) / **Fat** 25 g (37%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

vegan chicken strips, meat free	2 oz	145 cal
drinking water	2 Cup(s)	0 cal
mustard greens, no salt, boiled	1 cup	36 cal
shell pasta with artichokes in garlic & olive oil	1 serving	384 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 69 g (47%) / **Protein** 27 g (18%) / **Fat** 23 g (35%) / **Fluid** 24

NOTES:

DAY 2 TOTAL: Calories 2,142 cal / **Carbs** 267 g (48%) / **Protein** 112 g (20%) / **Fat** 79 g (32%) / **Fluid** 103



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
whole wheat raisin bread	1 slice	130 cal
almond butter	1 Tbsp	100 cal
nectarines	1 fruit	60 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 58 g (48%) / **Protein** 31 g (26%) / **Fat** 14 g (26%) / **Fluid** 20

NOTES:

Snack

10:00 AM

pecan granola bars	2 bars	190 cal
drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
almonds	1/2 oz	81 cal

MEAL TOTAL: **Calories** 381 cal / **Carbs** 61 g (61%) / **Protein** 8 g (7%) / **Fat** 14 g (32%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

balsamic vinegar	1/2 Tbsp	7 cal
whole wheat dinner rolls	2 roll	149 cal
chicken nuggets, meat free	4 oz	316 cal
romaine lettuce	2 Cup(s)	16 cal
iced tea, green	16 fl. oz.	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 548 cal / **Carbs** 61 g (42%) / **Protein** 24 g (17%) / **Fat** 26 g (41%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1 serving	384 cal
vegan chicken strips, meat free	3 oz	217 cal
drinking water	2 Cup(s)	0 cal
mustard greens, no salt, boiled	1 cup	36 cal

MEAL TOTAL: **Calories** 637 cal / **Carbs** 72 g (43%) / **Protein** 33 g (20%) / **Fat** 28 g (37%) / **Fluid** 24

NOTES:

DAY 3 TOTAL: Calories 2,036 cal / **Carbs** 252 g (47%) / **Protein** 95 g (18%) / **Fat** 82 g (35%) / **Fluid** 86



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

cereals, kashi 7 whole grain nuggets	1 3/4 Cup(s)	241 cal
almond beverage with calcium	1 Cup(s)	69 cal
drinking water	2 Cup(s)	0 cal
strawberries	1 Cup(s)	46 cal
tofurky franks	2 oz	164 cal

MEAL TOTAL: **Calories** 520 cal / **Carbs** 84 g (63%) / **Protein** 24 g (17%) / **Fat** 12 g (20%) / **Fluid** 29

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
nectarines	1 fruit	60 cal
almonds	3/4 oz	122 cal
mixed berry soy yogurt	6 oz	180 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 55 g (44%) / **Protein** 34 g (27%) / **Fat** 16 g (29%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
drinking water	2 Cup(s)	0 cal
quinoa chili, vegan	1 1/2 serving	345 cal
premium nutritional yeast seasoning by bragg	4 Tbsp	80 cal

MEAL TOTAL: **Calories** 574 cal / **Carbs** 88 g (58%) / **Protein** 32 g (22%) / **Fat** 13 g (20%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
wild rice, cooked	3/4 Cup(s)	124 cal
mustard greens, no salt, boiled	1 cup	36 cal
extra virgin olive oil	1/2 Tbsp	60 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal
vegan chicken strips, meat free	3 oz	217 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 2,130 cal / **Carbs** 293 g (52%) / **Protein** 124 g (22%) / **Fat** 64 g (26%) / **Fluid** 91



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DAY 5

Breakfast

7:00 AM

orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
tofurky franks	1 1/2 oz	123 cal
oat bran, cooked	2 Cup(s)	175 cal
almonds	3/4 oz	122 cal

MEAL TOTAL: **Calories** 531 cal / **Carbs** 86 g (53%) / **Protein** 31 g (19%) / **Fat** 20 g (28%) / **Fluid** 28

NOTES:

Snack

10:00 AM

almond butter	1 Tbsp	100 cal
pecan granola bars	2 bars	190 cal
drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 61 g (60%) / **Protein** 8 g (7%) / **Fat** 15 g (33%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole wheat dinner rolls	1 roll	74 cal
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	2 Cup(s)	0 cal
vegan chicken strips, meat free	5 oz	361 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 34 g (26%) / **Protein** 33 g (25%) / **Fat** 30 g (49%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
vegan fajitas	1 serving	439 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal

MEAL TOTAL: **Calories** 610 cal / **Carbs** 94 g (59%) / **Protein** 28 g (17%) / **Fat** 17 g (24%) / **Fluid** 28

NOTES:

DAY 5 TOTAL: Calories 2,060 cal / **Carbs** 275 g (49%) / **Protein** 99 g (18%) / **Fat** 83 g (33%) / **Fluid** 98



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

almond butter	2 Tbsp	200 cal
bananas	1 extra large	135 cal
drinking water	1 Cup(s)	0 cal
whole wheat raisin bread	2 slice	260 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 665 cal / **Carbs** 108 g (62%) / **Protein** 17 g (10%) / **Fat** 21 g (28%) / **Fluid** 20

NOTES:

Snack

10:00 AM

nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal
tofurky jurky	2 oz	202 cal
sea salt & black pepper soy chips	12 crisps	85 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 44 g (49%) / **Protein** 30 g (34%) / **Fat** 7 g (17%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
vegan fajitas	1 serving	439 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal

MEAL TOTAL: **Calories** 610 cal / **Carbs** 94 g (59%) / **Protein** 28 g (17%) / **Fat** 17 g (24%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

wild rice, cooked	2 Cup(s)	331 cal
drinking water	2 Cup(s)	0 cal
summer squash, no salt, boiled	2 cup	72 cal
vegan turkey with sage, meat free	12 oz	113 cal

MEAL TOTAL: **Calories** 516 cal / **Carbs** 96 g (71%) / **Protein** 30 g (22%) / **Fat** 4 g (7%) / **Fluid** 36

NOTES:

DAY 6 TOTAL: Calories 2,138 cal / **Carbs** 342 g (61%) / **Protein** 104 g (19%) / **Fat** 49 g (20%) / **Fluid** 104



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
drinking water	2 Cup(s)	0 cal
strawberries	1 Cup(s)	46 cal
tofurky franks	1 1/2 oz	123 cal
almond beverage with calcium	2 Cup(s)	139 cal

MEAL TOTAL: **Calories** 583 cal / **Carbs** 101 g (66%) / **Protein** 22 g (15%) / **Fat** 13 g (19%) / **Fluid** 37

NOTES:

Snack

10:00 AM

hummus, lower sodium	3 Tbsp	78 cal
baby carrots	15 large	79 cal
garbanzo beans, dry-roasted no salt	2 oz	77 cal
drinking water	2 Cup(s)	0 cal
tofurky jurky	1 oz	101 cal

MEAL TOTAL: **Calories** 335 cal / **Carbs** 53 g (56%) / **Protein** 23 g (25%) / **Fat** 8 g (19%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal
dijon mustard	2 tsp	10 cal
romaine lettuce	4 leaf	4 cal
tomatoes	1/2 Cup(s)	16 cal
peppered tofurky deli slices	3 oz	164 cal
american soy cheese, sliced	2 slice	140 cal

MEAL TOTAL: **Calories** 588 cal / **Carbs** 54 g (39%) / **Protein** 34 g (24%) / **Fat** 23 g (37%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

quinoa, cooked	1 Cup(s)	222 cal
chicken nuggets, meat free	3 1/2 oz	277 cal
drinking water	2 Cup(s)	0 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 587 cal / **Carbs** 69 g (46%) / **Protein** 25 g (17%) / **Fat** 25 g (37%) / **Fluid** 23

NOTES:

DAY 7 TOTAL: Calories 2,093 cal / **Carbs** 277 g (51%) / **Protein** 105 g (20%) / **Fat** 69 g (29%) / **Fluid** 104



Eating right, simplified.

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

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.	

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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

olive oil
1 Tbsp

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 879 / **Carbs** 126 g / **Protein** 33 g / **Fat** 33 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	439
% Daily Value*	
Total Fat 16.4g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35.1mg	1%
Total Carbohydrates 63g	21%
Dietary Fiber 15g	60%
Total Sugar 9g	
Protein 16.2g	
Vitamin D 0IU	0%
Calcium 96mg	10%
Iron 3.8mg	22%
Potassium 994.1mg	
* 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
5 tsp
mayonnaise, made with tofu
1 Tbsp

Beverages

almond beverage with calcium
6.5 Cup(s)
drinking water
48 Cup(s)
iced tea, green
32 fl. oz.

Bread

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

Cereal & Grain Products

cereals, kashi 7 whole grain nuggets
5.5 Cup(s)
oat bran, cooked
2 Cup(s)
pasta shells
1.34 Cup(s)
quinoa, cooked
2.5 Cup(s)
wild rice, cooked
2.75 Cup(s)

Cookies & Crackers

melba toast, no salt

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2 toast

Dairy & Egg

american soy cheese, sliced
4 slice

Desserts

mixed berry soy yogurt
6 oz

Entrees

quinoa chili, vegan
1.5 serving
vegan chicken strips, meat free
17.5 oz

Fats & Oils

extra virgin olive oil
3 Tbsp
olive oil
4 Tbsp

Fruits & Juices

apples
3 large
banana
1 whole
bananas
1 extra large
nectarines
4 fruit
orange juice
1 Cup(s)
strawberries
3 Cup(s)

Ingredients

balsamic vinegar
1 Tbsp
distilled vinegar

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2 tsp

Legumes & Beans

black beans, no salt, boiled

2.84 Cup(s)

hummus, lower sodium

3 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

Nuts & Seeds

almond butter

6 Tbsp

almonds

2 oz

smooth peanut butter, no salt

1.5 Tbsp

Snacks

garbanzo beans, dry-roasted no salt

5.67 oz

pecan granola bars

4 bars

sea salt & black pepper soy chips

12 crisps

Spices & Herbs

chili powder

0.5 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

3 Scoop

Uncategorized

corn sweet yellow raw

1.34 Cup(s)

oatmeal

0.5 cups

premium nutritional yeast seasoning by bragg

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4 Tbsp

Vegetables

artichokes

2 medium

baby carrots

30 large

brussels sprouts, no salt, boiled

2.5 Cup(s)

garlic

2 clove

mustard greens, no salt, boiled

3 cup

romaine lettuce

12 leaf

4 Cup(s)

summer squash

0.76 cup

summer squash, no salt, boiled

2 cup

sweet green peppers

0.66 medium

tomatoes

1 Cup(s)

zucchini/summer squash

0.5 small

Vegetarian Products

chicken nuggets, meat free

7.5 oz

peppered tofurky deli slices

7 oz

tofurky franks

6.5 oz

tofurky jurky

4.5 oz

vegan turkey with sage, meat free

24 oz