



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
blueberries	1 Cup(s)	83 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 528 cal / **Carbs** 78 g (61%) / **Protein** 22 g (17%) / **Fat** 12 g (22%) / **Fluid** 25

ADDITIONAL NUTRIENTS: **Sodium** 169 mg / **Calcium** 43 mg

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
almond butter	1 Tbsp	100 cal
skim milk with calcium	2 Cup(s)	173 cal
whole wheat crackers, low-sodium	5 cracker	89 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 70 g (58%) / **Protein** 22 g (18%) / **Fat** 13 g (24%) / **Fluid** 40

ADDITIONAL NUTRIENTS: **Sodium** 53 mg / **Calcium** 1,070 mg

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	3 leaf	3 cal
baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	5 oz	361 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal

MEAL TOTAL: **Calories** 623 cal / **Carbs** 62 g (38%) / **Protein** 37 g (23%) / **Fat** 28 g (39%) / **Fluid** 23

ADDITIONAL NUTRIENTS: **Sodium** 188 mg / **Calcium** 67 mg

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
wild rice, cooked	2/3 Cup(s)	110 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal
garden veggie tempeh	2 oz	125 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 76 g (62%) / **Protein** 31 g (25%) / **Fat** 7 g (13%) / **Fluid** 28

ADDITIONAL NUTRIENTS: **Sodium** 130 mg / **Calcium** 128 mg

NOTES:

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DAY 1 TOTAL: **Calories** 2,092 cal / **Carbs** 286 g (54%) / **Protein** 112 g (21%) / **Fat** 60 g (25%) / **Fluid** 116
ADDITIONAL NUTRIENTS: **Sodium** 541 mg / **Calcium** 1,308 mg

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DAY 2

Breakfast

7:00 AM

oat bran flakes cereal	2 Cup(s)	357 cal
fat free 100% lactose free milk	1 3/4 Cup(s)	155 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 648 cal / **Carbs** 130 g (80%) / **Protein** 25 g (15%) / **Fat** 3 g (5%) / **Fluid** 4
ADDITIONAL NUTRIENTS: **Sodium** 402 mg / **Calcium** 600 mg

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	4 oz	65 cal
almonds	1 1/2 oz	243 cal

MEAL TOTAL: **Calories** 308 cal / **Carbs** 25 g (30%) / **Protein** 10 g (12%) / **Fat** 22 g (58%) / **Fluid** 19
ADDITIONAL NUTRIENTS: **Sodium** 2 mg / **Calcium** 155 mg

NOTES:

Lunch

12:00 PM

romaine lettuce	2 Cup(s)	16 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
whole wheat dinner rolls	2 roll	149 cal
balsamic vinegar	2 Tbsp	28 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	4 oz	289 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 694 cal / **Carbs** 74 g (41%) / **Protein** 30 g (17%) / **Fat** 34 g (42%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 308 mg / **Calcium** 102 mg

NOTES:

Dinner

6:00 PM

meat free burgers, vegan	2 serving	140 cal
drinking water	2 Cup(s)	0 cal
sweet potato, no salt, baked	1 large	162 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 459 cal / **Carbs** 78 g (61%) / **Protein** 43 g (34%) / **Fat** 3 g (5%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 908 mg / **Calcium** 682 mg

NOTES:

DAY 2 TOTAL: Calories 2,109 cal / **Carbs** 308 g (56%) / **Protein** 107 g (19%) / **Fat** 61 g (25%) / **Fluid** 76
ADDITIONAL NUTRIENTS: Sodium 1,619 mg / **Calcium** 1,540 mg



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
fat free 100% lactose free milk	1 3/4 Cup(s)	155 cal
almond butter	2 Tbsp	200 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 81 g (55%) / **Protein** 27 g (18%) / **Fat** 18 g (27%) / **Fluid** 16
ADDITIONAL NUTRIENTS: **Sodium** 338 mg / **Calcium** 800 mg

NOTES:

Snack

10:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
oat & honey granola bars	1 bar	140 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 56 g (62%) / **Protein** 10 g (11%) / **Fat** 11 g (27%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 114 mg / **Calcium** 53 mg

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
apples	1 large	110 cal
olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole wheat bread	3 slice	300 cal
italian tofurky deli slices	6 slices	132 cal

MEAL TOTAL: **Calories** 634 cal / **Carbs** 103 g (60%) / **Protein** 30 g (17%) / **Fat** 17 g (23%) / **Fluid** 25
ADDITIONAL NUTRIENTS: **Sodium** 702 mg / **Calcium** 146 mg

NOTES:

Dinner

6:00 PM

hearts of palm risotto	1 serving	305 cal
vegan chicken fillets, meat free	5 oz	122 cal
drinking water	2 Cup(s)	0 cal
kale, no salt, boiled	2 Cup(s)	73 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 76 g (60%) / **Protein** 27 g (21%) / **Fat** 10 g (19%) / **Fluid** 37
ADDITIONAL NUTRIENTS: **Sodium** 118 mg / **Calcium** 191 mg

NOTES:

DAY 3 TOTAL: Calories 2,087 cal / **Carbs** 316 g (59%) / **Protein** 94 g (17%) / **Fat** 56 g (24%) / **Fluid** 100
ADDITIONAL NUTRIENTS: Sodium 1,271 mg / **Calcium** 1,189 mg

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DAY 4

Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
whole grain rolled oats, dry	1 1/3 Cup(s)	399 cal
egg, hard boiled	2 large	155 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 637 cal / **Carbs** 96 g (62%) / **Protein** 14 g (9%) / **Fat** 20 g (29%) / **Fluid** 15
ADDITIONAL NUTRIENTS: **Sodium** 125 mg / **Calcium** 59 mg

NOTES:

Snack

10:00 AM

pears	1 large	119 cal
almonds	1/2 oz	81 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 375 cal / **Carbs** 62 g (63%) / **Protein** 18 g (18%) / **Fat** 8 g (19%) / **Fluid** 25
ADDITIONAL NUTRIENTS: **Sodium** 139 mg / **Calcium** 870 mg

NOTES:

Lunch

12:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1 Tbsp	14 cal
hearts of palm risotto	1 serving	305 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 70 g (59%) / **Protein** 26 g (22%) / **Fat** 10 g (19%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 73 mg / **Calcium** 39 mg

NOTES:

Dinner

6:00 PM

garden veggie tempeh	6 oz	376 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 1/4 Cup(s)	207 cal
summer squash, no salt, boiled	2 cup	72 cal

MEAL TOTAL: **Calories** 655 cal / **Carbs** 85 g (50%) / **Protein** 45 g (27%) / **Fat** 17 g (23%) / **Fluid** 33
ADDITIONAL NUTRIENTS: **Sodium** 100 mg / **Calcium** 103 mg

NOTES:

DAY 4 TOTAL: Calories 2,148 cal / **Carbs** 312 g (58%) / **Protein** 103 g (19%) / **Fat** 55 g (23%) / **Fluid** 105
ADDITIONAL NUTRIENTS: Sodium 437 mg / **Calcium** 1,071 mg



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
fat free 100% lactose free milk	2 Cup(s)	177 cal
oat bran flakes cereal	1 3/4 Cup(s)	313 cal
egg, hard boiled	1 large	78 cal
egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 653 cal / **Carbs** 92 g (58%) / **Protein** 48 g (31%) / **Fat** 8 g (11%) / **Fluid** 22

ADDITIONAL NUTRIENTS: **Sodium** 602 mg / **Calcium** 694 mg

NOTES:

Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	1 serving	50 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 36 g (40%) / **Protein** 13 g (14%) / **Fat** 19 g (46%) / **Fluid** 22

ADDITIONAL NUTRIENTS: **Sodium** 162 mg / **Calcium** 93 mg

NOTES:

Lunch

12:00 PM

baby carrots	15 large	79 cal
vegan chicken strips, meat free	5 oz	361 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
tomatoes	1/4 Cup(s)	8 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal

MEAL TOTAL: **Calories** 648 cal / **Carbs** 68 g (41%) / **Protein** 37 g (22%) / **Fat** 28 g (37%) / **Fluid** 25

ADDITIONAL NUTRIENTS: **Sodium** 193 mg / **Calcium** 89 mg

NOTES:

Dinner

6:00 PM

three bean vegetarian chili soup, lower sodium	1 Cup(s)	150 cal
drinking water	2 Cup(s)	0 cal
portabella mushroom burger with bruschetta topping	1 serving	293 cal

MEAL TOTAL: **Calories** 443 cal / **Carbs** 75 g (67%) / **Protein** 20 g (17%) / **Fat** 8 g (16%) / **Fluid** 20

ADDITIONAL NUTRIENTS: **Sodium** 386 mg / **Calcium** 175 mg

NOTES:

DAY 5 TOTAL: Calories 2,105 cal / **Carbs** 271 g (51%) / **Protein** 118 g (22%) / **Fat** 63 g (27%) / **Fluid** 89

ADDITIONAL NUTRIENTS: Sodium 1,343 mg / **Calcium** 1,050 mg



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
almond butter	2 Tbsp	200 cal
fat free 100% lactose free milk	2 Cup(s)	177 cal
peaches	1 large	61 cal

MEAL TOTAL: **Calories** 573 cal / **Carbs** 73 g (52%) / **Protein** 29 g (20%) / **Fat** 18 g (28%) / **Fluid** 6
ADDITIONAL NUTRIENTS: **Sodium** 366 mg / **Calcium** 856 mg

NOTES:

Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 1/2 Cup(s)	292 cal
blueberries	1 Cup(s)	83 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 42 g (40%) / **Protein** 43 g (40%) / **Fat** 9 g (20%) / **Fluid** 29
ADDITIONAL NUTRIENTS: **Sodium** 1,246 mg / **Calcium** 375 mg

NOTES:

Lunch

12:00 PM

three bean vegetarian chili soup, lower sodium	1 1/3 Cup(s)	200 cal
drinking water	2 Cup(s)	0 cal
portabella mushroom burger with bruschetta topping	1 serving	293 cal

MEAL TOTAL: **Calories** 493 cal / **Carbs** 86 g (67%) / **Protein** 23 g (18%) / **Fat** 9 g (15%) / **Fluid** 20
ADDITIONAL NUTRIENTS: **Sodium** 402 mg / **Calcium** 208 mg

NOTES:

Dinner

6:00 PM

italian herb chik'n patties, meat free	1 1/2 pattie	255 cal
wild rice, cooked	2/3 Cup(s)	110 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 600 cal / **Carbs** 97 g (62%) / **Protein** 40 g (25%) / **Fat** 9 g (13%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 616 mg / **Calcium** 554 mg

NOTES:

DAY 6 TOTAL: Calories 2,085 cal / **Carbs** 298 g (56%) / **Protein** 135 g (25%) / **Fat** 45 g (19%) / **Fluid** 87
ADDITIONAL NUTRIENTS: Sodium 2,631 mg / **Calcium** 1,993 mg



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
fruit yogurt, non-fat	1 1/2 cup	349 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 631 cal / **Carbs** 106 g (66%) / **Protein** 39 g (24%) / **Fat** 7 g (10%) / **Fluid** 34
ADDITIONAL NUTRIENTS: **Sodium** 382 mg / **Calcium** 600 mg

NOTES:

Snack

10:00 AM

string cheese, light	2 serving	100 cal
baby carrots	20 large	105 cal
drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
hummus	3 Tbsp	82 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 65 g (63%) / **Protein** 17 g (16%) / **Fat** 10 g (21%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 455 mg / **Calcium** 132 mg

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat tortillas	2 tortilla	254 cal
italian tofurky deli slices	6 slices	132 cal

MEAL TOTAL: **Calories** 468 cal / **Carbs** 49 g (42%) / **Protein** 22 g (19%) / **Fat** 20 g (39%) / **Fluid** 18
ADDITIONAL NUTRIENTS: **Sodium** 579 mg / **Calcium** 205 mg

NOTES:

Dinner

6:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
drinking water	2 Cup(s)	0 cal
kale, no salt, boiled	2 Cup(s)	73 cal
sweet potato, no salt, baked	1 1/2 large	243 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 581 cal / **Carbs** 86 g (56%) / **Protein** 30 g (19%) / **Fat** 18 g (25%) / **Fluid** 31
ADDITIONAL NUTRIENTS: **Sodium** 157 mg / **Calcium** 290 mg

NOTES:

DAY 7 TOTAL: Calories 2,077 cal / **Carbs** 307 g (57%) / **Protein** 107 g (20%) / **Fat** 54 g (23%) / **Fluid** 116
ADDITIONAL NUTRIENTS: Sodium 1,573 mg / **Calcium** 1,226 mg



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.



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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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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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Shopping List

Accompaniments

olive oil, mayonnaise, light
5 Tbsp

Beverages

coconut water
2 Cup(s)
drinking water
41 Cup(s)
iced tea, green
32 fl. oz.
white wine
0.26 Cup(s)

Bread

kaiser rolls
2 roll
whole-wheat pita bread
5 small
whole wheat bread
3 slice
whole wheat dinner rolls
2 roll
whole wheat english muffin
2 muffin
whole wheat tortillas
2 tortilla

Cereal & Grain Products

arborio rice
0.5 Cup(s)
oat bran flakes cereal
3.75 Cup(s)
whole grain rolled oats, dry
2.33 Cup(s)
wild rice, cooked
2.59 Cup(s)

Cookies & Crackers

whole wheat crackers, low-sodium

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Eating right, simplified.

5 cracker

Dairy & Egg

cottage cheese, 2% milkfat

1.5 Cup(s)

egg, hard boiled

6 large

egg whites, cooked

13 large

fat free 100% lactose free milk

7.5 Cup(s)

fruit yogurt, non-fat

1.5 cup

skim milk with calcium

3.5 Cup(s)

string cheese, light

3 serving

Entrees

meat free burgers, vegan

2 serving

vegan chicken strips, meat free

14 oz

Fats & Oils

olive oil

3.66 Tbsp

Fruits & Juices

apples

4 large

bananas

3 extra large

blueberries

3 Cup(s)

cranberries, dried sweetened

0.25 Cup(s)

grapes

4 oz

orange juice

1 Cup(s)

peaches

1 large

pears

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Eating right, simplified.

1 large

Ingredients

balsamic vinegar
3.5 Tbsp

Legumes & Beans

black beans, no salt, boiled
1.34 Cup(s)
hummus
3 Tbsp

Nuts & Seeds

almond butter
7 Tbsp
almonds
2 oz

Snacks

oat & honey granola bars
1 bar

Soup

three bean vegetarian chili soup, lower sodium
2.33 Cup(s)
vegetable broth soup, low sodium
3 Cup(s)

Spices & Herbs

basil
0.34 Cup(s)
black pepper
0.5 tsp

Vegetables

baby carrots
45 large
broccoli, no salt, boiled

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Eating right, simplified.

1.5 Cup(s)
garlic
1 clove
hearts of palm
0.5 Cup(s)
kale, no salt, boiled
4 Cup(s)
onions
1 small slice
portabella mushroom
2 cup
romaine lettuce
7 leaf
4 Cup(s)
roma tomatoes
2 Cup(s)
spinach, no salt, boiled
4 Cup(s)
summer squash, no salt, boiled
2 cup
sweet potato, no salt, baked
2.5 large
tomatoes
1.25 Cup(s)

Vegetarian Products

garden veggie tempeh
8 oz
italian herb chik'n patties, meat free
1.5 pattie
italian tofurky deli slices
12 slices
vegan chicken fillets, meat free
17 oz