



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
raisins, seedless	1/4 cup	123 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 582 cal / **Carbs** 88 g (60%) / **Protein** 35 g (24%) / **Fat** 10 g (16%) / **Fluid** 16

NOTES:

Snack

10:00 AM

cinnamon granola bars	1 bars	90 cal
drinking water	16 fl oz	0 cal
apples	1 large	110 cal
smooth peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 50 g (48%) / **Protein** 11 g (10%) / **Fat** 19 g (42%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
vegan soy burgers	2 serving	200 cal
romaine lettuce	2 leaf	2 cal
drinking water	16 fl oz	0 cal
hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 535 cal / **Carbs** 63 g (45%) / **Protein** 38 g (27%) / **Fat** 18 g (28%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
pumpkin and squash seeds, no salt, dry roasted	2 oz	253 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
lentil beans, no salt, boiled	3/4 Cup(s)	172 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 596 cal / **Carbs** 83 g (53%) / **Protein** 29 g (19%) / **Fat** 19 g (28%) / **Fluid** 26

NOTES:

DAY 1 TOTAL: Calories 2,102 cal / **Carbs** 284 g (51%) / **Protein** 113 g (21%) / **Fat** 67 g (28%) / **Fluid** 82

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DAY 2

Breakfast

7:00 AM

soya and almond yogurt	6 oz	91 cal
drinking water	8 fl oz	0 cal
oranges	1 fruit	69 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 573 cal / **Carbs** 56 g (37%) / **Protein** 37 g (25%) / **Fat** 26 g (38%) / **Fluid** 13

NOTES:

Snack

10:00 AM

cinnamon granola bars	2 bars	180 cal
drinking water	16 fl oz	0 cal
bananas	1 small	90 cal
garbanzo beans, dry-roasted no salt	4 oz	154 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 88 g (71%) / **Protein** 17 g (13%) / **Fat** 9 g (16%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
iced tea, green	16 fl oz	0 cal
falafel	3 oz	283 cal
avocados	1/2 cup	117 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 613 cal / **Carbs** 68 g (42%) / **Protein** 20 g (12%) / **Fat** 32 g (46%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
yams, no salt, boiled or baked	3/4 Cup(s)	118 cal
tempeh	5 oz	270 cal

MEAL TOTAL: **Calories** 492 cal / **Carbs** 51 g (38%) / **Protein** 30 g (23%) / **Fat** 23 g (39%) / **Fluid** 25

NOTES:

DAY 2 TOTAL: Calories 2,103 cal / **Carbs** 263 g (47%) / **Protein** 104 g (18%) / **Fat** 90 g (35%) / **Fluid** 79



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
brown rice tortillas	2 tortilla	260 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal

MEAL TOTAL: **Calories** 553 cal / **Carbs** 54 g (43%) / **Protein** 24 g (19%) / **Fat** 21 g (38%) / **Fluid** 8

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
bananas	1 extra large	135 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal

MEAL TOTAL: **Calories** 540 cal / **Carbs** 69 g (49%) / **Protein** 33 g (23%) / **Fat** 18 g (28%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

mayonnaise, made with tofu	1/2 Tbsp	24 cal
romaine lettuce	4 leaf	4 cal
drinking water	16 fl oz	0 cal
italian herb chik'n patties, meat free	1 1/4 pattie	213 cal
whole wheat tortillas	2 tortilla	254 cal

MEAL TOTAL: **Calories** 495 cal / **Carbs** 66 g (53%) / **Protein** 21 g (17%) / **Fat** 17 g (30%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

whole-wheat pita bread	1 small	74 cal
drinking water	16 fl oz	0 cal
tofu, extra firm	3 oz	77 cal
fava bean salad	1 serving	366 cal

MEAL TOTAL: **Calories** 518 cal / **Carbs** 65 g (49%) / **Protein** 28 g (21%) / **Fat** 18 g (30%) / **Fluid** 32

NOTES:

DAY 3 TOTAL: Calories 2,105 cal / **Carbs** 255 g (49%) / **Protein** 106 g (20%) / **Fat** 74 g (31%) / **Fluid** 79



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
bananas	1 extra large	135 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal
walnuts (raw)	3 tablespoon(s)	147 cal

MEAL TOTAL: **Calories** 687 cal / **Carbs** 93 g (58%) / **Protein** 17 g (11%) / **Fat** 22 g (31%) / **Fluid** 20

NOTES:

Snack

10:00 AM

oranges	1 fruit	69 cal
drinking water	16 fl oz	0 cal
peanuts, no salt, dry-roasted	1 1/2 oz	249 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 27 g (31%) / **Protein** 11 g (13%) / **Fat** 21 g (56%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	16 fl oz	0 cal
tofu, extra firm	6 oz	155 cal
fava bean salad	1 serving	366 cal

MEAL TOTAL: **Calories** 567 cal / **Carbs** 61 g (42%) / **Protein** 35 g (24%) / **Fat** 22 g (34%) / **Fluid** 41

NOTES:

Dinner

6:00 PM

asparagus, boiled	6 spears	20 cal
drinking water	16 fl oz	0 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
kielbasa sausage tofurky	2 oz	137 cal
garbanzo beans, dry-roasted no salt	3 oz	115 cal

MEAL TOTAL: **Calories** 521 cal / **Carbs** 90 g (61%) / **Protein** 36 g (24%) / **Fat** 10 g (15%) / **Fluid** 25

NOTES:

DAY 4 TOTAL: Calories 2,092 cal / **Carbs** 271 g (51%) / **Protein** 100 g (18%) / **Fat** 75 g (31%) / **Fluid** 105



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	16 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** 17

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
drinking water	16 fl oz	0 cal
apples	1 large	110 cal
cucumber	1 cup	5 cal
carrots (baby)	15 piece(s)	54 cal
guacamole	3 Tbsp	120 cal
almond milk yogurt plain unsweetened by kite hill...	6 oz	158 cal

MEAL TOTAL: **Calories** 635 cal / **Carbs** 59 g (35%) / **Protein** 20 g (12%) / **Fat** 40 g (53%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

avocados	1/2 cup	117 cal
tomatoes	1/2 Cup(s)	16 cal
drinking water	16 fl oz	0 cal
hummus, lower sodium	4 Tbsp	105 cal
whole-wheat pita bread	2 small	149 cal
tofu, extra firm	6 oz	155 cal

MEAL TOTAL: **Calories** 541 cal / **Carbs** 53 g (36%) / **Protein** 30 g (20%) / **Fat** 28 g (44%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

hamburger buns, gluten free	1 bun	190 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
drinking water	16 fl oz	0 cal
veggie burger	1 serving	279 cal

MEAL TOTAL: **Calories** 497 cal / **Carbs** 75 g (58%) / **Protein** 21 g (16%) / **Fat** 15 g (26%) / **Fluid** 23

NOTES:

DAY 5 TOTAL: Calories 2,087 cal / **Carbs** 219 g (39%) / **Protein** 100 g (18%) / **Fat** 105 g (43%) / **Fluid** 91



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
drinking water	8 fl oz	0 cal
almond butter, no salt	2 1/2 Tbsp	246 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal

MEAL TOTAL: **Calories** 515 cal / **Carbs** 59 g (45%) / **Protein** 13 g (10%) / **Fat** 26 g (45%) / **Fluid** 16

NOTES:

Snack

10:00 AM

raisins, seedless	1/4 cup	123 cal
drinking water	16 fl oz	0 cal
plain soy yogurt	5 oz	125 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 52 g (48%) / **Protein** 41 g (38%) / **Fat** 7 g (14%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
hamburger buns, gluten free	1 bun	190 cal
drinking water	16 fl oz	0 cal
veggie burger	1 serving	279 cal

MEAL TOTAL: **Calories** 534 cal / **Carbs** 85 g (60%) / **Protein** 23 g (16%) / **Fat** 15 g (24%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
asparagus, boiled	12 spears	40 cal
vegan pasta sauce, low-fat	1/2 Cup(s)	80 cal
banza chick peas pasta	3 oz	285 cal
tempeh	4 oz	216 cal

MEAL TOTAL: **Calories** 621 cal / **Carbs** 77 g (44%) / **Protein** 51 g (30%) / **Fat** 20 g (26%) / **Fluid** 24

NOTES:

DAY 6 TOTAL: Calories 2,083 cal / **Carbs** 272 g (49%) / **Protein** 128 g (23%) / **Fat** 68 g (28%) / **Fluid** 81



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
brown rice bread, gluten free, low-sodium	1 slice	100 cal
almond butter, no salt	1 Tbsp	98 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 55 g (35%) / **Protein** 35 g (22%) / **Fat** 31 g (43%) / **Fluid** 9

NOTES:

Snack

10:00 AM

celery	5 medium stalk	32 cal
hummus, lower sodium	4 Tbsp	105 cal
peanuts, no salt, dry-roasted	1 oz	166 cal
almond nut thins hint of sea salt	1 oz	123 cal
drinking water	16 fl oz	0 cal
cucumber	1 cup	5 cal

MEAL TOTAL: **Calories** 430 cal / **Carbs** 45 g (40%) / **Protein** 16 g (14%) / **Fat** 23 g (46%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl oz	0 cal
whole wheat tortillas	2 tortilla	254 cal
romaine lettuce	4 leaf	4 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
tofu, extra firm	6 oz	155 cal
walnuts (raw)	2 tablespoon(s)	98 cal

MEAL TOTAL: **Calories** 543 cal / **Carbs** 46 g (32%) / **Protein** 28 g (20%) / **Fat** 30 g (48%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
quinoa & black beans	1 serving	268 cal

MEAL TOTAL: **Calories** 513 cal / **Carbs** 102 g (76%) / **Protein** 21 g (15%) / **Fat** 5 g (9%) / **Fluid** 30

NOTES:

DAY 7 TOTAL: Calories 2,098 cal / **Carbs** 248 g (45%) / **Protein** 100 g (18%) / **Fat** 89 g (37%) / **Fluid** 88



1 Servings

fbcc 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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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.



Eating right, simplified.

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

fava bean salad

Ingredients

balsamic vinegar
2 Tbsp

garlic
1 clove

fava beans, canned, no salt
2 Cup(s)

roma tomatoes
1 Cup(s)

cucumber
1 cucumber

onions
1 small

olive oil
1 2/3 Tbsp

lemon juice
1 Tbsp

Nutrition Totals

Calories 732 / **Carbs** 97 g / **Protein** 33 g / **Fat** 24 g / **Fluid** 27 fl oz

Instructions

1. Whisk the lemon juice, balsamic vinegar, garlic, and olive oil together in a bowl to make the dressing.
2. Toss the cucumber, onion, tomatoes, and fava beans together in a large bowl; pour the dressing over the vegetable mixture and toss to coat. Chill for 1 hour before serving.



Eating right, simplified.

Nutrition Label

Fava Bean Salad	
Amount Per Serving	
Calories	366
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30.1mg	1%
Total Carbohydrates 48.2g	16%
Dietary Fiber 10.8g	43%
Total Sugar 8.5g	
Protein 16.5g	
Vitamin D 0IU	0%
Calcium 106.2mg	11%
Iron 4.3mg	24%
Potassium 1183.8mg	
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Eating right, simplified.



2 Servings

veggie burger

Ingredients

brown rice, long-grain, cooked
1/4 Cup(s)

quick oats cereal with iron
2/3 Cup(s)

garbanzo beans, no salt, boiled
2/3 Cup(s)

sage, ground
1/4 tsp

garlic powder
1/4 tsp

oat bran
2 Tbsp

tofu, extra firm
4 oz

vegetable oil
1/2 tablespoons

barbecue sauce
1 Tbsp

Nutrition Totals

Calories 558 / Carbs 77 g / Protein 28 g / Fat 20 g / Fluid 7 fl oz

Instructions

1. In a large bowl, stir together the mashed garbanzo beans and basil. Mix in the oat bran, quick oats, and rice; the mixture should seem a little dry.
2. In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible. Drain of the water, and repeat the process until there is hardly any water worth pouring off. It is not necessary to remove all of the water. Pour the barbeque sauce over the tofu, and stir to coat.
3. Stir the tofu into the garbanzo beans and oats. Season with garlic powder, and sage (with optional dash of salt & pepper); mix until well blended.
4. Heat oil in a large skillet over medium-high heat. Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side. Serve as you would burgers.



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Nutrition Label

Veggie Burger		
Amount Per Serving		
Calories		279
		% Daily Value*
Total Fat	9.8g	15%
Saturated Fat	0.7g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	91.3mg	4%
Total Carbohydrates	38.2g	13%
Dietary Fiber	7.1g	28%
Total Sugar	5.8g	
Protein	14g	
Vitamin D	0IU	0%
Calcium	142.4mg	14%
Iron	9.7mg	54%
Potassium	349mg	
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2 Servings

quinoa & black beans

Ingredients

red pepper, spices
1/4 tsp

cilantro leaves raw, coriander
10 sprigs

onions
1/2 cup

garlic
1/2 clove

vegetable oil, palm
1/3 Tbsp

quinoa
1/4 Cup(s)

cumin ground
1/2 tsp

black beans, no salt, boiled
1 1/3 Cup(s)

Nutrition Totals

Calories 535 / **Carbs** 89 g / **Protein** 28 g / **Fat** 9 g / **Fluid** 6 fl oz

Instructions

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and saute until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin & cayenne pepper (with salt & pepper to taste). Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.



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Nutrition Label

Quinoa & Black Beans		
Amount Per Serving		
Calories		268
		% Daily Value*
Total Fat	4.4g	7%
Saturated Fat	1.4g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	8.6mg	0%
Total Carbohydrates	44.4g	15%
Dietary Fiber	12.3g	49%
Total Sugar	1.3g	
Protein	13.8g	
Vitamin D	0IU	0%
Calcium	56.6mg	6%
Iron	3.6mg	20%
Potassium	634.1mg	
* 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.		



Eating right, simplified.

Shopping List

Accompaniments

barbecue sauce
1 Tbsp
guacamole
3 Tbsp
mayonnaise, made with tofu
2 Tbsp
vegan pasta sauce, low-fat
0.5 Cup(s)

Beverages

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

Bread

brown rice bread, gluten free, low-sodium
3 slice
brown rice tortillas
2 tortilla
hamburger buns, gluten free
2 bun
whole-wheat pita bread
5 small
whole wheat tortillas
6 tortilla

Cereal & Grain Products

brown rice, long-grain, cooked
0.26 Cup(s)
oat bran
2 Tbsp
quick oats cereal with iron
0.66 Cup(s)
quinoa
0.13 Cup(s)
whole grain rolled oats, dry

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Eating right, simplified.

1.75 Cup(s)
wild rice, cooked
2 Cup(s)

Desserts

plain soy yogurt
5 oz

Entrees

vegan soy burgers
2 serving

Fats & Oils

extra virgin olive oil
1 Tbsp
olive oil
1.66 Tbsp
vegetable oil, palm
0.17 Tbsp

Fruits & Juices

apples
2 large
avocado
0.75 avocado
avocados
1 cup
bananas
1 small
2 extra large
blueberries (frozen)
0.5 cup(s)
lemon juice
1 Tbsp
oranges
2 fruit
raisins, seedless
0.5 cup

Ingredients

balsamic vinegar
3 Tbsp

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Eating right, simplified.

Legumes & Beans

black beans, no salt, boiled

0.67 Cup(s)

falafel

3 oz

fava beans, canned, no salt

2 Cup(s)

garbanzo beans, no salt, boiled

0.66 Cup(s)

green snap beans, no salt, boiled

4.5 Cup(s)

hummus, lower sodium

11 Tbsp

lentil beans, no salt, boiled

0.75 Cup(s)

Nuts & Seeds

almond butter (unsweetened)

4 tablespoon(s)

almond butter, no salt

3.5 Tbsp

peanuts, no salt, dry-roasted

2.5 oz

pumpkin and squash seeds, no salt, dry roasted

2 oz

smooth peanut butter, no salt

6 Tbsp

walnuts (raw)

5 tablespoon(s)

Snacks

almond nut thins hint of sea salt

1 oz

cinnamon granola bars

3 bars

garbanzo beans, dry-roasted no salt

7 oz

Spices & Herbs

cinnamon, ground

0.13 tsp

cumin ground

0.25 tsp



Eating right, simplified.

garlic powder
0.26 tsp
nutmeg, ground
0.13 tsp
red pepper, spices
0.13 tsp
sage, ground
0.26 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake
7 Scoop

Uncategorized

almond milk yogurt plain unsweetened by kite hill (copy 2)
6 oz
banza chick peas pasta
3 oz
frozen fruit dark sweet cherries by dole
3 Cup(s)
ground flaxseed
0.33 tablespoons
ice cubes
12 cubes
old fashioned oats by quaker
0.33 Cup(s)
pea milk unsweetened original-ripple
24 fl oz
vegetable oil
0.5 tablespoons

Vegetables

asparagus, boiled
18 spears
carrots (baby)
15 piece(s)
cauliflower, no salt, boiled
2 Cup(s)
celery
5 medium stalk
cilantro leaves raw, coriander
5 sprigs
cucumber
1 cucumber
2 cup



Eating right, simplified.

garlic
1.25 clove
onions
1 small
0.25 cup
romaine lettuce
10 leaf
2 Cup(s)
roma tomatoes
1 Cup(s)
spinach
1 Cup(s)
tomatoes
1.75 Cup(s)
yams, no salt, boiled or baked
1.75 Cup(s)

Vegetarian Products

italian herb chik'n patties, meat free
1.25 pattie
kielbasa sausage tofurky
2 oz
soya and almond yogurt
6 oz
tempeh
9 oz
tofu, extra firm
25 oz