



Eating right, simplified.

2,000 Calorie Plan (Vegetarian) 4 meals/day

DAY 1

Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
whole eggs, scrambled	1 large	91 cal
drinking water	2 Cup(s)	0 cal
oatmeal, steel cut	3/4 Cup(s)	450 cal

MEAL TOTAL: **Calories** 624 cal / **Carbs** 103 g (65%) / **Protein** 22 g (14%) / **Fat** 15 g (21%) / **Fluid** 22

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	1 1/4 Cup(s)	203 cal
tangerines/ mandarin oranges	2 medium	89 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 48 g (49%) / **Protein** 40 g (41%) / **Fat** 4 g (10%) / **Fluid** 28

NOTES:

Lunch

12:00 PM

triscuit crackers, light salt	6 crackers	120 cal
baby carrots	15 large	79 cal
tofurky deli slices	2 oz	109 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	2 roll	149 cal
dijon mustard	2 tsp	10 cal

MEAL TOTAL: **Calories** 475 cal / **Carbs** 75 g (62%) / **Protein** 24 g (19%) / **Fat** 10 g (19%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
garden veggie tempeh	5 oz	314 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 68 g (51%) / **Protein** 37 g (27%) / **Fat** 13 g (22%) / **Fluid** 23

NOTES:

DAY 1 TOTAL: Calories 2,020 cal / **Carbs** 295 g (57%) / **Protein** 123 g (24%) / **Fat** 43 g (19%) / **Fluid** 97

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DAY 2

Breakfast

7:00 AM

fat free 100% lactose free milk	1 1/2 Cup(s)	133 cal
drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal
ezekiel 4:9 sprouted 100% whole grain bread by foo...	2 slice	160 cal
natural peanut butter	1 1/2 tablespoons	143 cal

MEAL TOTAL: **Calories** 526 cal / **Carbs** 56 g (42%) / **Protein** 31 g (24%) / **Fat** 20 g (34%) / **Fluid** 18

NOTES:

Snack

10:00 AM

medjool dates	2 date, pitted	133 cal
honey peanut yogurt balance bar	1 bar	200 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 58 g (64%) / **Protein** 16 g (18%) / **Fat** 7 g (18%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

avocados	1/2 cup	117 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal
salsa, ready to serve	2 Tbsp	10 cal
black beans, no salt, boiled	1 Cup(s)	227 cal

MEAL TOTAL: **Calories** 608 cal / **Carbs** 87 g (56%) / **Protein** 25 g (16%) / **Fat** 20 g (28%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
barley, cooked	1 1/4 Cup(s)	241 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
vegan chicken fillets, meat free	8 oz	195 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal

MEAL TOTAL: **Calories** 561 cal / **Carbs** 91 g (61%) / **Protein** 34 g (23%) / **Fat** 11 g (16%) / **Fluid** 26

NOTES:

DAY 2 TOTAL: Calories 2,028 cal / **Carbs** 292 g (56%) / **Protein** 106 g (20%) / **Fat** 57 g (24%) / **Fluid** 83



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
whole eggs, scrambled	1 large	91 cal
orange juice	3/4 Cup(s)	84 cal
drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 497 cal / **Carbs** 53 g (41%) / **Protein** 21 g (16%) / **Fat** 25 g (43%) / **Fluid** 16

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
almond butter	1 Tbsp	100 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 40 g (44%) / **Protein** 27 g (30%) / **Fat** 11 g (26%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
dijon mustard	2 tsp	10 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	4 leaf	4 cal
meat free bacon	6 slices	135 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 514 cal / **Carbs** 71 g (54%) / **Protein** 27 g (21%) / **Fat** 14 g (25%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

whole-wheat pita bread	1 small	74 cal
mango black bean salad	1/2 serving	208 cal
vegan chicken strips, meat free	5 oz	361 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 644 cal / **Carbs** 61 g (36%) / **Protein** 40 g (24%) / **Fat** 29 g (40%) / **Fluid** 22

NOTES:

DAY 3 TOTAL: Calories 1,999 cal / **Carbs** 224 g (44%) / **Protein** 115 g (22%) / **Fat** 79 g (34%) / **Fluid** 82



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
almonds, slivered	1 oz	153 cal
drinking water	1 Cup(s)	0 cal
oatmeal, steel cut	1/3 Cup(s)	200 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 522 cal / **Carbs** 80 g (60%) / **Protein** 22 g (17%) / **Fat** 13 g (23%) / **Fluid** 20

NOTES:

Snack

10:00 AM

tangerines/ mandarin oranges	2 medium	89 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 46 g (53%) / **Protein** 33 g (37%) / **Fat** 4 g (10%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

mango black bean salad	1/2 serving	208 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	4 oz	289 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 571 cal / **Carbs** 58 g (39%) / **Protein** 34 g (23%) / **Fat** 25 g (38%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
drinking water	2 Cup(s)	0 cal
teriyaki tofu, baked	8 oz	363 cal
mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal

MEAL TOTAL: **Calories** 598 cal / **Carbs** 67 g (42%) / **Protein** 60 g (38%) / **Fat** 14 g (20%) / **Fluid** 20

NOTES:

DAY 4 TOTAL: Calories 2,034 cal / **Carbs** 251 g (48%) / **Protein** 149 g (28%) / **Fat** 57 g (24%) / **Fluid** 88



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DAY 5

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fat free 100% lactose free milk	1 Cup(s)	89 cal
kashi golean crunch cereal	1 Cup(s)	193 cal
whole eggs, scrambled	1 large	91 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 485 cal / **Carbs** 78 g (63%) / **Protein** 25 g (19%) / **Fat** 10 g (18%) / **Fluid** 17

NOTES:

Snack

10:00 AM

blueberries	3/4 Cup(s)	62 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
almonds, slivered	1/2 oz	77 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 301 cal / **Carbs** 27 g (36%) / **Protein** 32 g (43%) / **Fat** 7 g (21%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
drinking water	2 Cup(s)	0 cal
tofurky deli slices	4 oz	218 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	2 roll	149 cal
dijon mustard	2 tsp	10 cal
tomatoes	1/2 Cup(s)	16 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 589 cal / **Carbs** 82 g (54%) / **Protein** 36 g (23%) / **Fat** 16 g (23%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

black bean vegetable soup, low-fat	1 1/2 Cup(s)	210 cal
grilled vegetable sandwich	1 serving	337 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 75 g (54%) / **Protein** 19 g (14%) / **Fat** 20 g (32%) / **Fluid** 24

NOTES:

DAY 5 TOTAL: Calories 1,922 cal / **Carbs** 262 g (53%) / **Protein** 111 g (23%) / **Fat** 53 g (24%) / **Fluid** 96



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DAY 6

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
salsa, ready to serve	2 Tbsp	10 cal
avocados	1/4 cup	58 cal
whole wheat tortillas	2 tortilla	254 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 70 g (52%) / **Protein** 17 g (13%) / **Fat** 21 g (35%) / **Fluid** 20

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	1 1/4 Cup(s)	203 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 339 cal / **Carbs** 42 g (49%) / **Protein** 37 g (42%) / **Fat** 3 g (9%) / **Fluid** 28

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
grilled vegetable sandwich	1 serving	337 cal
black bean vegetable soup, low-fat	1 1/2 Cup(s)	210 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 75 g (54%) / **Protein** 19 g (14%) / **Fat** 20 g (32%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

parmesan cheese, shredded	2 Tbsp	42 cal
vegan chicken fillets, meat free	6 oz	146 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	8 oz	281 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 630 cal / **Carbs** 83 g (48%) / **Protein** 41 g (24%) / **Fat** 21 g (28%) / **Fluid** 27

NOTES:

DAY 6 TOTAL: Calories 2,040 cal / **Carbs** 270 g (51%) / **Protein** 114 g (21%) / **Fat** 65 g (28%) / **Fluid** 99



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
orange juice	3/4 Cup(s)	84 cal
drinking water	1 Cup(s)	0 cal
whole wheat english muffin	2 muffin	268 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 511 cal / **Carbs** 75 g (57%) / **Protein** 33 g (26%) / **Fat** 10 g (17%) / **Fluid** 21

NOTES:

Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
drinking water	1 Cup(s)	0 cal
fruit yogurt, non-fat	6 oz	162 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 342 cal / **Carbs** 76 g (85%) / **Protein** 11 g (12%) / **Fat** 1 g (3%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1 Tbsp	49 cal
meat free bacon	6 slices	135 cal
dijon mustard	2 tsp	10 cal
apples	1 large	110 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat tortillas	2 tortilla	254 cal
romaine lettuce	4 leaf	4 cal

MEAL TOTAL: **Calories** 563 cal / **Carbs** 72 g (50%) / **Protein** 27 g (19%) / **Fat** 19 g (31%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

garden veggie tempeh	5 oz	314 cal
barley, cooked	1 Cup(s)	193 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal

MEAL TOTAL: **Calories** 631 cal / **Carbs** 81 g (50%) / **Protein** 35 g (22%) / **Fat** 20 g (28%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: Calories 2,047 cal / **Carbs** 303 g (58%) / **Protein** 106 g (20%) / **Fat** 51 g (22%) / **Fluid** 94



2 Servings

mango black bean salad

Ingredients

green onions/scallions
4 medium

mangos
1 fruit

romaine lettuce
4 Cup(s)

red peppers
1/3 cup

sweet white corn, no salt, boiled
2/3 cup

olive oil
2 Tbsp

black beans, no salt, boiled
1 1/2 Cup(s)

cumin ground
1 tsp

Nutrition Totals

Calories 831 / **Carbs** 119 g / **Protein** 31 g / **Fat** 31 g / **Fluid** 22 fl oz

Instructions

1. Whisk together olive oil, garlic, cumin, and chili powder (with salt & pepper to taste) in a small bowl.
2. Place romaine lettuce to large mixing bowl.
3. Add mango, red bell pepper, black beans, corn, green onions, drizzle dressing over mixture and toss to coat.



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Nutrition Label

Mango Black Bean Salad	
Amount Per Serving	
Calories	
	415
% Daily Value*	
Total Fat 15.4g	24%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrates 59.4g	20%
Dietary Fiber 16.7g	67%
Total Sugar 16.9g	
Protein 15.2g	
Vitamin D 0IU	0%
Calcium 101.5mg	10%
Iron 4.5mg	25%
Potassium 1067.9mg	
* 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

grilled vegetable sandwich

Ingredients

pesto basil sauce, low-fat
1/4 Cup(s)

zucchini/summer squash
1 cup

olive oil
1 Tbsp

eggplant
3 cup

red peppers
1 cup

french bread
1 medium slice

Nutrition Totals

Calories 673 / **Carbs** 72 g / **Protein** 20 g / **Fat** 35 g / **Fluid** 17 fl oz

Instructions

1. Combine zucchini, eggplant, and red bell pepper in a bowl. <
2. Preheat grill for medium heat and lightly oil the grate.
3. Drain moisture from vegetable mixture. Brush vegetables with olive oil to coat; season with black pepper.
4. Cook vegetables on hot grill until tender, 2 to 3 minutes per side. Transfer to a bowl and set aside.
5. Toast cut sides of baguette in a toaster oven until golden brown, 2 to 3 minutes. Spread basil pesto evenly over toasted surface. Arrange grilled vegetables evenly onto 2 of the baguette halves. Top each with plum tomato slices; top sandwich with the remaining baguette pieces to serve.



Eating right, simplified.

Nutrition Label

Grilled Vegetable Sandwich		
Amount Per Serving		
Calories		337
% Daily Value*		
Total Fat	17.4g	27%
Saturated Fat	3.2g	16%
Trans Fat	0g	
Cholesterol	7.4mg	2%
Sodium	444.6mg	19%
Total Carbohydrates	36.2g	12%
Dietary Fiber	7.6g	31%
Total Sugar	12.3g	
Protein	9.9g	
Vitamin D	0IU	0%
Calcium	140.3mg	14%
Iron	2.2mg	12%
Potassium	641.7mg	
* 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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Eating right, simplified.

Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium

6 Tbsp

dijon mustard

8 tsp

olive oil, mayonnaise, light

1 Tbsp

salsa, ready to serve

4 Tbsp

Beverages

coconut water

5 Cup(s)

drinking water

40 Cup(s)

iced tea, green

48 fl. oz.

Bread

french bread

1 medium slice

whole-wheat pita bread

2 small

whole wheat dinner rolls

4 roll

whole wheat english muffin

3 muffin

whole wheat tortillas

8 tortilla

Cereal & Grain Products

barley, cooked

2.25 Cup(s)

kashi golean crunch cereal

1 Cup(s)

macaroni, cooked

8 oz

oatmeal, steel cut

1.08 Cup(s)

pesto basil sauce, low-fat

0.26 Cup(s)

wild rice, cooked

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1 Cup(s)

Cookies & Crackers

triscuit crackers, light salt
6 crackers

Dairy & Egg

egg whites, cooked
4 large
fat free 100% lactose free milk
2.5 Cup(s)
fruit yogurt, non-fat
6 oz
low-fat cottage cheese, 1%
4.5 Cup(s)
parmesan cheese, shredded
2 Tbsp
skim milk with calcium
1 Cup(s)
whole eggs, scrambled
6 large

Entrees

vegan chicken strips, meat free
9 oz

Fats & Oils

extra virgin olive oil
1 Tbsp
olive oil
2 Tbsp

Fruits & Juices

apples
3 large
avocados
0.75 cup
bananas
3 extra large
blueberries
2.75 Cup(s)
mangos

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0.5 fruit

medjool dates

2 date, pitted

orange juice

3.5 Cup(s)

tangerines/ mandarin oranges

4 medium

Legumes & Beans

black beans, no salt, boiled

1.76 Cup(s)

Nuts & Seeds

almond butter

1 Tbsp

almonds, slivered

1.5 oz

natural peanut butter

1.5 tablespoons

smooth peanut butter, no salt

2 Tbsp

Sausages & Meats

meat free bacon

12 slices

Soup

black bean vegetable soup, low-fat

3 Cup(s)

Spices & Herbs

cumin ground

0.5 tsp

Sports & Diet Nutritionals

honey peanut yogurt balance bar

1 bar

trulean vegan plant based protein frosted vanilla cupcake

1 Scoop

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Eating right, simplified.

Uncategorized

ezeziel 4:9 sprouted 100% whole grain bread by food for life
2 slice

Vegetables

baby carrots
15 large
eggplant
3 cup
green onions/scallions
2 medium
mixed vegetables, frozen no salt, boiled
2.5 Cup(s)
peas & carrots, no salt, boiled
2 Cup(s)
red peppers
1.16 cup
romaine lettuce
8 Cup(s)
8 leaf
spinach, no salt, boiled
1 Cup(s)
sweet white corn, no salt, boiled
0.34 cup
tomatoes
0.75 Cup(s)
zucchini/summer squash
1 cup

Vegetarian Products

garden veggie tempeh
10 oz
teriyaki tofu, baked
8 oz
tofurky deli slices
6 oz
vegan chicken fillets, meat free
20 oz