



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

orange juice	1 1/2 Cup(s)	167 cal
tofurky franks	1 1/2 oz	123 cal
drinking water	1 Cup(s)	0 cal
oat bran, cooked	2 Cup(s)	175 cal
almonds	1/2 oz	81 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 97 g (59%) / **Protein** 30 g (18%) / **Fat** 17 g (23%) / **Fluid** 32

NOTES:

Snack

10:00 AM

pumpkin and squash seeds, no salt, dry roasted	1 5/8 oz	205 cal
nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal
almond nut thins hint of sea salt	2/3 oz	82 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 54 g (60%) / **Protein** 12 g (13%) / **Fat** 11 g (27%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
dijon mustard	2 tsp	10 cal
peppered tofurky deli slices	4 oz	218 cal
drinking water	2 Cup(s)	0 cal
almonds	3/4 oz	122 cal
whole wheat tortillas	2 tortilla	254 cal
romaine lettuce	4 leaf	4 cal

MEAL TOTAL: **Calories** 624 cal / **Carbs** 57 g (37%) / **Protein** 42 g (27%) / **Fat** 25 g (36%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
quinoa, cooked	1 Cup(s)	222 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
vegan turkey with sage, meat free	12 oz	113 cal

MEAL TOTAL: **Calories** 483 cal / **Carbs** 56 g (45%) / **Protein** 24 g (19%) / **Fat** 20 g (36%) / **Fluid** 23

NOTES:

DAY 1 TOTAL: Calories 2,001 cal / **Carbs** 265 g (49%) / **Protein** 108 g (20%) / **Fat** 73 g (31%) / **Fluid** 95

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DAY 2

Breakfast

7:00 AM

strawberries	1 Cup(s)	46 cal
drinking water	2 Cup(s)	0 cal
cereals, kashi 7 whole grain nuggets	1 1/2 Cup(s)	206 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
tofurky franks	1 1/2 oz	123 cal

MEAL TOTAL: **Calories** 479 cal / **Carbs** 80 g (63%) / **Protein** 20 g (16%) / **Fat** 11 g (21%) / **Fluid** 33

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almond butter	1 Tbsp	100 cal
apples	1 large	110 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 45 g (45%) / **Protein** 27 g (26%) / **Fat** 13 g (29%) / **Fluid** 30

NOTES:

Lunch

12:00 PM

romaine lettuce	4 leaf	4 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
baby carrots	15 large	79 cal
vegan chicken strips, meat free	4 oz	289 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 63 g (43%) / **Protein** 32 g (21%) / **Fat** 23 g (36%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

mustard greens, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	2 oz	145 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 2,003 cal / **Carbs** 257 g (49%) / **Protein** 105 g (20%) / **Fat** 71 g (31%) / **Fluid** 111



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

almond butter	2 Tbsp	200 cal
nectarines	1 fruit	60 cal
whole wheat raisin bread	2 slice	260 cal
almond beverage with calcium	1 Cup(s)	69 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 589 cal / **Carbs** 87 g (58%) / **Protein** 16 g (11%) / **Fat** 21 g (31%) / **Fluid** 20

NOTES:

Snack

10:00 AM

pecan granola bars	1 bars	95 cal
drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
almonds	3/4 oz	122 cal

MEAL TOTAL: **Calories** 327 cal / **Carbs** 48 g (55%) / **Protein** 7 g (8%) / **Fat** 14 g (37%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1/2 Tbsp	7 cal
extra virgin olive oil	1/2 Tbsp	60 cal
chicken nuggets, meat free	3 1/2 oz	277 cal
whole wheat dinner rolls	2 roll	149 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 57 g (43%) / **Protein** 21 g (16%) / **Fat** 24 g (41%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

mustard greens, no salt, boiled	1 cup	36 cal
vegan chicken strips, meat free	2 oz	145 cal
drinking water	2 Cup(s)	0 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 3 TOTAL: Calories 1,990 cal / **Carbs** 262 g (50%) / **Protein** 72 g (14%) / **Fat** 83 g (36%) / **Fluid** 86



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

strawberries	1 Cup(s)	46 cal
drinking water	2 Cup(s)	0 cal
almond beverage with calcium	2 Cup(s)	139 cal
cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 570 cal / **Carbs** 98 g (64%) / **Protein** 34 g (22%) / **Fat** 10 g (14%) / **Fluid** 37

NOTES:

Snack

10:00 AM

hemp protein	1 Tbsp	60 cal
nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal
mixed berry soy yogurt	4 oz	120 cal
almonds	3/4 oz	122 cal

MEAL TOTAL: **Calories** 361 cal / **Carbs** 45 g (47%) / **Protein** 17 g (18%) / **Fat** 15 g (35%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
quinoa chili, vegan	1 serving	230 cal
nutritional yeast seasoning by bragg	1/4 Cup(s)	80 cal

MEAL TOTAL: **Calories** 459 cal / **Carbs** 72 g (66%) / **Protein** 15 g (14%) / **Fat** 9 g (20%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
mustard greens, no salt, boiled	1 cup	36 cal
vegan chicken strips, meat free	2 oz	145 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	2 Cup(s)	0 cal
navy beans, no salt, boiled	3/4 Cup(s)	191 cal

MEAL TOTAL: **Calories** 598 cal / **Carbs** 83 g (54%) / **Protein** 33 g (21%) / **Fat** 17 g (25%) / **Fluid** 27

NOTES:

DAY 4 TOTAL: Calories 1,988 cal / **Carbs** 298 g (58%) / **Protein** 100 g (19%) / **Fat** 52 g (23%) / **Fluid** 101



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

tofurky franks	1 1/2 oz	123 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 1/2 Cup(s)	167 cal
oat bran, cooked	2 Cup(s)	175 cal
almonds	1/2 oz	81 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 97 g (59%) / **Protein** 30 g (18%) / **Fat** 17 g (23%) / **Fluid** 32

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
almond butter	1/2 Tbsp	50 cal
pecan granola bars	2 bars	190 cal

MEAL TOTAL: **Calories** 350 cal / **Carbs** 60 g (65%) / **Protein** 6 g (7%) / **Fat** 11 g (28%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1/2 Tbsp	7 cal
extra virgin olive oil	1/2 Tbsp	60 cal
whole wheat dinner rolls	2 roll	149 cal
vegan chicken strips, meat free	5 oz	361 cal

MEAL TOTAL: **Calories** 593 cal / **Carbs** 49 g (32%) / **Protein** 35 g (23%) / **Fat** 31 g (45%) / **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	1/2 Cup(s)	114 cal

MEAL TOTAL: **Calories** 553 cal / **Carbs** 83 g (58%) / **Protein** 24 g (16%) / **Fat** 17 g (26%) / **Fluid** 27

NOTES:

DAY 5 TOTAL: Calories 2,043 cal / **Carbs** 289 g (52%) / **Protein** 95 g (17%) / **Fat** 76 g (31%) / **Fluid** 101



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
whole wheat raisin bread	2 slice	260 cal
drinking water	1 Cup(s)	0 cal
bananas	1 extra large	135 cal
almond butter	2 Tbsp	200 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	1 1/2 oz	152 cal
garbanzo beans, dry-roasted no salt	2 3/4 oz	106 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 53 g (58%) / **Protein** 28 g (30%) / **Fat** 5 g (12%) / **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

summer squash, no salt, boiled	1 1/2 cup	54 cal
vegan turkey with sage, meat free	12 oz	113 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 75 g (68%) / **Protein** 26 g (24%) / **Fat** 4 g (8%) / **Fluid** 31

NOTES:

DAY 6 TOTAL: Calories 2,007 cal / **Carbs** 329 g (62%) / **Protein** 98 g (18%) / **Fat** 47 g (20%) / **Fluid** 99



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

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

sea salt & black pepper soy chips	12 crisps	85 cal
baby carrots	15 large	79 cal
hummus, lower sodium	3 Tbsp	78 cal
drinking water	2 Cup(s)	0 cal
tofurky jurky	1 oz	101 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 46 g (52%) / **Protein** 22 g (25%) / **Fat** 9 g (23%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	4 leaf	4 cal
american soy cheese, sliced	1 slice	70 cal
dijon mustard	2 tsp	10 cal
whole wheat tortillas	2 tortilla	254 cal
drinking water	2 Cup(s)	0 cal
peppered tofurky deli slices	3 oz	164 cal

MEAL TOTAL: **Calories** 518 cal / **Carbs** 52 g (41%) / **Protein** 32 g (26%) / **Fat** 18 g (33%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

quinoa, cooked	1 Cup(s)	222 cal
chicken nuggets, meat free	3 oz	237 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 66 g (46%) / **Protein** 23 g (17%) / **Fat** 23 g (37%) / **Fluid** 23

NOTES:

DAY 7 TOTAL: Calories 1,991 cal / **Carbs** 265 g (52%) / **Protein** 100 g (20%) / **Fat** 63 g (28%) / **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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Eating right, simplified.



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
4 tsp
mayonnaise, made with tofu
1 Tbsp

Beverages

almond beverage with calcium
8.5 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
4 roll
whole wheat raisin bread
4 slice
whole wheat tortillas
4 tortilla

Cereal & Grain Products

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

Dairy & Egg

american soy cheese, sliced

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Eating right, simplified.

1 slice

Desserts

mixed berry soy yogurt

4 oz

Entrees

quinoa chili, vegan

1 serving

vegan chicken strips, meat free

15 oz

Fats & Oils

extra virgin olive oil

3 Tbsp

olive oil

4 Tbsp

Fruits & Juices

apples

3 large

bananas

1 extra large

nectarines

4 fruit

orange juice

3 Cup(s)

strawberries

3 Cup(s)

Ingredients

balsamic vinegar

1 Tbsp

distilled vinegar

2 tsp

Legumes & Beans

black beans, no salt, boiled

2.59 Cup(s)

hummus, lower sodium

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Eating right, simplified.

3 Tbsp
navy beans, no salt, boiled
0.75 Cup(s)

Nuts & Seeds

almond butter
5.5 Tbsp
almonds
3.25 oz
pumpkin and squash seeds, no salt, dry roasted
1.63 oz

Snacks

almond nut thins hint of sea salt
0.67 oz
garbanzo beans, dry-roasted no salt
2.75 oz
pecan granola bars
3 bars
sea salt & black pepper soy chips
12 crisps

Spices & Herbs

chili powder
0.5 tsp

Sports & Diet Nutritionals

hemp protein
1 Tbsp
trulean vegan plant based protein frosted vanilla cupcake
2 Scoop

Uncategorized

corn sweet yellow raw
1.34 Cup(s)
nutritional yeast seasoning by bragg
0.25 Cup(s)

Vegetables

artichokes

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Eating right, simplified.

2 medium
baby carrots
30 large
brussels sprouts, no salt, boiled
2 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
1.5 cup
sweet green peppers
0.66 medium
tomatoes
1 Cup(s)
zucchini/summer squash
0.5 small

Vegetarian Products

chicken nuggets, meat free
6.5 oz
peppered tofurky deli slices
7 oz
tofurky franks
6 oz
tofurky jurky
2.5 oz
vegan turkey with sage, meat free
24 oz