



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
almond beverage with calcium	1 Cup(s)	69 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
drinking water	8 fl oz	0 cal
soya and almond yogurt	5 1/2 oz	84 cal
almonds, raw	15 Whole nuts	111 cal

MEAL TOTAL: **Calories** 646 cal / **Carbs** 96 g (60%) / **Protein** 13 g (8%) / **Fat** 23 g (32%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
almond butter	2 Tbsp	200 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	2 small	149 cal
vegan chicken strips, meat free	3 oz	217 cal
romaine lettuce	2 leaf	2 cal
baby carrots	20 large	105 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 67 g (54%) / **Protein** 26 g (20%) / **Fat** 15 g (26%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

black beans, no salt, boiled	1/2 Cup(s)	114 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
wild rice, cooked	1/2 Cup(s)	83 cal
drinking water	16 fl oz	0 cal
garden veggie tempeh	5 oz	314 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 70 g (49%) / **Protein** 42 g (29%) / **Fat** 14 g (22%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: Calories 2,002 cal / **Carbs** 268 g (53%) / **Protein** 87 g (17%) / **Fat** 68 g (30%) / **Fluid** 95

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DAY 2

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
sausage, meat free	1 sausages	84 cal
drinking water	16 fl oz	0 cal
bananas	1 extra large	135 cal
oat bran flakes cereal	1 1/2 Cup(s)	268 cal

MEAL TOTAL: **Calories** 557 cal / **Carbs** 107 g (73%) / **Protein** 17 g (12%) / **Fat** 10 g (15%) / **Fluid** 28

NOTES:

Snack

10:00 AM

grapes	3 oz	48 cal
drinking water	16 fl oz	0 cal
almonds	1 1/2 oz	243 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 457 cal / **Carbs** 24 g (20%) / **Protein** 43 g (35%) / **Fat** 24 g (45%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

balsamic vinegar	1/4 Tbsp	4 cal
drinking water	16 fl oz	0 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
extra virgin olive oil	1/2 Tbsp	60 cal
vegan chicken strips, meat free	3 oz	217 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	2 roll	149 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 66 g (47%) / **Protein** 24 g (17%) / **Fat** 23 g (36%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
sweet potato, no salt, baked	2 small	108 cal
whole-wheat pita bread	1 small	74 cal
edamame soybeans, shelled	2 Cup(s)	240 cal

MEAL TOTAL: **Calories** 464 cal / **Carbs** 63 g (53%) / **Protein** 31 g (26%) / **Fat** 11 g (21%) / **Fluid** 25

NOTES:

DAY 2 TOTAL: Calories 2,015 cal / **Carbs** 260 g (49%) / **Protein** 113 g (22%) / **Fat** 68 g (29%) / **Fluid** 91



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
blueberries	1 Cup(s)	83 cal
multigrain english muffins, gluten free	1 muffin	150 cal
almond butter	2 Tbsp	200 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 56 g (50%) / **Protein** 12 g (11%) / **Fat** 19 g (39%) / **Fluid** 12

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
garbanzo beans, dry-roasted no salt	6 oz	231 cal
bananas	1 extra large	135 cal
natural peanut butter	1 tablespoons	95 cal

MEAL TOTAL: **Calories** 461 cal / **Carbs** 93 g (65%) / **Protein** 22 g (16%) / **Fat** 12 g (19%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

apples	1 large	110 cal
drinking water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
cracked-wheat bread	2 thick slice	156 cal
ginger tempeh lettuce wraps	2 serving	437 cal

MEAL TOTAL: **Calories** 712 cal / **Carbs** 94 g (51%) / **Protein** 31 g (17%) / **Fat** 26 g (32%) / **Fluid** 755

NOTES:

Dinner

6:00 PM

vegan turkey with sage, meat free	8 oz	75 cal
kale, no salt, boiled	1 Cup(s)	36 cal
drinking water	16 fl oz	0 cal
hearts of palm risotto	1 serving	305 cal

MEAL TOTAL: **Calories** 416 cal / **Carbs** 63 g (63%) / **Protein** 17 g (17%) / **Fat** 9 g (20%) / **Fluid** 33

NOTES:

DAY 3 TOTAL: Calories 2,021 cal / **Carbs** 306 g (57%) / **Protein** 83 g (15%) / **Fat** 66 g (28%) / **Fluid** 820



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

almond beverage with calcium	1 1/2 Cup(s)	104 cal
drinking water	8 fl oz	0 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
blueberries	1 Cup(s)	83 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 576 cal / **Carbs** 82 g (56%) / **Protein** 36 g (25%) / **Fat** 12 g (19%) / **Fluid** 24

NOTES:

Snack

10:00 AM

pears	1 large	119 cal
drinking water	16 fl oz	0 cal
almonds	2 oz	324 cal

MEAL TOTAL: **Calories** 443 cal / **Carbs** 44 g (37%) / **Protein** 13 g (10%) / **Fat** 28 g (53%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

vegan turkey with sage, meat free	8 oz	75 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl oz	0 cal
balsamic vinegar	1 Tbsp	14 cal
hearts of palm risotto	1 serving	305 cal

MEAL TOTAL: **Calories** 402 cal / **Carbs** 60 g (63%) / **Protein** 15 g (16%) / **Fat** 9 g (21%) / **Fluid** 31

NOTES:

Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
summer squash, no salt, boiled	1 cup	36 cal
drinking water	16 fl oz	0 cal
garden veggie tempeh	6 oz	376 cal

MEAL TOTAL: **Calories** 578 cal / **Carbs** 68 g (47%) / **Protein** 41 g (28%) / **Fat** 16 g (25%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: Calories 1,999 cal / **Carbs** 254 g (50%) / **Protein** 105 g (21%) / **Fat** 65 g (29%) / **Fluid** 103



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

almond beverage with calcium	2 Cup(s)	139 cal
oat bran flakes cereal	1 1/2 Cup(s)	268 cal
blueberries	1 Cup(s)	83 cal
drinking water	16 fl oz	0 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 654 cal / **Carbs** 101 g (60%) / **Protein** 43 g (26%) / **Fat** 11 g (14%) / **Fluid** 36

NOTES:

Snack

10:00 AM

lima beans, boiled, no salt	1 Cup(s)	216 cal
apples	1 large	110 cal
almond butter	1 Tbsp	100 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 72 g (64%) / **Protein** 18 g (17%) / **Fat** 9 g (19%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	2 leaf	2 cal
drinking water	16 fl oz	0 cal
whole-wheat pita bread	2 small	149 cal
baby carrots	15 large	79 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
vegan chicken strips, meat free	3 oz	217 cal

MEAL TOTAL: **Calories** 511 cal / **Carbs** 63 g (47%) / **Protein** 26 g (20%) / **Fat** 19 g (33%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

vegetable soup, vegan	1 Cup(s)	110 cal
drinking water	16 fl oz	0 cal
portabella mushroom burger with bruschetta topping	1 serving	293 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 61 g (64%) / **Protein** 14 g (14%) / **Fat** 9 g (22%) / **Fluid** 20

NOTES:

DAY 5 TOTAL: Calories 1,995 cal / **Carbs** 296 g (59%) / **Protein** 102 g (20%) / **Fat** 48 g (21%) / **Fluid** 109



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

multigrain english muffins, gluten free	1 muffin	150 cal
almond beverage with calcium	1 Cup(s)	69 cal
almond butter	2 Tbsp	200 cal
peaches	1 large	61 cal
drinking water	8 fl oz	0 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 61 g (50%) / **Protein** 13 g (11%) / **Fat** 21 g (39%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
blueberries	1 Cup(s)	83 cal
mixed berry soy yogurt	4 oz	120 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 368 cal / **Carbs** 47 g (48%) / **Protein** 38 g (39%) / **Fat** 6 g (13%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

portabella mushroom burger with bruschetta topping	1 serving	293 cal
drinking water	16 fl oz	0 cal
vegetable soup, vegan	1 1/2 Cup(s)	165 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 70 g (64%) / **Protein** 16 g (15%) / **Fat** 10 g (21%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
wild rice, cooked	3/4 Cup(s)	124 cal
vegan chicken strips, meat free	4 oz	289 cal
black beans, no salt, boiled	1 Cup(s)	227 cal

MEAL TOTAL: **Calories** 682 cal / **Carbs** 86 g (48%) / **Protein** 49 g (28%) / **Fat** 19 g (24%) / **Fluid** 28

NOTES:

DAY 6 TOTAL: Calories 1,988 cal / **Carbs** 264 g (52%) / **Protein** 116 g (23%) / **Fat** 56 g (25%) / **Fluid** 89



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

bananas	1 medium	105 cal
drinking water	16 fl oz	0 cal
almonds, raw	30 Whole nuts	222 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal

MEAL TOTAL: **Calories** 731 cal / **Carbs** 68 g (36%) / **Protein** 42 g (22%) / **Fat** 36 g (42%) / **Fluid** 20

NOTES:

Snack

10:00 AM

baby carrots	15 large	79 cal
garbanzo beans, dry-roasted no salt	3 2/3 oz	141 cal
drinking water	16 fl oz	0 cal
seitan cubed wheat protein	1/4 Cup(s)	90 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 55 g (60%) / **Protein** 28 g (30%) / **Fat** 4 g (10%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
iced tea, green	16 fl oz	0 cal
whole wheat tortillas	2 tortilla	254 cal
italian tofurky deli slices	4 oz	240 cal

MEAL TOTAL: **Calories** 534 cal / **Carbs** 57 g (42%) / **Protein** 33 g (25%) / **Fat** 19 g (33%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1 Tbsp	120 cal
drinking water	16 fl oz	0 cal
kale, no salt, boiled	1 Cup(s)	36 cal
garden veggie tempeh	1 oz	63 cal
sweet potato, no salt, baked	4 small	216 cal

MEAL TOTAL: **Calories** 435 cal / **Carbs** 61 g (54%) / **Protein** 13 g (11%) / **Fat** 17 g (35%) / **Fluid** 26

NOTES:

DAY 7 TOTAL: Calories 2,011 cal / **Carbs** 240 g (45%) / **Protein** 116 g (22%) / **Fat** 76 g (33%) / **Fluid** 89



4 Servings

ginger tempeh lettuce wraps

Ingredients

lemon juice
2 Tbsp

soy sauce, low-sodium
2 Tbsp

sesame oil, salad or cooking
1/2 tsp

sweetener syrup agave
1 Tbsp

sriracha, hot chili sauce
2 tsp

ginger root
2 Tbsp

garlic
4 clove

garden veggie tempeh
8 oz

extra virgin olive oil
2 tsp

carrots
2 medium

romaine lettuce
4 outer leaf

green onions/scallions
2 medium

sesame oil, salad or cooking
1 Tbsp

Nutrition Totals

Calories 874 / Carbs 67 g / Protein 50 g / Fat 46 g / Fluid 10 fl oz

Instructions

1. In a small bowl, combine lemon juice, soy sauce, sesame oil, agave, chili sauce, ginger and garlic to make the marinade.
2. Add cubed tempeh to the marinade and coat well. Set aside and allow to marinate for at least 30 minutes.
3. In a medium skillet, heat olive oil over medium-high heat. Add cubed tempeh and residual marinade.
4. Stir-fry tempeh cubes until lightly browned.
5. Peel and cut carrots into matchstick slices. Add to tempeh and cook until slightly tender.
6. Place 1/4 of tempeh mixture onto each lettuce leaf and garnish with scallions and sesame seeds.



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Nutrition Label

Ginger Tempeh Lettuce Wraps		
Amount Per Serving		
Calories		219
% Daily Value*		
Total Fat	11.5g	18%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	389mg	16%
Total Carbohydrates	16.6g	6%
Dietary Fiber	8.8g	35%
Total Sugar	3.3g	
Protein	12.5g	
Vitamin D	0IU	0%
Calcium	31mg	3%
Iron	0.5mg	3%
Potassium	360.3mg	
* 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.



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	
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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	
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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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Shopping List

Accompaniments

mayonnaise, made with tofu

1.5 Tbsp

soy sauce, low-sodium

1 Tbsp

sriracha, hot chili sauce

1 tsp

sweetener syrup agave

0.5 Tbsp

Beverages

almond beverage with calcium

6.5 Cup(s)

almond milk (unsweetened)

1 cup(s)

drinking water

384 fl oz

iced tea, green

32 fl oz

white wine

0.26 Cup(s)

Bread

cracked-wheat bread

2 thick slice

kaiser rolls

2 roll

multigrain english muffins, gluten free

2 muffin

whole-wheat pita bread

5 small

whole wheat dinner rolls

2 roll

whole wheat tortillas

2 tortilla

Cereal & Grain Products

arborio rice

0.5 Cup(s)

oat bran flakes cereal

3 Cup(s)

whole grain rolled oats, dry

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Eating right, simplified.

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

Desserts

mixed berry soy yogurt
4 oz

Entrees

vegan chicken strips, meat free
13 oz

Fats & Oils

extra virgin olive oil
1.5 Tbsp
1 tsp
olive oil
1.66 Tbsp
sesame oil, salad or cooking
0.25 tsp
0.5 Tbsp

Fruits & Juices

apples
3 large
bananas
2 extra large
1 medium
blueberries
5 Cup(s)
blueberries (frozen)
0.5 cup(s)
cranberries, dried sweetened
0.25 Cup(s)
grapes
3 oz
lemon juice
1 Tbsp
peaches
1 large
pears
1 large



Eating right, simplified.

Ingredients

balsamic vinegar
1.75 Tbsp

Legumes & Beans

black beans, no salt, boiled
1.5 Cup(s)
edamame soybeans, shelled
2 Cup(s)
lima beans, boiled, no salt
1 Cup(s)

Nuts & Seeds

almond butter
7 Tbsp
almond butter (unsweetened)
1 tablespoon(s)
almonds
3.5 oz
natural peanut butter
1 tablespoons

Snacks

garbanzo beans, dry-roasted no salt
9.67 oz

Soup

vegetable broth soup, low sodium
3 Cup(s)
vegetable soup, vegan
2.5 Cup(s)

Spices & Herbs

basil
0.34 Cup(s)
black pepper
0.5 tsp
cinnamon, ground
0.13 tsp
nutmeg, ground
0.13 tsp

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Eating right, simplified.

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

7 Scoop

Uncategorized

almonds, raw

45 Whole nuts

ground flaxseed

0.33 tablespoons

old fashioned oats by quaker

0.33 Cup(s)

Vegetables

baby carrots

50 large

broccoli, no salt, boiled

1 Cup(s)

carrots

1 medium

garlic

3 clove

ginger root

1 Tbsp

green onions/scallions

1 medium

hearts of palm

0.5 Cup(s)

kale, no salt, boiled

2 Cup(s)

onions

1 small slice

portabella mushroom

2 cup

romaine lettuce

4 leaf

3 Cup(s)

2 outer leaf

roma tomatoes

2 Cup(s)

spinach

1 Cup(s)

spinach, no salt, boiled

2 Cup(s)

summer squash, no salt, boiled

1 cup

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Eating right, simplified.

sweet potato, no salt, baked

6 small

tomatoes

1.5 Cup(s)

Vegetarian Products

garden veggie tempeh

16 oz

italian tofurky deli slices

4 oz

sausage, meat free

1 sausages

seitan cubed wheat protein

0.25 Cup(s)

soya and almond yogurt

5.5 oz

vegan turkey with sage, meat free

16 oz