



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
strawberries	1 Cup(s)	46 cal
pecans, no salt, dry-roasted	1/2 oz	101 cal
old fashioned rolled oats	1 cups	116 cal
almond milk (unsweetened)	1 cup(s)	35 cal
trulean whey isolate protein rich dutch chocolate	1 Scoop	100 cal

MEAL TOTAL: **Calories** 475 cal / **Carbs** 37 g (30%) / **Protein** 37 g (31%) / **Fat** 21 g (39%) / **Fluid** 22

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
watermelon	2 cup	91 cal
low-fat cottage cheese, 1%	1 1/4 Cup(s)	203 cal

MEAL TOTAL: **Calories** 295 cal / **Carbs** 31 g (41%) / **Protein** 37 g (49%) / **Fat** 3 g (10%) / **Fluid** 33

NOTES:

Lunch

12:00 PM

romaine lettuce	3 leaf	3 cal
tomatoes	1 Cup(s)	32 cal
drinking water	2 Cup(s)	0 cal
tempeh	4 oz	216 cal
avocados	1/2 avocado	161 cal
whole wheat bread	2 slice	200 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 67 g (39%) / **Protein** 35 g (20%) / **Fat** 30 g (41%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

cod fish	3 oz	70 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
lima beans, boiled, no salt	1 Cup(s)	216 cal
brown rice, cooked	1 Cup(s)	218 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 614 cal / **Carbs** 94 g (61%) / **Protein** 38 g (24%) / **Fat** 11 g (15%) / **Fluid** 34

NOTES:

DAY 1 TOTAL: Calories 1,996 cal / **Carbs** 228 g (44%) / **Protein** 147 g (28%) / **Fat** 65 g (28%) / **Fluid** 116

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DAY 2

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
strawberries	1 1/2 Cup(s)	69 cal
shredded wheat cereal, mini	2 oz	194 cal
egg whites, cooked	4 large	69 cal
avocados	1/3 avocado	107 cal
almond milk (unsweetened)	1 cup(s)	35 cal

MEAL TOTAL: **Calories** 474 cal / **Carbs** 70 g (55%) / **Protein** 25 g (19%) / **Fat** 15 g (26%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	8 oz	129 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 292 cal / **Carbs** 38 g (50%) / **Protein** 30 g (40%) / **Fat** 3 g (10%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	6 oz	184 cal
brown rice, cooked	1 Cup(s)	218 cal
collards, boiled, no salt	2 Cup(s)	99 cal

MEAL TOTAL: **Calories** 621 cal / **Carbs** 64 g (40%) / **Protein** 47 g (29%) / **Fat** 22 g (31%) / **Fluid** 37

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken vegetable fajitas	1 serving	272 cal
avocados	1/2 avocado	161 cal
pinto beans, no salt, boiled	3/4 Cup(s)	185 cal

MEAL TOTAL: **Calories** 617 cal / **Carbs** 67 g (41%) / **Protein** 34 g (21%) / **Fat** 27 g (38%) / **Fluid** 25

NOTES:

DAY 2 TOTAL: Calories 2,004 cal / **Carbs** 239 g (45%) / **Protein** 135 g (26%) / **Fat** 67 g (29%) / **Fluid** 111



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
fbbc avocado super shake	1 serving	429 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 44 g (40%) / **Protein** 31 g (28%) / **Fat** 16 g (32%) / **Fluid** 18

NOTES:

Snack

10:00 AM

egg, hard boiled	1 large	78 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
popcorn, air-popped	2 Cup(s)	62 cal
chunky peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 49 g (42%) / **Protein** 17 g (14%) / **Fat** 22 g (44%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	6 oz	168 cal
romaine lettuce	4 leaf	4 cal
olive oil, mayonnaise, light	2 Tbsp	98 cal
tomatoes	1 Cup(s)	32 cal
whole wheat bread	2 slice	200 cal
red peppers	1 medium	37 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 57 g (39%) / **Protein** 52 g (36%) / **Fat** 16 g (25%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken vegetable fajitas	1 serving	272 cal
avocados	1/2 avocado	161 cal
pinto beans, no salt, boiled	3/4 Cup(s)	185 cal

MEAL TOTAL: **Calories** 617 cal / **Carbs** 67 g (41%) / **Protein** 34 g (21%) / **Fat** 27 g (38%) / **Fluid** 25

NOTES:

DAY 3 TOTAL: Calories 2,024 cal / **Carbs** 217 g (41%) / **Protein** 132 g (25%) / **Fat** 81 g (34%) / **Fluid** 93



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
vegetable breakfast crostini	2 serving	377 cal
bananas	1 extra large	135 cal
vanilla yogurt, low-fat	4 oz	96 cal

MEAL TOTAL: **Calories** 609 cal / **Carbs** 93 g (56%) / **Protein** 27 g (17%) / **Fat** 20 g (27%) / **Fluid** 25

NOTES:

Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
plums	2 fruit	61 cal
pecans, no salt, dry-roasted	3/4 oz	151 cal

MEAL TOTAL: **Calories** 212 cal / **Carbs** 18 g (31%) / **Protein** 3 g (5%) / **Fat** 16 g (64%) / **Fluid** 12

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
tempeh	6 oz	324 cal
brown rice, cooked	1 Cup(s)	218 cal
collards, boiled, no salt	1 1/2 Cup(s)	74 cal

MEAL TOTAL: **Calories** 617 cal / **Carbs** 76 g (46%) / **Protein** 42 g (25%) / **Fat** 21 g (29%) / **Fluid** 33

NOTES:

Dinner

6:00 PM

summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal
salmon, cooked	4 oz	174 cal
buckwheat soba noodles	6 oz	250 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 616 cal / **Carbs** 68 g (45%) / **Protein** 31 g (21%) / **Fat** 22 g (34%) / **Fluid** 30

NOTES:

DAY 4 TOTAL: Calories 2,053 cal / **Carbs** 254 g (48%) / **Protein** 103 g (19%) / **Fat** 79 g (33%) / **Fluid** 100



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
vegetable breakfast crostini	2 serving	377 cal
watermelon	2 cup	91 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 66 g (51%) / **Protein** 22 g (17%) / **Fat** 18 g (32%) / **Fluid** 19

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
popcorn, air-popped	2 Cup(s)	62 cal
sweet green peppers	1 medium	24 cal
low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal

MEAL TOTAL: **Calories** 330 cal / **Carbs** 27 g (33%) / **Protein** 45 g (55%) / **Fat** 4 g (12%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	5 oz	193 cal
tomatoes	1 Cup(s)	32 cal
romaine lettuce	3 leaf	3 cal
whole wheat bread	2 slice	200 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 613 cal / **Carbs** 83 g (50%) / **Protein** 55 g (34%) / **Fat** 12 g (16%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
lima beans, boiled, no salt	1 Cup(s)	216 cal
summer squash, no salt, boiled	1 cup	36 cal
salmon, cooked	3 oz	130 cal
brown rice, cooked	1 Cup(s)	218 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 93 g (61%) / **Protein** 42 g (28%) / **Fat** 7 g (11%) / **Fluid** 33

NOTES:

DAY 5 TOTAL: Calories 2,012 cal / **Carbs** 269 g (51%) / **Protein** 164 g (31%) / **Fat** 41 g (18%) / **Fluid** 111



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat bread	2 slice	200 cal
chunky peanut butter, no salt	2 Tbsp	188 cal
strawberries	1 Cup(s)	46 cal
shredded wheat cereal, mini	1 oz	97 cal
almond milk (unsweetened)	1 cup(s)	35 cal

MEAL TOTAL: **Calories** 567 cal / **Carbs** 82 g (52%) / **Protein** 23 g (15%) / **Fat** 23 g (33%) / **Fluid** 12

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
watermelon	2 cup	91 cal

MEAL TOTAL: **Calories** 335 cal / **Carbs** 32 g (38%) / **Protein** 44 g (52%) / **Fat** 4 g (10%) / **Fluid** 35

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1 Tbsp	120 cal
yellow corn tortillas	2 tortillas	100 cal
chunky vegetable soup, reduced sodium	1 1/4 Cup(s)	146 cal
cheddar cheese	1 oz	114 cal
chicken breast, cooked	3 oz	140 cal

MEAL TOTAL: **Calories** 637 cal / **Carbs** 54 g (33%) / **Protein** 40 g (25%) / **Fat** 30 g (42%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
brown rice, cooked	1 Cup(s)	218 cal
fbbc beef skillet supper	1/4 serving	261 cal

MEAL TOTAL: **Calories** 479 cal / **Carbs** 63 g (53%) / **Protein** 37 g (32%) / **Fat** 8 g (15%) / **Fluid** 26

NOTES:

DAY 6 TOTAL: Calories 2,018 cal / **Carbs** 230 g (44%) / **Protein** 144 g (28%) / **Fat** 64 g (28%) / **Fluid** 103



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

bananas	1 extra large	135 cal
drinking water	1 Cup(s)	0 cal
almond milk (unsweetened)	2 cup(s)	70 cal
old fashioned rolled oats	1 cups	116 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal
natural peanut butter	2 tablespoons	190 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 67 g (42%) / **Protein** 38 g (24%) / **Fat** 24 g (34%) / **Fluid** 12

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cheddar cheese	1 oz	114 cal
sweet green peppers	2 medium	48 cal
popcorn, air-popped	2 Cup(s)	62 cal
egg, hard boiled	1 large	78 cal

MEAL TOTAL: **Calories** 301 cal / **Carbs** 24 g (32%) / **Protein** 17 g (23%) / **Fat** 16 g (45%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	6 oz	168 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1 Cup(s)	32 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
romaine lettuce	3 leaf	3 cal
whole wheat bread	2 slice	200 cal
chunky vegetable soup, reduced sodium	1 1/4 Cup(s)	146 cal

MEAL TOTAL: **Calories** 598 cal / **Carbs** 79 g (49%) / **Protein** 54 g (34%) / **Fat** 12 g (17%) / **Fluid** 31

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
brown rice, cooked	1 Cup(s)	218 cal
fbbc beef skillet supper	1/4 serving	261 cal

MEAL TOTAL: **Calories** 479 cal / **Carbs** 63 g (53%) / **Protein** 37 g (32%) / **Fat** 8 g (15%) / **Fluid** 26

NOTES:

DAY 7 TOTAL: Calories 1,990 cal / **Carbs** 232 g (45%) / **Protein** 147 g (29%) / **Fat** 60 g (26%) / **Fluid** 94



4 Servings

chicken vegetable fajitas

Ingredients

extra virgin olive oil
2 Tbsp

chicken breast, boneless skinless
12 oz

black pepper
1/4 tsp

chili powder
2 tsp

cumin ground
1/2 tsp

lemon juice
2 Tbsp

red peppers
1/2 medium

sweet green peppers
1/2 medium

onions
1/2 medium

cilantro leaves raw, coriander
1/2 Cup(s)

yellow corn tortillas
8 tortillas

Nutrition Totals

Calories 1087 / **Carbs** 97 g / **Protein** 80 g / **Fat** 46 g / **Fluid** 15 fl oz

Instructions

1. Cut chicken breast into strips.
2. Heat oil in a large sauté pan over medium heat. Add chicken, spices and lemon juice. Cook until chicken is half way cooked.
3. Cut peppers and onions into thin strips. Add to pan and cook until veggies are tender and chicken is cooked through.
4. Add cilantro.
5. Serve with heated corn tortillas.



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Nutrition Label

Chicken Vegetable Fajitas		
Amount Per Serving		
Calories		272
		% Daily Value*
Total Fat	11.3g	18%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	54.4mg	18%
Sodium	181mg	8%
Total Carbohydrates	24.2g	8%
Dietary Fiber	4.3g	17%
Total Sugar	3.8g	
Protein	19.9g	
Vitamin D	1.7IU	0%
Calcium	35.4mg	4%
Iron	1.3mg	8%
Potassium	396.4mg	
* 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 avocado super shake

Ingredients

spinach

2 Cup(s)

banana

1 whole

pure vanilla almond milk unsweetened by silk

12 fl. oz.

cinnamon, ground

1/4 tsp

trulean rich dutch chocolate whey isolate protein powder

1 Scoop

avocado, medium

1/2 whole avocado

cacao powder raw chocolate powder certified organic by navitas

1 Tbsp

Nutrition Totals

Calories 429 / **Carbs** 44 g / **Protein** 31 g / **Fat** 16 g / **Fluid** 2 fl oz

Instructions

Instructions:

Blend all ingredients in high-powered blender and blend until smooth.

Garnish with optional cinnamon and raw cacao powder and serve.

*Optional toppings: additional cinnamon and raw cacao powder



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Nutrition Label

Fbbc Avocado Super Shake		
Amount Per Serving		
Calories		429
% Daily Value*		
Total Fat	15.8g	24%
Saturated Fat	0.7g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	291.7mg	12%
Total Carbohydrates	44g	15%
Dietary Fiber	8.8g	35%
Total Sugar	14.6g	
Protein	30.5g	
Vitamin D	147.8IU	25%
Calcium	743.8mg	74%
Iron	3.1mg	18%
Potassium	551mg	
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4 Servings

vegetable breakfast crostini

Ingredients

extra virgin olive oil
1 Tbsp

mushrooms
1 cup

parsley
2 tsp

green onions/scallions
1 medium

black pepper
1/8 tsp

egg
3 egg

tomatoes
1/2 Cup(s)

whole wheat bread
4 slice

Nutrition Totals

Calories 755 / **Carbs** 86 g / **Protein** 40 g / **Fat** 35 g / **Fluid** 4 fl oz

Instructions

1. In a medium nonstick skillet, heat olive oil.
2. Add sliced mushrooms and cook until tender, stirring frequently.
3. Sprinkle with parsley, green onions, and black pepper.
4. In a separate bowl, whisk eggs. Pour the whisked eggs over the mushroom mixture and cook until the egg is cooked.
5. Toast the bread. Spoon the egg mixture evenly onto the toast.
6. Cut in half diagonally. Garnish with diced tomato.



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Nutrition Label

Vegetable Breakfast Crostini		
Amount Per Serving		
Calories		189
		% Daily Value*
Total Fat	8.8g	14%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	77.3mg	3%
Total Carbohydrates	21.4g	7%
Dietary Fiber	3.4g	14%
Total Sugar	3.8g	
Protein	9.9g	
Vitamin D	0.4IU	0%
Calcium	46.2mg	5%
Iron	1.2mg	7%
Potassium	86.5mg	
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1 Servings

fbbc beef skillet supper

Ingredients

ground beef, lean
16 oz

sea salt
1 teaspoon(s)

sweet hungarian style paprika sweet by kalocsa
1 tsp

sweet potato
2 cup

kale, raw
2 cups

100% liquid egg whites
1 Cup(s)

Nutrition Totals

Calories 1042 / **Carbs** 67 g / **Protein** 131 g / **Fat** 24 g / **Fluid** 22 fl oz

Instructions

Place a large skillet over medium high heat. Add the ground beef and cook, breaking it up until all of the pink is gone. Remove from heat.

Mix the sea salt, paprika and garlic powder into the beef. Return the heat to medium and add the sweet potato to the skillet. Cover and cook for 5 minutes.

Add the chopped kale to the skillet, cover and cook for another 5 minutes.

In another skillet over medium heat, scramble the egg whites until the curds are barely wet and starting to break apart.

Mix the egg whites into the skillet and top with optional mozzarella and cilantro.



Eating right, simplified.

Nutrition Label

Fbbc Beef Skillet Supper	
Amount Per Serving	
Calories	
	1042
% Daily Value*	
Total Fat 24.2g	37%
Saturated Fat 13.2g	66%
Trans Fat 1.4g	
Cholesterol 355.2mg	118%
Sodium 3659.9mg	152%
Total Carbohydrates 66.9g	22%
Dietary Fiber 10.6g	43%
Total Sugar 11.1g	
Protein 130.7g	
Vitamin D 13.4IU	2%
Calcium 301.5mg	30%
Iron 14.7mg	82%
Potassium 4255.3mg	
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Eating right, simplified.

Shopping List

Accompaniments

olive oil, mayonnaise, light
4 Tbsp
sea salt
0.5 teaspoon(s)

Beef

ground beef, lean
8 oz

Beverages

almond milk (unsweetened)
5 cup(s)
drinking water
49 Cup(s)
iced tea, green
16 fl. oz.

Bread

whole wheat bread
14 slice
yellow corn tortillas
6 tortillas

Cereal & Grain Products

brown rice, cooked
6 Cup(s)
buckwheat soba noodles
6 oz
shredded wheat cereal, mini
3 oz

Dairy & Egg

100% liquid egg whites
0.5 Cup(s)
cheddar cheese
2 oz
egg

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Eating right, simplified.

3 egg
egg, hard boiled
3 large
egg whites, cooked
4 large
low-fat cottage cheese, 1%
5.25 Cup(s)
vanilla yogurt, low-fat
4 oz

Fats & Oils

extra virgin olive oil
5.5 Tbsp

Finfish & Shellfish

cod fish
3 oz
salmon, cooked
7 oz
tuna fish, very low-sodium, in water
12 oz

Fruits & Juices

apples
1 large
avocados
1.83 avocado
banana
1 whole
bananas
3 extra large
grapes
8 oz
lemon juice
1 Tbsp
plums
2 fruit
strawberries
3.5 Cup(s)
watermelon
6 cup

Legumes & Beans

lima beans, boiled, no salt

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Eating right, simplified.

2 Cup(s)

pinto beans, no salt, boiled

1.5 Cup(s)

Nuts & Seeds

chunky peanut butter, no salt

4 Tbsp

natural peanut butter

2 tablespoons

pecans, no salt, dry-roasted

1.25 oz

Poultry

chicken breast, boneless skinless

12 oz

chicken breast, cooked

3 oz

turkey breast, roasted

5 oz

Snacks

popcorn, air-popped

6 Cup(s)

Soup

chunky vegetable soup, reduced sodium

2.5 Cup(s)

Spices & Herbs

black pepper

0.24 tsp

chili powder

1 tsp

cinnamon, ground

0.25 tsp

cumin ground

0.26 tsp

parsley

2 tsp

Sports & Diet Nutritional

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Eating right, simplified.

trulean rich dutch chocolate whey isolate protein powder

1 Scoop

trulean whey isolate protein frosted vanilla cake

1 Scoop

trulean whey isolate protein rich dutch chocolate

1 Scoop

Uncategorized

avocado, medium

0.5 whole avocado

cacao powder raw chocolate powder certified organic by navitas

1 Tbsp

old fashioned rolled oats

2 cups

pure vanilla almond milk unsweetened by silk

12 fl. oz.

sweet hungarian style paprika sweet by kalocsa

0.5 tsp

Vegetables

cilantro leaves raw, coriander

0.26 Cup(s)

collards, boiled, no salt

4.5 Cup(s)

green onions/scallions

1 medium

kale, raw

1 cups

mushrooms

1 cup

onions

0.26 medium

red peppers

1.26 medium

romaine lettuce

13 leaf

2 Cup(s)

spinach

2 Cup(s)

summer squash, no salt, boiled

3 cup

sweet green peppers

3.26 medium

sweet potato

1 cup

tomatoes

4.5 Cup(s)

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Eating right, simplified.

Vegetarian Products

tempeh

10 oz

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