



Eating right, simplified.

# 1,900 Calorie Plan (Vegan 2) 4meals/day

## DAY 1

### Breakfast

7:00 AM

trulean vegan plant based protein chocolate browni...	1 Scoop	110 cal
original oat milk by vitasoy	10 fl oz	181 cal
strawberries	2 cup	106 cal

MEAL TOTAL: **Calories** 397 cal / **Carbs** 63 g (63%) / **Protein** 24 g (24%) / **Fat** 6 g (13%) / **Fluid** 10

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
chickpea crisps gluten free by has no...	2 serving	237 cal

MEAL TOTAL: **Calories** 535 cal / **Carbs** 62 g (44%) / **Protein** 15 g (11%) / **Fat** 28 g (45%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
romaine lettuce	3 leaf	3 cal
drinking water	16 fl oz	0 cal
hummus, lower sodium	5 Tbsp	131 cal
onions	1/3 cup	15 cal
chickpeas, canned, drained	5 oz	197 cal

MEAL TOTAL: **Calories** 600 cal / **Carbs** 85 g (55%) / **Protein** 25 g (16%) / **Fat** 20 g (29%) / **Fluid** 23

NOTES:

### Dinner

6:00 PM

extra virgin olive oil	1/3 Tbsp	40 cal
cauliflower, no salt, boiled	3 flowerets	12 cal
drinking water	16 fl oz	0 cal
wild rice, cooked	1/2 Cup(s)	83 cal
lentil beans, no salt, boiled	1 Cup(s)	230 cal

MEAL TOTAL: **Calories** 365 cal / **Carbs** 60 g (63%) / **Protein** 22 g (23%) / **Fat** 6 g (14%) / **Fluid** 24

NOTES:

**DAY 1 TOTAL: Calories** 1,898 cal / **Carbs** 269 g (55%) / **Protein** 86 g (18%) / **Fat** 59 g (27%) / **Fluid** 79



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## DAY 2

### Breakfast

fbbc cherry almond butter shake-vegan

1 serving

413 cal

7:00 AM

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 1

NOTES:

### Snack

drinking water

16 fl oz

0 cal

10:00 AM

oranges

2 fruit

137 cal

cinnamon granola bars

1 bars

90 cal

MEAL TOTAL: **Calories** 227 cal / **Carbs** 50 g (81%) / **Protein** 5 g (7%) / **Fat** 3 g (12%) / **Fluid** 24

NOTES:

### Lunch

tomatoes

1/4 Cup(s)

8 cal

12:00 PM

mayonnaise, made with tofu

1 Tbsp

48 cal

iced tea, green

16 fl oz

0 cal

whole-wheat pita bread

2 small

149 cal

avocados

1/4 cup

58 cal

chickpeas pasta by banza

2 serving

440 cal

MEAL TOTAL: **Calories** 704 cal / **Carbs** 102 g (57%) / **Protein** 34 g (19%) / **Fat** 19 g (24%) / **Fluid** 19

NOTES:

### Dinner

drinking water

16 fl oz

0 cal

6:00 PM

yams, no salt, boiled or baked

1 Cup(s)

158 cal

green snap beans, no salt, boiled

2 1/2 Cup(s)

109 cal

extra virgin olive oil

1/2 Tbsp

60 cal

brown rice, cooked

1 Cup(s)

218 cal

MEAL TOTAL: **Calories** 546 cal / **Carbs** 108 g (76%) / **Protein** 12 g (9%) / **Fat** 10 g (15%) / **Fluid** 33

NOTES:

**DAY 2 TOTAL: Calories** 1,890 cal / **Carbs** 292 g (60%) / **Protein** 80 g (16%) / **Fat** 53 g (24%) / **Fluid** 78



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### DAY 3

#### Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
raspberries	1 Cup(s)	64 cal

MEAL TOTAL: **Calories** 452 cal / **Carbs** 61 g (53%) / **Protein** 14 g (12%) / **Fat** 18 g (35%) / **Fluid** 20

NOTES:

#### Snack

10:00 AM

bananas	1 extra large	135 cal
drinking water	16 fl oz	0 cal
almond butter	1 Tbsp	100 cal

MEAL TOTAL: **Calories** 235 cal / **Carbs** 38 g (61%) / **Protein** 5 g (8%) / **Fat** 9 g (31%) / **Fluid** 20

NOTES:

#### Lunch

12:00 PM

mayonnaise, made with tofu	1 1/8 Tbsp	54 cal
drinking water	16 fl oz	0 cal
romaine lettuce	3 leaf	3 cal
whole wheat tortillas	2 tortilla	254 cal
edamame soybeans, shelled	1 Cup(s)	120 cal
vegetables mini cucumbers by melissa's	3 oz	13 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 49 g (45%) / **Protein** 20 g (18%) / **Fat** 18 g (37%) / **Fluid** 18

NOTES:

#### Dinner

6:00 PM

tofu, extra firm	5 oz	129 cal
whole-wheat pita bread	2 small	149 cal
drinking water	16 fl oz	0 cal
fava bean salad	1 serving	366 cal
hummus	4 Tbsp	110 cal

MEAL TOTAL: **Calories** 753 cal / **Carbs** 94 g (49%) / **Protein** 39 g (20%) / **Fat** 27 g (31%) / **Fluid** 35

NOTES:

**DAY 3 TOTAL: Calories** 1,885 cal / **Carbs** 242 g (50%) / **Protein** 77 g (16%) / **Fat** 72 g (34%) / **Fluid** 93



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## DAY 4

### Breakfast

7:00 AM

bananas	1 extra large	135 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
original oat milk by vitasoy	16 fl oz	290 cal

MEAL TOTAL: **Calories** 684 cal / **Carbs** 121 g (72%) / **Protein** 24 g (14%) / **Fat** 10 g (14%) / **Fluid** 4

NOTES:

### Snack

10:00 AM

drinking water	16 fl oz	0 cal
blackberries	2 Cup(s)	124 cal
peanuts, no salt, dry-roasted	1 oz	166 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 34 g (43%) / **Protein** 11 g (14%) / **Fat** 15 g (43%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

tofu, extra firm	6 oz	155 cal
fava bean salad	1 serving	366 cal
balsamic vinegar	1 Tbsp	14 cal
tomatoes	1 Cup(s)	32 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 575 cal / **Carbs** 63 g (42%) / **Protein** 36 g (24%) / **Fat** 22 g (34%) / **Fluid** 42

NOTES:

### Dinner

6:00 PM

drinking water	16 fl oz	0 cal
wild rice, cooked	1 Cup(s)	166 cal
asparagus, boiled	6 spears	20 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal

MEAL TOTAL: **Calories** 356 cal / **Carbs** 69 g (74%) / **Protein** 20 g (22%) / **Fat** 1 g (4%) / **Fluid** 26

NOTES:

**DAY 4 TOTAL: Calories** 1,905 cal / **Carbs** 287 g (59%) / **Protein** 90 g (18%) / **Fat** 50 g (23%) / **Fluid** 96



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## DAY 5

### Breakfast

7:00 AM

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

MEAL TOTAL: **Calories** 404 cal / **Carbs** 35 g (33%) / **Protein** 32 g (30%) / **Fat** 18 g (37%) / **Fluid** 17

NOTES:

### Snack

10:00 AM

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

MEAL TOTAL: **Calories** 298 cal / **Carbs** 36 g (44%) / **Protein** 9 g (11%) / **Fat** 16 g (45%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
hummus, lower sodium	5 Tbsp	131 cal
avocados	1/2 cup	117 cal
whole-wheat pita bread	2 small	149 cal
pine nuts	1 Tbsp	57 cal

MEAL TOTAL: **Calories** 462 cal / **Carbs** 51 g (41%) / **Protein** 15 g (12%) / **Fat** 26 g (47%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

veggie burger	2 serving	558 cal
drinking water	16 fl oz	0 cal
cauliflower, no salt, boiled	6 flowerets	25 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal

MEAL TOTAL: **Calories** 740 cal / **Carbs** 118 g (61%) / **Protein** 32 g (16%) / **Fat** 20 g (23%) / **Fluid** 30

NOTES:

**DAY 5 TOTAL: Calories** 1,905 cal / **Carbs** 240 g (47%) / **Protein** 87 g (17%) / **Fat** 80 g (36%) / **Fluid** 90



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## DAY 6

### Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
peaches	1 medium	38 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 56 g (52%) / **Protein** 13 g (12%) / **Fat** 17 g (36%) / **Fluid** 19

NOTES:

### Snack

10:00 AM

raisins, seedless	1/4 cup	123 cal
drinking water	16 fl oz	0 cal
plain soy yogurt	4 oz	100 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 47 g (54%) / **Protein** 29 g (33%) / **Fat** 5 g (13%) / **Fluid** 16

NOTES:

### Lunch

12:00 PM

veggie burger	2 serving	558 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 86 g (53%) / **Protein** 30 g (19%) / **Fat** 20 g (28%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

drinking water	16 fl oz	0 cal
vegan pasta sauce, low-fat	1/2 Cup(s)	80 cal
asparagus, boiled	6 spears	20 cal
chickpeas pasta by banza	2 serving	440 cal

MEAL TOTAL: **Calories** 540 cal / **Carbs** 81 g (60%) / **Protein** 33 g (25%) / **Fat** 9 g (15%) / **Fluid** 19

NOTES:

**DAY 6 TOTAL: Calories** 1,901 cal / **Carbs** 270 g (55%) / **Protein** 105 g (21%) / **Fat** 52 g (24%) / **Fluid** 81



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## DAY 7

### Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
almond butter	2 Tbsp	200 cal
peaches	1 medium	38 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 55 g (53%) / **Protein** 11 g (10%) / **Fat** 17 g (37%) / **Fluid** 11

NOTES:

### Snack

10:00 AM

melba toast, no salt	5 toast	94 cal
carrots	2 large	59 cal
cashews	5/8 oz	98 cal
classic hummus by sabra	5 Tbsp	175 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 48 g (44%) / **Protein** 13 g (12%) / **Fat** 21 g (44%) / **Fluid** 4

NOTES:

### Lunch

12:00 PM

mayonnaise, made with tofu	1 Tbsp	48 cal
tomatoes	1 Cup(s)	32 cal
romaine lettuce	3 leaf	3 cal
whole wheat tortillas	2 tortilla	254 cal
pitted kalamata olives	9 olives	68 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 48 g (47%) / **Protein** 11 g (11%) / **Fat** 19 g (42%) / **Fluid** 7

NOTES:

### Dinner

6:00 PM

yams, no salt, boiled or baked	1 3/4 Cup(s)	276 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
drinking water	16 fl oz	0 cal
quinoa, cooked	1 1/2 Cup(s)	333 cal

MEAL TOTAL: **Calories** 653 cal / **Carbs** 134 g (81%) / **Protein** 18 g (11%) / **Fat** 6 g (8%) / **Fluid** 32

NOTES:

**DAY 7 TOTAL: Calories** 1,922 cal / **Carbs** 286 g (59%) / **Protein** 53 g (11%) / **Fat** 63 g (30%) / **Fluid** 55



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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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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.



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## 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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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.



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## 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

## 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 barbecue 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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# Shopping List

## Accompaniments

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

## Beverages

almond milk (unsweetened)  
2 cup(s)  
drinking water  
344 fl oz  
iced tea, green  
16 fl oz

## Bread

brown rice bread, gluten free, low-sodium  
6 slice  
whole-wheat pita bread  
6 small  
whole wheat tortillas  
6 tortilla

## Cereal & Grain Products

brown rice, cooked  
1 Cup(s)  
brown rice, long-grain, cooked  
0.5 Cup(s)  
oat bran  
4 Tbsp  
quick oats cereal with iron  
1.34 Cup(s)  
quinoa, cooked  
1.5 Cup(s)  
whole grain rolled oats, dry  
0.5 Cup(s)  
wild rice, cooked  
1.5 Cup(s)

## Cookies & Crackers





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melba toast, no salt  
5 toast

## Desserts

plain soy yogurt  
4 oz

## Fats & Oils

extra virgin olive oil  
0.83 Tbsp  
olive oil  
1.66 Tbsp

## Fruits & Juices

apples  
2 large  
avocado  
0.25 avocado  
avocados  
0.75 cup  
bananas  
2 extra large  
blackberries  
2 Cup(s)  
blueberries (frozen)  
0.5 cup(s)  
lemon juice  
1 Tbsp  
oranges  
2 fruit  
peaches  
2 medium  
raisins, seedless  
0.25 cup  
raspberries  
1 Cup(s)  
strawberries  
2 cup

## Ingredients

balsamic vinegar  
3 Tbsp

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## Legumes & Beans

black beans, no salt, boiled  
0.75 Cup(s)  
chickpeas, canned, drained  
5 oz  
edamame soybeans, shelled  
1 Cup(s)  
fava beans, canned, no salt  
2 Cup(s)  
garbanzo beans, no salt, boiled  
1.34 Cup(s)  
green snap beans, no salt, boiled  
4.5 Cup(s)  
hummus  
4 Tbsp  
hummus, lower sodium  
10 Tbsp  
lentil beans, no salt, boiled  
1 Cup(s)

## Nuts & Seeds

almond butter  
3 Tbsp  
almond butter (unsweetened)  
2 tablespoon(s)  
cashews  
0.63 oz  
peanuts, no salt, dry-roasted  
1 oz  
pine nuts  
1 Tbsp  
smooth peanut butter, no salt  
8 Tbsp

## Snacks

cinnamon granola bars  
1 bars

## Spices & Herbs

cinnamon, ground  
0.13 tsp  
garlic powder  
0.5 tsp  
nutmeg, ground



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0.13 tsp  
sage, ground  
0.5 tsp

## Sports & Diet Nutritionals

trulean vegan plant based protein chocolate brownie  
1 Scoop  
trulean vegan plant based protein frosted vanilla cupcake  
4 Scoop

## Uncategorized

chickpea crisps gluten free by has no...  
2 serving  
chickpeas pasta by banza  
4 serving  
classic hummus by sabra  
5 Tbsp  
frozen fruit dark sweet cherries by dole  
1 Cup(s)  
ground flaxseed  
0.33 tablespoons  
ice cubes  
4 cubes  
old fashioned oats by quaker  
0.33 Cup(s)  
original oat milk by vitasoy  
26 fl oz  
vegetable oil  
1 tablespoons  
vegetables mini cucumbers by melissa's  
3 oz

## Vegetables

asparagus, boiled  
12 spears  
carrots  
2 large  
cauliflower, no salt, boiled  
9 flowerets  
cucumber  
1 cucumber  
garlic  
1 clove  
onions  
0.33 cup

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1 small  
pitted kalamata olives  
9 olives  
romaine lettuce  
9 leaf  
1 Cup(s)  
roma tomatoes  
1 Cup(s)  
spinach  
1 Cup(s)  
tomatoes  
2.5 Cup(s)  
yams, no salt, boiled or baked  
3.75 Cup(s)

## Vegetarian Products

tofu, extra firm  
19 oz