



1,900 Calorie Plan (Vegetarian) 4 meals/day

DAY 1

Breakfast 7:00 AM	egg, hard boiled	1 large	78 cal
	drinking water	2 Cup(s)	0 cal
	whole grain rolled oats, dry	3/4 Cup(s)	224 cal
	blueberries	1 Cup(s)	83 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 453 cal / **Carbs** 64 g (58%) / **Protein** 22 g (20%) / **Fat** 11 g (22%) / **Fluid** 25
 ADDITIONAL NUTRIENTS: **Sodium** 169 mg / **Calcium** 43 mg

NOTES:

Snack 10:00 AM	apples	1 large	110 cal
	almond butter	1 Tbsp	100 cal
	skim milk with calcium	2 Cup(s)	173 cal

MEAL TOTAL: **Calories** 383 cal / **Carbs** 56 g (58%) / **Protein** 20 g (21%) / **Fat** 9 g (21%) / **Fluid** 21
 ADDITIONAL NUTRIENTS: **Sodium** 16 mg / **Calcium** 1,060 mg

NOTES:

Lunch 12:00 PM	whole-wheat pita bread	2 small	149 cal
	tomatoes	1/4 Cup(s)	8 cal
	romaine lettuce	3 leaf	3 cal
	baby carrots	10 large	53 cal
	drinking water	2 Cup(s)	0 cal
	vegan chicken strips, meat free	5 oz	361 cal

MEAL TOTAL: **Calories** 574 cal / **Carbs** 61 g (41%) / **Protein** 36 g (25%) / **Fat** 23 g (34%) / **Fluid** 23
 ADDITIONAL NUTRIENTS: **Sodium** 76 mg / **Calcium** 67 mg

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	wild rice, cooked	1 Cup(s)	166 cal
	black beans, no salt, boiled	2/3 Cup(s)	151 cal
	broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal
	garden veggie tempeh	2 oz	125 cal

MEAL TOTAL: **Calories** 524 cal / **Carbs** 88 g (64%) / **Protein** 33 g (24%) / **Fat** 7 g (12%) / **Fluid** 30
 ADDITIONAL NUTRIENTS: **Sodium** 132 mg / **Calcium** 129 mg

NOTES:

DAY 1 TOTAL: **Calories** 1,935 cal / **Carbs** 269 g (54%) / **Protein** 112 g (23%) / **Fat** 50 g (23%) / **Fluid** 99



Eating right, simplified.

ADDITIONAL NUTRIENTS: Sodium 393 mg / **Calcium** 1,300 mg

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**DAY 2**

Breakfast 7:00 AM	fat free 100% lactose free milk	1 Cup(s)	89 cal
	bananas	1 extra large	135 cal
	trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
	ezekiel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
	almond butter	1 Tbsp	100 cal

MEAL TOTAL: **Calories** 514 cal / **Carbs** 68 g (52%) / **Protein** 39 g (29%) / **Fat** 11 g (19%) / **Fluid** 4
ADDITIONAL NUTRIENTS: **Sodium** 392 mg / **Calcium** 408 mg

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	grapes	4 oz	65 cal
	almonds	1 1/2 oz	243 cal

MEAL TOTAL: **Calories** 308 cal / **Carbs** 25 g (30%) / **Protein** 10 g (12%) / **Fat** 22 g (58%) / **Fluid** 19
ADDITIONAL NUTRIENTS: **Sodium** 2 mg / **Calcium** 155 mg

NOTES:

Lunch 12:00 PM	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 Tbsp	120 cal
	cranberries, dried sweetened	1/4 Cup(s)	92 cal
	whole wheat dinner rolls	2 roll	149 cal
	balsamic vinegar	2 Tbsp	28 cal
	drinking water	2 Cup(s)	0 cal
	vegan chicken strips, meat free	3 oz	217 cal

MEAL TOTAL: **Calories** 622 cal / **Carbs** 71 g (44%) / **Protein** 24 g (15%) / **Fat** 30 g (41%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 308 mg / **Calcium** 102 mg

NOTES:

Dinner 6:00 PM	meat free burgers, vegan	2 serving	140 cal
	drinking water	2 Cup(s)	0 cal
	sweet potato, no salt, baked	1 1/2 large	243 cal
	spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 466 cal / **Carbs** 81 g (63%) / **Protein** 42 g (33%) / **Fat** 2 g (4%) / **Fluid** 34
ADDITIONAL NUTRIENTS: **Sodium** 909 mg / **Calcium** 712 mg

NOTES:

DAY 2 TOTAL: Calories 1,910 cal / **Carbs** 245 g (48%) / **Protein** 114 g (23%) / **Fat** 65 g (29%) / **Fluid** 78
ADDITIONAL NUTRIENTS: Sodium 1,610 mg / **Calcium** 1,377 mg

**DAY 3**

Breakfast 7:00 AM	whole wheat english muffin	1 muffin	134 cal
	skim milk with calcium	2 Cup(s)	173 cal
	almond butter	1 1/2 Tbsp	150 cal
	orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 568 cal / **Carbs** 81 g (57%) / **Protein** 29 g (20%) / **Fat** 15 g (23%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Sodium** 136 mg / **Calcium** 1,270 mg

NOTES:

Snack 10:00 AM	egg, hard boiled	1 large	78 cal
	bananas	1 extra large	135 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 213 cal / **Carbs** 35 g (63%) / **Protein** 8 g (14%) / **Fat** 6 g (23%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 64 mg / **Calcium** 33 mg

NOTES:

Lunch 12:00 PM	tomatoes	1/2 Cup(s)	16 cal
	apples	1 large	110 cal
	olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
	romaine lettuce	2 leaf	2 cal
	drinking water	2 Cup(s)	0 cal
	whole wheat bread	3 slice	300 cal
	italian tofurky deli slices	6 slices	132 cal

MEAL TOTAL: **Calories** 634 cal / **Carbs** 103 g (60%) / **Protein** 30 g (17%) / **Fat** 17 g (23%) / **Fluid** 25
ADDITIONAL NUTRIENTS: **Sodium** 702 mg / **Calcium** 146 mg

NOTES:

Dinner 6:00 PM	hearts of palm risotto	1 serving	305 cal
	vegan chicken fillets, meat free	5 oz	122 cal
	drinking water	2 Cup(s)	0 cal
	kale, no salt, boiled	2 Cup(s)	73 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 76 g (60%) / **Protein** 27 g (21%) / **Fat** 10 g (19%) / **Fluid** 37
ADDITIONAL NUTRIENTS: **Sodium** 118 mg / **Calcium** 191 mg

NOTES:

DAY 3 TOTAL: Calories 1,914 cal / **Carbs** 295 g (59%) / **Protein** 93 g (19%) / **Fat** 48 g (22%) / **Fluid** 107
ADDITIONAL NUTRIENTS: Sodium 1,020 mg / **Calcium** 1,639 mg

**DAY 4****Breakfast**

7:00 AM

blueberries	1 Cup(s)	83 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
egg, hard boiled	1 large	78 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 496 cal / **Carbs** 89 g (73%) / **Protein** 9 g (7%) / **Fat** 11 g (20%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 66 mg / **Calcium** 61 mg

NOTES:

Snack

10:00 AM

pears	1 large	119 cal
almonds	1/2 oz	81 cal
skim milk with calcium	1 Cup(s)	86 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 332 cal / **Carbs** 56 g (63%) / **Protein** 14 g (16%) / **Fat** 8 g (21%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 135 mg / **Calcium** 618 mg

NOTES:

Lunch

12:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1 Tbsp	14 cal
hearts of palm risotto	1 serving	305 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 70 g (59%) / **Protein** 26 g (22%) / **Fat** 10 g (19%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 73 mg / **Calcium** 39 mg

NOTES:

Dinner

6:00 PM

garden veggie tempeh	6 oz	376 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 Cup(s)	166 cal
summer squash, no salt, boiled	2 cup	72 cal

MEAL TOTAL: **Calories** 614 cal / **Carbs** 76 g (49%) / **Protein** 43 g (27%) / **Fat** 17 g (24%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 99 mg / **Calcium** 102 mg

NOTES:

DAY 4 TOTAL: Calories 1,923 cal / **Carbs** 290 g (60%) / **Protein** 92 g (19%) / **Fat** 46 g (21%) / **Fluid** 106
ADDITIONAL NUTRIENTS: Sodium 373 mg / **Calcium** 820 mg

**DAY 5****Breakfast**

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	2 Cup(s)	173 cal
oat bran flakes cereal	1 1/4 Cup(s)	223 cal
egg, hard boiled	1 large	78 cal
egg whites, cooked	3 large	51 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 71 g (55%) / **Protein** 40 g (31%) / **Fat** 8 g (14%) / **Fluid** 27
 ADDITIONAL NUTRIENTS: **Sodium** 270 mg / **Calcium** 1,087 mg

NOTES:

Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22
 ADDITIONAL NUTRIENTS: **Sodium** 2 mg / **Calcium** 93 mg

NOTES:

Lunch

12:00 PM

baby carrots	15 large	79 cal
vegan chicken strips, meat free	5 oz	361 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 599 cal / **Carbs** 67 g (43%) / **Protein** 37 g (24%) / **Fat** 23 g (33%) / **Fluid** 25
 ADDITIONAL NUTRIENTS: **Sodium** 80 mg / **Calcium** 89 mg

NOTES:

Dinner

6:00 PM

three bean vegetarian chili soup, lower sodium	1 Cup(s)	150 cal
drinking water	2 Cup(s)	0 cal
portabella mushroom burger with bruschetta topping	1 serving	293 cal

MEAL TOTAL: **Calories** 443 cal / **Carbs** 75 g (67%) / **Protein** 20 g (17%) / **Fat** 8 g (16%) / **Fluid** 20
 ADDITIONAL NUTRIENTS: **Sodium** 386 mg / **Calcium** 175 mg

NOTES:

DAY 5 TOTAL: Calories 1,878 cal / **Carbs** 248 g (52%) / **Protein** 103 g (22%) / **Fat** 56 g (26%) / **Fluid** 94
 ADDITIONAL NUTRIENTS: **Sodium** 738 mg / **Calcium** 1,443 mg

**DAY 6**

Breakfast 7:00 AM	whole wheat english muffin	1 muffin	134 cal
	almond butter	2 Tbsp	200 cal
	skim milk with calcium	2 Cup(s)	173 cal
	peaches	1 large	61 cal

MEAL TOTAL: **Calories** 568 cal / **Carbs** 72 g (50%) / **Protein** 30 g (21%) / **Fat** 19 g (29%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 134 mg / **Calcium** 1,272 mg

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	cottage cheese, 2% milkfat	1 1/4 Cup(s)	243 cal
	blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 31 g (38%) / **Protein** 34 g (42%) / **Fat** 7 g (20%) / **Fluid** 28
ADDITIONAL NUTRIENTS: **Sodium** 934 mg / **Calcium** 266 mg

NOTES:

Lunch 12:00 PM	three bean vegetarian chili soup, lower sodium	1 Cup(s)	150 cal
	drinking water	2 Cup(s)	0 cal
	portabella mushroom burger with bruschetta topping	1 serving	293 cal

MEAL TOTAL: **Calories** 443 cal / **Carbs** 75 g (67%) / **Protein** 20 g (17%) / **Fat** 8 g (16%) / **Fluid** 20
ADDITIONAL NUTRIENTS: **Sodium** 386 mg / **Calcium** 175 mg

NOTES:

Dinner 6:00 PM	italian herb chik'n patties, meat free	1 1/2 pattie	255 cal
	wild rice, cooked	1/2 Cup(s)	83 cal
	black beans, no salt, boiled	2/3 Cup(s)	151 cal
	drinking water	2 Cup(s)	0 cal
	spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 572 cal / **Carbs** 91 g (60%) / **Protein** 39 g (26%) / **Fat** 9 g (14%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 616 mg / **Calcium** 553 mg

NOTES:

DAY 6 TOTAL: Calories 1,909 cal / **Carbs** 269 g (55%) / **Protein** 123 g (25%) / **Fat** 44 g (20%) / **Fluid** 100
ADDITIONAL NUTRIENTS: Sodium 2,069 mg / **Calcium** 2,266 mg



Eating right, simplified.

DAY 7

Breakfast 7:00 AM	egg, hard boiled	2 large	155 cal
	bananas	1 extra large	135 cal
	vanilla yogurt, low-fat	1 Cup(s)	208 cal
	drinking water	2 Cup(s)	0 cal
	natural peanut butter	1 tablespoons	95 cal

MEAL TOTAL: **Calories** 594 cal / **Carbs** 74 g (48%) / **Protein** 30 g (19%) / **Fat** 22 g (33%) / **Fluid** 29
ADDITIONAL NUTRIENTS: **Sodium** 287 mg / **Calcium** 477 mg

NOTES:

Snack 10:00 AM	string cheese, light	2 serving	100 cal
	baby carrots	20 large	105 cal
	drinking water	2 Cup(s)	0 cal
	whole wheat crackers, low-sodium	5 cracker	89 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 40 g (53%) / **Protein** 16 g (21%) / **Fat** 9 g (26%) / **Fluid** 43
ADDITIONAL NUTRIENTS: **Sodium** 377 mg / **Calcium** 106 mg

NOTES:

Lunch 12:00 PM	olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
	tomatoes	1/4 Cup(s)	8 cal
	iced tea, green	16 fl. oz.	0 cal
	whole wheat tortillas	2 tortilla	254 cal
	italian tofurky deli slices	6 slices	132 cal

MEAL TOTAL: **Calories** 468 cal / **Carbs** 49 g (42%) / **Protein** 22 g (19%) / **Fat** 20 g (39%) / **Fluid** 18
ADDITIONAL NUTRIENTS: **Sodium** 579 mg / **Calcium** 205 mg

NOTES:

Dinner 6:00 PM	vegan chicken fillets, meat free	6 oz	146 cal
	drinking water	2 Cup(s)	0 cal
	kale, no salt, boiled	2 Cup(s)	73 cal
	sweet potato, no salt, baked	1 1/2 large	243 cal
	olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 522 cal / **Carbs** 86 g (62%) / **Protein** 30 g (21%) / **Fat** 11 g (17%) / **Fluid** 31
ADDITIONAL NUTRIENTS: **Sodium** 157 mg / **Calcium** 290 mg

NOTES:

DAY 7 TOTAL: Calories 1,877 cal / **Carbs** 249 g (51%) / **Protein** 97 g (20%) / **Fat** 62 g (29%) / **Fluid** 122
ADDITIONAL NUTRIENTS: Sodium 1,401 mg / **Calcium** 1,077 mg



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.



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	

* 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.

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.



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	

* 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.



Shopping List

Accompaniments

olive oil, mayonnaise, light
3 Tbsp

Beverages

coconut water

1 Cup(s)

drinking water

40 Cup(s)

iced tea, green

32 fl. oz.

white wine

0.26 Cup(s)

Bread

kaiser rolls

2 roll

whole-wheat pita bread

4 small

whole wheat bread

3 slice

whole wheat dinner rolls

2 roll

whole wheat english muffin

2 muffin

whole wheat tortillas

2 tortilla

Cereal & Grain Products

arborio rice

0.5 Cup(s)

oat bran flakes cereal

1.25 Cup(s)

whole grain rolled oats, dry

1.5 Cup(s)

wild rice, cooked

2.5 Cup(s)

Cookies & Crackers

whole wheat crackers, low-sodium



5 cracker

Dairy & Egg

cottage cheese, 2% milkfat

1.25 Cup(s)

egg, hard boiled

6 large

egg whites, cooked

7 large

fat free 100% lactose free milk

1 Cup(s)

skim milk with calcium

9 Cup(s)

string cheese, light

2 serving

vanilla yogurt, low-fat

1 Cup(s)

Entrees

meat free burgers, vegan

2 serving

vegan chicken strips, meat free

13 oz

Fats & Oils

extra virgin olive oil

1 Tbsp

olive oil

2.16 Tbsp

Fruits & Juices

apples

3 large

bananas

3 extra large

blueberries

3 Cup(s)

cranberries, dried sweetened

0.25 Cup(s)

grapes

4 oz

orange juice

2 Cup(s)

peaches



1 large
pears
1 large

Ingredients

balsamic vinegar
3.5 Tbsp

Legumes & Beans

black beans, no salt, boiled
1.34 Cup(s)

Nuts & Seeds

almond butter
7.5 Tbsp
almonds
2 oz
natural peanut butter
1 tablespoons

Soup

three bean vegetarian chili soup, lower sodium
2 Cup(s)
vegetable broth soup, low sodium
3 Cup(s)

Spices & Herbs

basil
0.34 Cup(s)
black pepper
0.5 tsp

Sports & Diet Nutritional

trulean vegan plant based protein frosted vanilla cupcake
1 Scoop

Uncategorized

ezekiel 4:9 sprouted 100% whole grain bread by food for life



1 slice

Vegetables

baby carrots

45 large

broccoli, no salt, boiled

1.5 Cup(s)

garlic

1 clove

hearts of palm

0.5 Cup(s)

kale, no salt, boiled

4 Cup(s)

onions

1 small slice

portabella mushroom

2 cup

romaine lettuce

7 leaf

4 Cup(s)

roma tomatoes

2 Cup(s)

spinach, no salt, boiled

4 Cup(s)

summer squash, no salt, boiled

2 cup

sweet potato, no salt, baked

3 large

tomatoes

1.25 Cup(s)

Vegetarian Products

garden veggie tempeh

8 oz

italian herb chik'n patties, meat free

1.5 pattie

italian tofurky deli slices

12 slices

vegan chicken fillets, meat free

17 oz