



Eating right, simplified.

# 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

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**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



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### 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



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## 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



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## 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



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## 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



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## 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





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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	
* 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



# 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.



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## Nutrition Label

<b>Portabella Mushroom Burger With Bruschetta Topping</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>293</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.2g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 337.8mg	<b>14%</b>
<b>Total Carbohydrates</b> 42.9g	<b>14%</b>
Dietary Fiber 2.6g	<b>11%</b>
Total Sugar 7.7g	
<b>Protein</b> 9.8g	
<b>Vitamin D</b> 8.6IU	<b>1%</b>
<b>Calcium</b> 75mg	<b>8%</b>
<b>Iron</b> 4.6mg	<b>26%</b>
<b>Potassium</b> 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.	

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# 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

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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

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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 Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

1 Scoop

## Uncategorized

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

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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**