



Eating right, simplified.

1,200 Calorie Plan (Vegetarian) 4 meals/day

DAY 1

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	oatmeal, steel cut	1/3 Cup(s)	200 cal
	blueberries	1 Cup(s)	83 cal
	whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 58 g (62%) / **Protein** 14 g (15%) / **Fat** 11 g (25%) / **Fluid** 22

NOTES:

Snack 10:00 AM	drinking water	1 Cup(s)	0 cal
	tangerines/ mandarin oranges	1 medium	45 cal
	coconut water	1 Cup(s)	46 cal
	low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal

MEAL TOTAL: **Calories** 212 cal / **Carbs** 25 g (47%) / **Protein** 23 g (44%) / **Fat** 2 g (10%) / **Fluid** 23

NOTES:

Lunch 12:00 PM	tofurky deli slices	2 oz	109 cal
	triscuit crackers, light salt	4 crackers	80 cal
	tomatoes	1/4 Cup(s)	8 cal
	baby carrots	5 large	26 cal
	iced tea, green	16 fl. oz.	0 cal
	dijon mustard	1 tsp	5 cal
	whole wheat dinner rolls	1 roll	74 cal

MEAL TOTAL: **Calories** 303 cal / **Carbs** 42 g (56%) / **Protein** 19 g (26%) / **Fat** 7 g (22%) / **Fluid** 20

NOTES:

Dinner 6:00 PM	mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
	wild rice, cooked	3/4 Cup(s)	124 cal
	drinking water	2 Cup(s)	0 cal
	garden veggie tempeh	2 1/2 oz	157 cal

MEAL TOTAL: **Calories** 340 cal / **Carbs** 49 g (57%) / **Protein** 21 g (25%) / **Fat** 7 g (18%) / **Fluid** 22

NOTES:

DAY 1 TOTAL: Calories 1,229 cal / **Carbs** 174 g (57%) / **Protein** 78 g (25%) / **Fat** 27 g (20%) / **Fluid** 86

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DAY 2

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
kashi golean crunch cereal	1 Cup(s)	193 cal
skim milk with calcium	3/4 Cup(s)	65 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 349 cal / **Carbs** 49 g (56%) / **Protein** 21 g (24%) / **Fat** 10 g (26%) / **Fluid** 23

NOTES:

Snack

10:00 AM

honey peanut yogurt balance bar	1 bar	200 cal
medjool dates	1 date, pitted	66 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 266 cal / **Carbs** 40 g (60%) / **Protein** 15 g (23%) / **Fat** 7 g (24%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

salsa, ready to serve	2 Tbsp	10 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 cup, sliced	58 cal
whole wheat tortillas	1 tortilla	127 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal

MEAL TOTAL: **Calories** 309 cal / **Carbs** 45 g (58%) / **Protein** 13 g (17%) / **Fat** 10 g (29%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

vegan chicken fillets, meat free	3 oz	73 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
barley, cooked	3/4 Cup(s)	145 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal

MEAL TOTAL: **Calories** 307 cal / **Carbs** 54 g (70%) / **Protein** 16 g (21%) / **Fat** 5 g (16%) / **Fluid** 24

NOTES:

DAY 2 TOTAL: Calories 1,232 cal / **Carbs** 187 g (61%) / **Protein** 66 g (21%) / **Fat** 32 g (24%) / **Fluid** 84



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DAY 3

Breakfast

7:00 AM

smooth peanut butter, no salt	1 Tbsp	94 cal
whole wheat english muffin	1 muffin	134 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 340 cal / **Carbs** 56 g (65%) / **Protein** 12 g (14%) / **Fat** 10 g (26%) / **Fluid** 16

NOTES:

Snack

10:00 AM

bananas	1 small	90 cal
honey peanut yogurt balance bar	1 bar	200 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 45 g (62%) / **Protein** 16 g (22%) / **Fat** 7 g (23%) / **Fluid** 19

NOTES:

Snack

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
apples	1 small	55 cal
meat free bacon	2 slices	45 cal
romaine lettuce	2 leaf	2 cal
dijon mustard	1 tsp	5 cal
iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 283 cal / **Carbs** 36 g (51%) / **Protein** 11 g (15%) / **Fat** 11 g (35%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

vegan chicken strips, meat free	3 oz	217 cal
mango black bean salad	1/2 serving	208 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 39 g (37%) / **Protein** 25 g (24%) / **Fat** 20 g (43%) / **Fluid** 22

NOTES:

DAY 3 TOTAL: Calories 1,337 cal / **Carbs** 176 g (52%) / **Protein** 63 g (19%) / **Fat** 49 g (33%) / **Fluid** 76



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
oatmeal, steel cut	1/3 Cup(s)	200 cal
blueberries	1 Cup(s)	83 cal
almonds, slivered	1/4 oz	38 cal
skim milk with calcium	1/2 Cup(s)	43 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 66 g (72%) / **Protein** 13 g (15%) / **Fat** 6 g (16%) / **Fluid** 16

NOTES:

Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
tangerines/ mandarin oranges	2 medium	89 cal
low-fat cottage cheese, 1%	1/2 Cup(s)	81 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 216 cal / **Carbs** 34 g (64%) / **Protein** 17 g (32%) / **Fat** 2 g (9%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

mango black bean salad	1/2 serving	208 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	2 oz	145 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 36 g (41%) / **Protein** 19 g (22%) / **Fat** 16 g (41%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
vegan chicken fillets, meat free	4 oz	97 cal
drinking water	2 Cup(s)	0 cal
teriyaki tofu, baked	4 oz	181 cal

MEAL TOTAL: **Calories** 338 cal / **Carbs** 39 g (46%) / **Protein** 34 g (40%) / **Fat** 8 g (20%) / **Fluid** 19

NOTES:

DAY 4 TOTAL: Calories 1,270 cal / **Carbs** 175 g (55%) / **Protein** 84 g (26%) / **Fat** 32 g (23%) / **Fluid** 80



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DAY 5

Breakfast

7:00 AM

skim milk with calcium	1 Cup(s)	86 cal
kashi golean crunch cereal	1 Cup(s)	193 cal
drinking water	2 Cup(s)	0 cal
bananas	1 small	90 cal

MEAL TOTAL: **Calories** 370 cal / **Carbs** 74 g (80%) / **Protein** 18 g (20%) / **Fat** 4 g (9%) / **Fluid** 26

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
almonds, slivered	1/4 oz	38 cal
blueberries	3/4 Cup(s)	62 cal

MEAL TOTAL: **Calories** 222 cal / **Carbs** 23 g (41%) / **Protein** 23 g (42%) / **Fat** 4 g (18%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
tofurky deli slices	2 1/2 oz	136 cal
romaine lettuce	2 Cup(s)	16 cal
dijon mustard	2 tsp	10 cal
tomatoes	1/2 Cup(s)	16 cal
whole wheat dinner rolls	2 roll	149 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 45 g (50%) / **Protein** 25 g (27%) / **Fat** 10 g (25%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
black bean vegetable soup, low-fat	1 Cup(s)	140 cal
grilled vegetable sandwich	1/2 serving	168 cal

MEAL TOTAL: **Calories** 308 cal / **Carbs** 44 g (57%) / **Protein** 11 g (14%) / **Fat** 10 g (30%) / **Fluid** 20

NOTES:

DAY 5 TOTAL: Calories 1,263 cal / **Carbs** 186 g (59%) / **Protein** 77 g (24%) / **Fat** 29 g (20%) / **Fluid** 93



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DAY 6

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
salsa, ready to serve	2 Tbsp	10 cal
whole wheat tortillas	1 tortilla	127 cal
drinking water	2 Cup(s)	0 cal
apricots	2 apricot	34 cal
egg whites, cooked	2 large	34 cal

MEAL TOTAL: **Calories** 295 cal / **Carbs** 30 g (41%) / **Protein** 19 g (25%) / **Fat** 11 g (34%) / **Fluid** 23

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
bananas	1 small	90 cal

MEAL TOTAL: **Calories** 253 cal / **Carbs** 29 g (46%) / **Protein** 29 g (46%) / **Fat** 3 g (9%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

grilled vegetable sandwich	1/2 serving	168 cal
black bean vegetable soup, low-fat	1 Cup(s)	140 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 308 cal / **Carbs** 44 g (57%) / **Protein** 11 g (14%) / **Fat** 10 g (30%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

vegan chicken fillets, meat free	3 oz	73 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	6 oz	211 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
parmesan cheese, shredded	1 Tbsp	21 cal

MEAL TOTAL: **Calories** 346 cal / **Carbs** 60 g (69%) / **Protein** 26 g (30%) / **Fat** 4 g (11%) / **Fluid** 25

NOTES:

DAY 6 TOTAL: Calories 1,203 cal / **Carbs** 163 g (54%) / **Protein** 85 g (28%) / **Fat** 28 g (21%) / **Fluid** 94



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
whole eggs, scrambled	1 large	91 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 53 g (64%) / **Protein** 14 g (16%) / **Fat** 9 g (23%) / **Fluid** 18

NOTES:

Snack

10:00 AM

bananas	1 small	90 cal
drinking water	1 Cup(s)	0 cal
coconut water	1 Cup(s)	46 cal
fruit yogurt, non-fat	4 oz	108 cal

MEAL TOTAL: **Calories** 243 cal / **Carbs** 54 g (88%) / **Protein** 8 g (13%) / **Fat** 1 g (4%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

meat free bacon	2 slices	45 cal
dijon mustard	1 tsp	5 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	2 leaf	2 cal
olive oil, mayonnaise, light	1 tsp	16 cal
whole wheat tortillas	2 tortilla	254 cal
apples	1/2 small	28 cal

MEAL TOTAL: **Calories** 350 cal / **Carbs** 47 g (53%) / **Protein** 14 g (16%) / **Fat** 12 g (30%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
romaine lettuce	1 Cup(s)	8 cal
barley, cooked	1/2 Cup(s)	97 cal
garden veggie tempeh	3 oz	188 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 47 g (51%) / **Protein** 21 g (23%) / **Fat** 11 g (28%) / **Fluid** 22

NOTES:

DAY 7 TOTAL: Calories 1,296 cal / **Carbs** 200 g (62%) / **Protein** 57 g (18%) / **Fat** 33 g (23%) / **Fluid** 80



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2 Servings

mango black bean salad

Ingredients

green onions/scallions
4 medium

mangos
1 fruit

romaine lettuce
4 Cup(s)

red peppers
1/3 cup, chopped

sweet white corn, no salt, boiled
2/3 cup kernels

olive oil
2 Tbsp

black beans, no salt, boiled
1 1/2 Cup(s)

cumin ground
1 tsp

Nutrition Totals

Calories 831 / **Carbs** 119 g / **Protein** 31 g / **Fat** 31 g / **Fluid** 22.32 fl oz

Instructions

1. Whisk together olive oil, garlic, cumin, and chili powder (with salt & pepper to taste) in a small bowl.
2. Place romaine lettuce to large mixing bowl.
3. Add mango, red bell pepper, black beans, corn, green onions, drizzle dressing over mixture and toss to coat.



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Nutrition Label

Mango Black Bean Salad		
Amount Per Serving		
Calories		415
% Daily Value*		
Total Fat	15.4g	24%
Saturated Fat	2.2g	11%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	17mg	1%
Total Carbohydrates	59.4g	20%
Dietary Fiber	16.7g	67%
Total Sugar	16.9g	
Protein	15.2g	
Vitamin D	0IU	0%
Calcium	101.5mg	10%
Iron	4.5mg	25%
Potassium	1067.9mg	
* 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

grilled vegetable sandwich

Ingredients

pesto basil sauce, low-fat
1/4 Cup(s)

zucchini/summer squash
1 cup, chopped

olive oil
1 Tbsp

eggplant
3 cup, cubes

red peppers
1 cup, chopped

french bread
1 medium slice

Nutrition Totals

Calories 673 / **Carbs** 72 g / **Protein** 20 g / **Fat** 35 g / **Fluid** 16.91 fl oz

Instructions

1. Combine zucchini, eggplant, and red bell pepper in a bowl. <
2. Preheat grill for medium heat and lightly oil the grate.
3. Drain moisture from vegetable mixture. Brush vegetables with olive oil to coat; season with black pepper.
4. Cook vegetables on hot grill until tender, 2 to 3 minutes per side. Transfer to a bowl and set aside.
5. Toast cut sides of baguette in a toaster oven until golden brown, 2 to 3 minutes. Spread basil pesto evenly over toasted surface. Arrange grilled vegetables evenly onto 2 of the baguette halves. Top each with plum tomato slices; top sandwich with the remaining baguette pieces to serve.



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Nutrition Label

Grilled Vegetable Sandwich	
Amount Per Serving	
Calories	337
% Daily Value*	
Total Fat 17.4g	27%
Saturated Fat 3.2g	16%
Trans Fat 0g	
Cholesterol 7.4mg	2%
Sodium 444.6mg	19%
Total Carbohydrates 36.2g	12%
Dietary Fiber 7.6g	31%
Total Sugar 12.3g	
Protein 9.9g	
Vitamin D 0IU	0%
Calcium 140.3mg	14%
Iron 2.2mg	12%
Potassium 641.7mg	
* 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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Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium

3 Tbsp

dijon mustard

5 tsp

olive oil, mayonnaise, light

1 Tbsp

1 tsp

salsa, ready to serve

4 Tbsp

Beverages

coconut water

3 Cup(s)

drinking water

44 Cup(s)

iced tea, green

48 fl. oz.

Bread

french bread

0.5 medium slice

whole wheat dinner rolls

3 roll

whole wheat english muffin

2 muffin

whole wheat tortillas

5 tortilla

Cereal & Grain Products

barley, cooked

1.25 Cup(s)

kashi golean crunch cereal

2 Cup(s)

macaroni, cooked

6 oz

oatmeal, steel cut

0.66 Cup(s)

pesto basil sauce, low-fat

0.12 Cup(s)

wild rice, cooked

0.75 Cup(s)

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Cookies & Crackers

triscuit crackers, light salt
4 crackers

Dairy & Egg

egg whites, cooked
2 large
fruit yogurt, non-fat
4 oz
low-fat cottage cheese, 1%
3 Cup(s)
parmesan cheese, shredded
1 Tbsp
skim milk with calcium
2.25 Cup(s)
whole eggs, scrambled
4 large

Entrees

vegan chicken strips, meat free
5 oz

Fats & Oils

olive oil
1.5 Tbsp

Fruits & Juices

apples
1.5 small
apricots
2 apricot
avocados
0.25 cup, sliced
bananas
4 small
blueberries
2.75 Cup(s)
mangos
0.5 fruit
medjool dates
1 date, pitted

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Eating right, simplified.

orange juice
2 Cup(s)
tangerines/ mandarin oranges
3 medium

Legumes & Beans

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

Nuts & Seeds

almonds, slivered
0.5 oz
smooth peanut butter, no salt
1 Tbsp

Sausages & Meats

meat free bacon
4 slices

Soup

black bean vegetable soup, low-fat
2 Cup(s)

Spices & Herbs

cumin ground
0.5 tsp

Sports & Diet Nutritionals

honey peanut yogurt balance bar
2 bar

Vegetables

baby carrots
5 large
eggplant
1.5 cup, cubes
green onions/scallions
2 medium

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mixed vegetables, frozen no salt, boiled

2 Cup(s)

peas & carrots, no salt, boiled

2 Cup(s)

red peppers

0.66 cup, chopped

romaine lettuce

7 Cup(s)

4 leaf

spinach, no salt, boiled

1 Cup(s)

sweet white corn, no salt, boiled

0.34 cup kernels

tomatoes

0.75 Cup(s)

zucchini/summer squash

0.5 cup, chopped

Vegetarian Products

garden veggie tempeh

5.5 oz

teriyaki tofu, baked

4 oz

tofurky deli slices

4.5 oz

vegan chicken fillets, meat free

10 oz

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