



Eating right, simplified.

# 1,200 Calorie Plan (Vegan) 4meals/day

## DAY 1

### Breakfast

7:00 AM

tofurky franks	2 oz	164 cal
oat bran, cooked	1 1/2 Cup(s)	131 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 407 cal / **Carbs** 71 g (58%) / **Protein** 26 g (22%) / **Fat** 11 g (20%) / **Fluid** 25

NOTES:

### Snack

10:00 AM

tofurky jurky	1 1/2 oz	152 cal
nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 212 cal / **Carbs** 28 g (51%) / **Protein** 20 g (35%) / **Fat** 3 g (14%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

american soy cheese, sliced	1 slice	70 cal
dijon mustard	1 tsp	5 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 1/2 tortilla	191 cal
peppered tofurky deli slices	2 oz	109 cal

MEAL TOTAL: **Calories** 385 cal / **Carbs** 38 g (41%) / **Protein** 23 g (24%) / **Fat** 14 g (35%) / **Fluid** 18

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
extra virgin olive oil	1/2 tsp	20 cal
quinoa, cooked	3/4 Cup(s)	167 cal
vegan turkey with sage, meat free	8 oz	75 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 42 g (57%) / **Protein** 17 g (23%) / **Fat** 7 g (20%) / **Fluid** 22

NOTES:

**DAY 1 TOTAL: Calories** 1,293 cal / **Carbs** 179 g (52%) / **Protein** 86 g (25%) / **Fat** 36 g (23%) / **Fluid** 85

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## DAY 2

### Breakfast

7:00 AM

cereals, kashi 7 whole grain nuggets	1 Cup(s)	138 cal
strawberries	1 Cup(s)	46 cal
drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal

MEAL TOTAL: **Calories** 288 cal / **Carbs** 59 g (76%) / **Protein** 7 g (9%) / **Fat** 5 g (15%) / **Fluid** 24

NOTES:

### Snack

10:00 AM

apples	1 small	55 cal
almond butter	1 1/2 Tbsp	150 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 205 cal / **Carbs** 19 g (37%) / **Protein** 5 g (9%) / **Fat** 12 g (54%) / **Fluid** 19

NOTES:

### Lunch

12:00 PM

mayonnaise, made with tofu	1/2 Tbsp	24 cal
whole-wheat pita bread	1 small	74 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
romaine lettuce	2 leaf	2 cal
vegan chicken strips, meat free	2 oz	145 cal

MEAL TOTAL: **Calories** 324 cal / **Carbs** 41 g (48%) / **Protein** 17 g (20%) / **Fat** 12 g (32%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
mustard greens, no salt, boiled	1 cup	36 cal
vegan chicken strips, meat free	3 oz	217 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 445 cal / **Carbs** 44 g (38%) / **Protein** 27 g (23%) / **Fat** 20 g (39%) / **Fluid** 22

NOTES:

**DAY 2 TOTAL: Calories** 1,262 cal / **Carbs** 163 g (49%) / **Protein** 55 g (17%) / **Fat** 50 g (34%) / **Fluid** 89



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### DAY 3

#### Breakfast

7:00 AM

almond butter	1 Tbsp	100 cal
nectarines	1 fruit	60 cal
drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
whole wheat raisin bread	1 slice	130 cal

MEAL TOTAL: **Calories** 359 cal / **Carbs** 56 g (61%) / **Protein** 9 g (10%) / **Fat** 12 g (29%) / **Fluid** 20

NOTES:

#### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
pecan granola bars	1 bars	95 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 150 cal / **Carbs** 29 g (73%) / **Protein** 2 g (6%) / **Fat** 4 g (21%) / **Fluid** 19

NOTES:

#### Lunch

12:00 PM

balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
iced tea, green	16 fl. oz.	0 cal
chicken nuggets, meat free	2 oz	158 cal
whole wheat dinner rolls	2 roll	149 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 47 g (45%) / **Protein** 15 g (15%) / **Fat** 18 g (40%) / **Fluid** 20

NOTES:

#### Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
vegan chicken strips, meat free	3 oz	217 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 38 g (36%) / **Protein** 23 g (22%) / **Fat** 20 g (42%) / **Fluid** 18

NOTES:

**DAY 3 TOTAL: Calories** 1,308 cal / **Carbs** 170 g (50%) / **Protein** 50 g (15%) / **Fat** 53 g (35%) / **Fluid** 77



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## DAY 4

### Breakfast

7:00 AM

cereals, kashi 7 whole grain nuggets	1 Cup(s)	138 cal
drinking water	2 Cup(s)	0 cal
strawberries	1 Cup(s)	46 cal
almond beverage with calcium	1 Cup(s)	69 cal
tofurky franks	1 oz	82 cal

MEAL TOTAL: **Calories** 335 cal / **Carbs** 57 g (65%) / **Protein** 13 g (15%) / **Fat** 8 g (20%) / **Fluid** 28

NOTES:

### Snack

10:00 AM

mixed berry soy yogurt	3 oz	90 cal
nectarines	1 fruit	60 cal
almonds	1/4 oz	41 cal
drinking water	2 Cup(s)	0 cal
hemp protein	1 Tbsp	60 cal

MEAL TOTAL: **Calories** 250 cal / **Carbs** 36 g (55%) / **Protein** 13 g (20%) / **Fat** 7 g (25%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
quinoa chili, vegan	1 serving	230 cal
american soy cheese, sliced	1 slice	70 cal
whole-wheat pita bread	1/2 small	37 cal

MEAL TOTAL: **Calories** 337 cal / **Carbs** 43 g (49%) / **Protein** 13 g (16%) / **Fat** 13 g (35%) / **Fluid** 16

NOTES:

### Dinner

6:00 PM

vegan chicken strips, meat free	2 oz	145 cal
navy beans, no salt, boiled	1/3 Cup(s)	85 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
mustard greens, no salt, boiled	1/3 cup	12 cal
wild rice, cooked	2/3 Cup(s)	110 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 47 g (44%) / **Protein** 22 g (21%) / **Fat** 16 g (35%) / **Fluid** 21

NOTES:

**DAY 4 TOTAL: Calories** 1,335 cal / **Carbs** 184 g (53%) / **Protein** 63 g (18%) / **Fat** 45 g (29%) / **Fluid** 86



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## DAY 5

### Breakfast

7:00 AM

tofurky franks	1 oz	82 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
oat bran, cooked	1 1/2 Cup(s)	131 cal

MEAL TOTAL: **Calories** 325 cal / **Carbs** 67 g (65%) / **Protein** 19 g (19%) / **Fat** 7 g (16%) / **Fluid** 25

NOTES:

### Snack

10:00 AM

pecan granola bars	1 bars	95 cal
almond butter	1/2 Tbsp	50 cal
drinking water	2 Cup(s)	0 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 200 cal / **Carbs** 31 g (60%) / **Protein** 4 g (7%) / **Fat** 8 g (33%) / **Fluid** 19

NOTES:

### Lunch

12:00 PM

vegan chicken strips, meat free	2 oz	145 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	1 roll	74 cal
balsamic vinegar	1/2 Tbsp	7 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 25 g (32%) / **Protein** 15 g (20%) / **Fat** 17 g (48%) / **Fluid** 20

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
vegan fajitas	1/2 serving	220 cal
black beans, no salt, boiled	1 Cup(s)	227 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 72 g (62%) / **Protein** 23 g (20%) / **Fat** 9 g (18%) / **Fluid** 24

NOTES:

**DAY 5 TOTAL: Calories** 1,274 cal / **Carbs** 195 g (56%) / **Protein** 62 g (18%) / **Fat** 41 g (26%) / **Fluid** 88



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## DAY 6

### Breakfast

7:00 AM

almond butter	1 Tbsp	100 cal
almond beverage with calcium	1 Cup(s)	69 cal
drinking water	1 Cup(s)	0 cal
whole wheat raisin bread	1 1/2 slice	195 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 56 g (60%) / **Protein** 10 g (11%) / **Fat** 12 g (29%) / **Fluid** 16

NOTES:

### Snack

10:00 AM

tofurky jurky	1 1/2 oz	152 cal
drinking water	2 Cup(s)	0 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 212 cal / **Carbs** 28 g (51%) / **Protein** 20 g (35%) / **Fat** 3 g (14%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
vegan fajitas	1/2 serving	220 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 52 g (60%) / **Protein** 16 g (18%) / **Fat** 9 g (22%) / **Fluid** 23

NOTES:

### Dinner

6:00 PM

wild rice, cooked	1 1/2 Cup(s)	248 cal
summer squash, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
vegan turkey with sage, meat free	10 oz	94 cal

MEAL TOTAL: **Calories** 379 cal / **Carbs** 69 g (70%) / **Protein** 23 g (23%) / **Fat** 3 g (7%) / **Fluid** 28

NOTES:

**DAY 6 TOTAL: Calories** 1,288 cal / **Carbs** 205 g (62%) / **Protein** 68 g (20%) / **Fat** 27 g (18%) / **Fluid** 86



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## DAY 7

### Breakfast

7:00 AM

cereals, kashi 7 whole grain nuggets	1 Cup(s)	46 cal
drinking water	2 Cup(s)	0 cal
strawberries	1 Cup(s)	46 cal
almond beverage with calcium	1 Cup(s)	69 cal
tofurky franks	1 oz	82 cal

MEAL TOTAL: **Calories** 243 cal / **Carbs** 37 g (58%) / **Protein** 10 g (16%) / **Fat** 7 g (26%) / **Fluid** 33

NOTES:

### Snack

10:00 AM

hummus, lower sodium	3 Tbsp	78 cal
drinking water	2 Cup(s)	0 cal
baby carrots	20 large	105 cal

MEAL TOTAL: **Calories** 183 cal / **Carbs** 31 g (65%) / **Protein** 6 g (12%) / **Fat** 5 g (23%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

peppered tofurky deli slices	3 oz	164 cal
tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	2 leaf	2 cal
dijon mustard	1 tsp	5 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
american soy cheese, sliced	1 slice	70 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 33 g (36%) / **Protein** 28 g (30%) / **Fat** 14 g (34%) / **Fluid** 20

NOTES:

### Dinner

6:00 PM

quinoa, cooked	3/4 Cup(s)	167 cal
chicken nuggets, meat free	3 oz	237 cal
drinking water	2 Cup(s)	0 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 432 cal / **Carbs** 56 g (50%) / **Protein** 21 g (19%) / **Fat** 15 g (31%) / **Fluid** 22

NOTES:

**DAY 7 TOTAL: Calories** 1,242 cal / **Carbs** 157 g (50%) / **Protein** 65 g (21%) / **Fat** 41 g (29%) / **Fluid** 100



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2 Servings



# shell pasta with artichokes in garlic & olive oil

## Ingredients

garlic  
2 clove

olive oil  
2 Tbsp

pasta shells  
1 1/3 Cup(s)

artichokes  
2 medium

## Nutrition Totals

**Calories** 768 / **Carbs** 113 g / **Protein** 23 g / **Fat** 29 g / **Fluid** 7 fl oz

## Instructions

1. Bring a pot of lightly salted water to a boil. Add seashell pasta, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the olive oil in a skillet over medium heat. Mix in the garlic, basil, and artichoke hearts, and cook 5 minutes, until heated through. Toss with the cooked pasta to serve.





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## Nutrition Label

<b>Shell Pasta With Artichokes In Garlic &amp; Olive Oil</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>384</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14.3g	<b>22%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 121.1mg	<b>5%</b>
<b>Total Carbohydrates</b> 56.4g	<b>19%</b>
Dietary Fiber 8.9g	<b>36%</b>
Total Sugar 2.6g	
<b>Protein</b> 11.7g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 75.2mg	<b>8%</b>
<b>Iron</b> 4.1mg	<b>23%</b>
<b>Potassium</b> 485.7mg	
* 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

## vegan fajitas

### Ingredients

corn tortillas, no salt  
2 tortilla

sweet green peppers  
2/3 medium

zucchini/summer squash  
1/2 small

summer squash  
3/4 cup

olive oil  
1 Tbsp

black beans, no salt, boiled  
1 1/3 Cup(s)

corn sweet yellow raw  
1 1/3 Cup(s)

olive oil  
1 Tbsp

distilled vinegar  
2 tsp

chili powder  
1/2 tsp

### Nutrition Totals

**Calories** 879 / **Carbs** 126 g / **Protein** 33 g / **Fat** 33 g / **Fluid** 19 fl oz

### Instructions

1. In a large bowl combine olive oil, vinegar, oregano, and chili powder. To the marinade add the zucchini, yellow squash, onion, and peppers. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.
2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.
3. Serve in corn or flour tortillas



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## Nutrition Label

Vegan Fajitas	
Amount Per Serving	
Calories	439
% Daily Value*	
Total Fat 16.4g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35.1mg	1%
Total Carbohydrates 63g	21%
Dietary Fiber 15g	60%
Total Sugar 9g	
Protein 16.2g	
Vitamin D 0IU	0%
Calcium 96mg	10%
Iron 3.8mg	22%
Potassium 994.1mg	
* 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

dijon mustard  
2 tsp  
mayonnaise, made with tofu  
0.5 Tbsp

## Beverages

almond beverage with calcium  
5.5 Cup(s)  
drinking water  
47 Cup(s)  
iced tea, green  
32 fl. oz.

## Bread

corn tortillas, no salt  
1 tortilla  
whole-wheat pita bread  
1.5 small  
whole wheat dinner rolls  
3 roll  
whole wheat raisin bread  
2.5 slice  
whole wheat tortillas  
2.5 tortilla

## Cereal & Grain Products

cereals, kashi 7 whole grain nuggets  
3 Cup(s)  
oat bran, cooked  
3 Cup(s)  
pasta shells  
0.66 Cup(s)  
quinoa, cooked  
1.5 Cup(s)  
wild rice, cooked  
2.17 Cup(s)

## Dairy & Egg

american soy cheese, sliced

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3 slice

## Desserts

mixed berry soy yogurt

3 oz

## Entrees

quinoa chili, vegan

1 serving

vegan chicken strips, meat free

12 oz

## Fats & Oils

extra virgin olive oil

0.5 tsp

1.5 Tbsp

olive oil

2 Tbsp

## Fruits & Juices

apples

3 small

nectarines

4 fruit

orange juice

2 Cup(s)

strawberries

3 Cup(s)

## Ingredients

balsamic vinegar

1 Tbsp

distilled vinegar

1 tsp

## Legumes & Beans

black beans, no salt, boiled

2.16 Cup(s)

hummus, lower sodium

3 Tbsp

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navy beans, no salt, boiled  
0.33 Cup(s)

## Nuts & Seeds

almond butter  
4 Tbsp  
almonds  
0.25 oz

## Snacks

pecan granola bars  
2 bars

## Spices & Herbs

chili powder  
0.26 tsp

## Sports & Diet Nutritionals

hemp protein  
1 Tbsp

## Uncategorized

corn sweet yellow raw  
0.66 Cup(s)

## Vegetables

artichokes  
1 medium  
baby carrots  
35 large  
brussels sprouts, no salt, boiled  
2 Cup(s)  
garlic  
1 clove  
mustard greens, no salt, boiled  
1.33 cup  
romaine lettuce  
6 leaf  
4 Cup(s)  
summer squash

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0.38 cup

summer squash, no salt, boiled

1 cup

sweet green peppers

0.34 medium

tomatoes

0.75 Cup(s)

zucchini/summer squash

0.26 small

## Vegetarian Products

chicken nuggets, meat free

5 oz

peppered tofurky deli slices

5 oz

tofurky franks

5 oz

tofurky jurky

3 oz

vegan turkey with sage, meat free

18 oz