



Eating right, simplified.

1,700 Calorie Plan (Vegetarian 2) 4 meals/day

DAY 1

Breakfast

7:00 AM

| | | |
|--------------------------------------|-----------|---------|
| drinking water | 16 fl oz | 0 cal |
| fbbc blueberry muffin smoothie-vegan | 1 serving | 404 cal |
| egg, hard boiled | 2 large | 155 cal |

MEAL TOTAL: **Calories** 559 cal / **Carbs** 36 g (25%) / **Protein** 44 g (31%) / **Fat** 28 g (44%) / **Fluid** 19

NOTES:

Snack

10:00 AM

| | | |
|----------------------------|-----------|---------|
| drinking water | 8 fl oz | 0 cal |
| cashews | 1 oz | 157 cal |
| plain greek yogurt, nonfat | 10 oz | 167 cal |
| apricots | 6 apricot | 101 cal |

MEAL TOTAL: **Calories** 425 cal / **Carbs** 42 g (38%) / **Protein** 37 g (33%) / **Fat** 14 g (29%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

| | | |
|------------------------------|------------|---------|
| iced tea, green | 16 fl oz | 0 cal |
| chickpeas pasta by banza | 1 serving | 220 cal |
| marinara sauce, low-sodium | 1/3 Cup(s) | 13 cal |
| mozzarella cheese, skim milk | 1 oz | 72 cal |

MEAL TOTAL: **Calories** 305 cal / **Carbs** 36 g (48%) / **Protein** 20 g (27%) / **Fat** 8 g (25%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

| | | |
|--|--------------|---------|
| mixed vegetables, frozen no salt, boiled | 1 Cup(s) | 59 cal |
| brown rice, cooked | 1 Cup(s) | 218 cal |
| drinking water | 16 fl oz | 0 cal |
| edamame soybeans, shelled | 1 1/4 Cup(s) | 150 cal |

MEAL TOTAL: **Calories** 428 cal / **Carbs** 68 g (64%) / **Protein** 20 g (19%) / **Fat** 8 g (17%) / **Fluid** 23

NOTES:

DAY 1 TOTAL: Calories 1,717 cal / **Carbs** 182 g (42%) / **Protein** 121 g (28%) / **Fat** 59 g (30%) / **Fluid** 82



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DAY 2

Breakfast

7:00 AM

| | | |
|---------------------------------------|-----------|---------|
| drinking water | 16 fl oz | 0 cal |
| fbbc cherry almond butter shake-vegan | 1 serving | 413 cal |
| whole wheat english muffin | 1 muffin | 134 cal |
| butter, no salt | 1 tsp | 34 cal |

MEAL TOTAL: **Calories** 582 cal / **Carbs** 59 g (38%) / **Protein** 35 g (23%) / **Fat** 26 g (39%) / **Fluid** 18

NOTES:

Snack

10:00 AM

| | | |
|---|----------|---------|
| drinking water | 16 fl oz | 0 cal |
| apples | 1 large | 110 cal |
| cashews | 1 oz | 157 cal |
| cheese stringles cheese stringles string low moist... | 1 unit | 80 cal |

MEAL TOTAL: **Calories** 347 cal / **Carbs** 38 g (41%) / **Protein** 13 g (14%) / **Fat** 19 g (45%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

| | | |
|------------------------------|------------|---------|
| salsa, ready to serve | 2 Tbsp | 10 cal |
| drinking water | 16 fl oz | 0 cal |
| avocados | 1/3 cup | 78 cal |
| whole wheat tortillas | 1 tortilla | 127 cal |
| black beans, no salt, boiled | 1 Cup(s) | 227 cal |

MEAL TOTAL: **Calories** 442 cal / **Carbs** 66 g (58%) / **Protein** 21 g (18%) / **Fat** 12 g (24%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

| | | |
|------------------------------|------------|---------|
| drinking water | 16 fl oz | 0 cal |
| super easy vegetarian chili | 1 serving | 278 cal |
| sweet potato, no salt, baked | 1/2 medium | 51 cal |

MEAL TOTAL: **Calories** 330 cal / **Carbs** 53 g (62%) / **Protein** 15 g (18%) / **Fat** 8 g (20%) / **Fluid** 19

NOTES:

DAY 2 TOTAL: Calories 1,700 cal / **Carbs** 216 g (48%) / **Protein** 84 g (19%) / **Fat** 65 g (33%) / **Fluid** 82



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DAY 3

Breakfast

7:00 AM

| | | |
|---------------------------------------|-----------|---------|
| drinking water | 8 fl oz | 0 cal |
| fbbc cherry almond butter shake-vegan | 1 serving | 413 cal |
| whole wheat english muffin | 1 muffin | 134 cal |
| smooth peanut butter, no salt | 2 Tbsp | 188 cal |

MEAL TOTAL: **Calories** 736 cal / **Carbs** 65 g (33%) / **Protein** 43 g (22%) / **Fat** 39 g (45%) / **Fluid** 10

NOTES:

Snack

10:00 AM

| | | |
|----------------------------|-------------|---------|
| drinking water | 16 fl oz | 0 cal |
| cherries | 10 cherry | 43 cal |
| plain greek yogurt, nonfat | 1 container | 100 cal |

MEAL TOTAL: **Calories** 143 cal / **Carbs** 17 g (46%) / **Protein** 18 g (49%) / **Fat** 1 g (5%) / **Fluid** 23

NOTES:

Snack

12:00 PM

| | | |
|------------------------------|------------|---------|
| whole wheat tortillas | 1 tortilla | 127 cal |
| mushrooms | 1 cup | 15 cal |
| romaine lettuce | 2 leaf | 2 cal |
| black beans, no salt, boiled | 1/2 Cup(s) | 114 cal |
| iced tea, green | 16 fl oz | 0 cal |
| hummus | 4 Tbsp | 110 cal |

MEAL TOTAL: **Calories** 368 cal / **Carbs** 54 g (58%) / **Protein** 17 g (18%) / **Fat** 10 g (24%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

| | | |
|-------------------------------|-------------|---------|
| mango black bean salad | 1/2 serving | 208 cal |
| drinking water | 16 fl oz | 0 cal |
| quinoa, cooked | 1 Cup(s) | 222 cal |
| sugar snap peas by marketside | 1 Cup(s) | 40 cal |

MEAL TOTAL: **Calories** 470 cal / **Carbs** 76 g (64%) / **Protein** 18 g (15%) / **Fat** 11 g (21%) / **Fluid** 26

NOTES:

DAY 3 TOTAL: Calories 1,716 cal / **Carbs** 213 g (47%) / **Protein** 96 g (22%) / **Fat** 61 g (31%) / **Fluid** 81



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DAY 4

Breakfast

7:00 AM

| | | |
|--------------------|------------|---------|
| drinking water | 8 fl oz | 0 cal |
| oatmeal, steel cut | 1/2 Cup(s) | 300 cal |
| peaches | 1 small | 31 cal |
| almonds, slivered | 1 oz | 153 cal |

MEAL TOTAL: **Calories** 484 cal / **Carbs** 72 g (60%) / **Protein** 17 g (14%) / **Fat** 14 g (26%) / **Fluid** 10

NOTES:

Snack

10:00 AM

| | | |
|----------------------------|-----------|---------|
| plain greek yogurt, nonfat | 8 oz | 134 cal |
| apricots | 8 apricot | 134 cal |
| drinking water | 8 fl oz | 0 cal |

MEAL TOTAL: **Calories** 268 cal / **Carbs** 39 g (56%) / **Protein** 27 g (38%) / **Fat** 2 g (6%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

| | | |
|------------------------|-----------|---------|
| mango black bean salad | 1 serving | 415 cal |
| drinking water | 16 fl oz | 0 cal |

MEAL TOTAL: **Calories** 415 cal / **Carbs** 59 g (54%) / **Protein** 15 g (14%) / **Fat** 15 g (32%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

| | | |
|------------------------|-----------|---------|
| drinking water | 16 fl oz | 0 cal |
| vegetable gnocchi soup | 1 serving | 349 cal |
| teriyaki tofu, baked | 4 oz | 181 cal |

MEAL TOTAL: **Calories** 530 cal / **Carbs** 79 g (56%) / **Protein** 28 g (20%) / **Fat** 15 g (24%) / **Fluid** 22

NOTES:

DAY 4 TOTAL: Calories 1,698 cal / **Carbs** 251 g (56%) / **Protein** 87 g (20%) / **Fat** 46 g (24%) / **Fluid** 82



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DAY 5

Breakfast

7:00 AM

| | | |
|-------------------------------|----------|---------|
| whole wheat bagel | 1 bagel | 250 cal |
| drinking water | 16 fl oz | 0 cal |
| grapefruit | 1 fruit | 52 cal |
| smooth peanut butter, no salt | 1 Tbsp | 94 cal |

MEAL TOTAL: **Calories** 396 cal / **Carbs** 65 g (64%) / **Protein** 16 g (15%) / **Fat** 10 g (21%) / **Fluid** 20

NOTES:

Snack

10:00 AM

| | | |
|-------------------------------|------------|---------|
| drinking water | 16 fl oz | 0 cal |
| carrots | 5 small | 103 cal |
| hummus | 4 Tbsp | 110 cal |
| triscuit crackers, light salt | 8 crackers | 160 cal |

MEAL TOTAL: **Calories** 372 cal / **Carbs** 63 g (64%) / **Protein** 9 g (10%) / **Fat** 11 g (26%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

| | | |
|---------------------------------------|-----------|---------|
| drinking water | 16 fl oz | 0 cal |
| fbbc cherry almond butter shake-vegan | 1 serving | 413 cal |

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

| | | |
|------------------------------------|-----------|---------|
| drinking water | 16 fl oz | 0 cal |
| black bean vegetable soup, low-fat | 1 Cup(s) | 140 cal |
| grilled vegetable sandwich | 1 serving | 337 cal |
| sugar snap peas by marketside | 1 Cup(s) | 40 cal |

MEAL TOTAL: **Calories** 517 cal / **Carbs** 69 g (53%) / **Protein** 18 g (14%) / **Fat** 19 g (33%) / **Fluid** 24

NOTES:

DAY 5 TOTAL: Calories 1,698 cal / **Carbs** 230 g (53%) / **Protein** 73 g (16%) / **Fat** 61 g (31%) / **Fluid** 86



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DAY 6

Breakfast

7:00 AM

| | | |
|-----------------------|-------------|---------|
| salsa, ready to serve | 4 Tbsp | 19 cal |
| whole wheat tortillas | 1 tortilla | 127 cal |
| drinking water | 16 fl oz | 0 cal |
| blackberries | 1 Cup(s) | 62 cal |
| egg whites, cooked | 5 large | 86 cal |
| avocados | 1/3 avocado | 107 cal |

MEAL TOTAL: **Calories** 401 cal / **Carbs** 44 g (43%) / **Protein** 26 g (25%) / **Fat** 15 g (32%) / **Fluid** 29

NOTES:

Snack

10:00 AM

| | | |
|---|-----------|---------|
| drinking water | 16 fl oz | 0 cal |
| hummus | 4 Tbsp | 110 cal |
| triscuit crackers baked whole grain wheat rosemary... | 3 serving | 360 cal |

MEAL TOTAL: **Calories** 470 cal / **Carbs** 72 g (58%) / **Protein** 12 g (10%) / **Fat** 17 g (32%) / **Fluid** 17

NOTES:

Lunch

12:00 PM

| | | |
|----------------------------|------------|---------|
| drinking water | 16 fl oz | 0 cal |
| chickpeas pasta by banza | 1 serving | 220 cal |
| marinara sauce, low-sodium | 1/3 Cup(s) | 13 cal |
| parmesan cheese, grated | 1 Tbsp | 22 cal |

MEAL TOTAL: **Calories** 255 cal / **Carbs** 36 g (57%) / **Protein** 15 g (24%) / **Fat** 5 g (19%) / **Fluid** 16

NOTES:

Dinner

6:00 PM

| | | |
|----------------------------|---------------|---------|
| drinking water | 16 fl oz | 0 cal |
| macaroni, cooked | 8 oz | 281 cal |
| parmesan cheese, shredded | 2 1/4 Tbsp | 47 cal |
| baked potato, no salt | 1 small | 128 cal |
| plain greek yogurt, nonfat | 1/4 container | 25 cal |
| broccoli | 1 cup | 31 cal |

MEAL TOTAL: **Calories** 512 cal / **Carbs** 97 g (72%) / **Protein** 27 g (20%) / **Fat** 5 g (8%) / **Fluid** 29

NOTES:

DAY 6 TOTAL: Calories 1,638 cal / **Carbs** 249 g (59%) / **Protein** 80 g (19%) / **Fat** 42 g (22%) / **Fluid** 91



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DAY 7

Breakfast

7:00 AM

| | | |
|--|------------|---------|
| drinking water | 8 fl oz | 0 cal |
| fbbc cherry almond butter shake-vegan | 1 serving | 413 cal |
| old fashioned rolled oats, gluten free | 3/4 Cup(s) | 95 cal |

MEAL TOTAL: **Calories** 508 cal / **Carbs** 48 g (36%) / **Protein** 33 g (25%) / **Fat** 23 g (39%) / **Fluid** 9

NOTES:

Snack

10:00 AM

| | | |
|-----------------------|---------|---------|
| cantaloupe melon | 1 cup | 54 cal |
| drinking water | 8 fl oz | 0 cal |
| fruit yogurt, non-fat | 9 oz | 242 cal |

MEAL TOTAL: **Calories** 297 cal / **Carbs** 62 g (81%) / **Protein** 13 g (17%) / **Fat** 1 g (2%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

| | | |
|------------------------------|------------|---------|
| iced tea, green | 16 fl oz | 0 cal |
| garden veggie tempeh | 6 oz | 376 cal |
| black beans, no salt, boiled | 3/4 Cup(s) | 170 cal |
| soy sauce, low-sodium | 1 Tbsp | 10 cal |
| broccoli | 1 cup | 31 cal |
| sesame oil, salad or cooking | 1 1/2 tsp | 60 cal |

MEAL TOTAL: **Calories** 647 cal / **Carbs** 63 g (38%) / **Protein** 48 g (30%) / **Fat** 23 g (32%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

| | | |
|---|------------|---------|
| balsamic vinaigrette salad dressing, lower sodium | 1 Tbsp | 35 cal |
| drinking water | 16 fl oz | 0 cal |
| spinach | 2 Cup(s) | 14 cal |
| pitted kalamata olives | 6 olives | 45 cal |
| cucumber | 1/2 cup | 3 cal |
| quinoa, cooked | 3/4 Cup(s) | 167 cal |

MEAL TOTAL: **Calories** 263 cal / **Carbs** 36 g (55%) / **Protein** 8 g (12%) / **Fat** 10 g (33%) / **Fluid** 22

NOTES:

DAY 7 TOTAL: Calories 1,715 cal / **Carbs** 209 g (48%) / **Protein** 101 g (23%) / **Fat** 56 g (29%) / **Fluid** 72



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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 | |
| * 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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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 | |
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4 Servings

super easy vegetarian chili

Ingredients

canned beans organic plain beans organic black beans by 365 by eden foods
15 oz

canned beans organic plain kidney by eden foods
15 oz

muir glen tomatoes muir glen organic diced tomatoes fire roasted by general mills
15 oz

onions
1/2 medium

garlic
3 cloves

red peppers
1 medium

extra virgin olive oil
2 Tbsp

broths organic vegetable broth by pacific natural foods
1/4 Cup(s)

chili powder
6 tsp

himalayan pink salt by kirkland signature
1/2 tsp

black pepper
1/2 tsp

Nutrition Totals

Calories 1113 / **Carbs** 165 g / **Protein** 57 g / **Fat** 31 g / **Fluid** 6 fl oz

Instructions

Ingredients

1 15 oz. can black or pinto beans, drained
1 15 oz. can kidney beans, drained
1 15 oz. can diced tomatoes (do not drain)
1/2 onion, diced
3 cloves garlic, minced
1 bell pepper, diced (any color)
2 tbsp. olive oil
1/4 cup vegetable broth
2 tbsp. chili powder
1/2 tsp. salt (or to taste)
1/2 tsp. pepper (or to taste)

Instructions

-In a medium or large soup pot, sautee the onion, bell pepper and garlic in the olive oil for 3 to five minutes, until the onions are soft, stirring occasionally.
-Next, add in the undrained tomatoes, the vegetable broth and the chili powder and stir.
-Reduce heat to medium low and add beans. Stir occasionally and cook for at least 20 minutes. The longer you cook chili the



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better, but if you're pressed for time, 20 minutes is fine.

-For a spicier chili, add cayenne pepper and red pepper flakes.



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Nutrition Label

| Super Easy Vegetarian Chili | |
|---|-----|
| Amount Per Serving | |
| Calories | 278 |
| % Daily Value* | |
| Total Fat 7.6g | 12% |
| Saturated Fat 1.1g | 6% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 603.4mg | 25% |
| Total Carbohydrates 41.2g | 14% |
| Dietary Fiber 14.6g | 58% |
| Total Sugar 5.5g | |
| Protein 14.2g | |
| Vitamin D 0IU | 0% |
| Calcium 171.2mg | 17% |
| Iron 4.1mg | 23% |
| Potassium 937.1mg | |
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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

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

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 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. | |



4 Servings

vegetable gnocchi soup

Ingredients

onions
1 cup

garlic
4 cloves

basil
1/2 Cup(s)

chickpeas (garbanzo beans), canned
4 oz

extra virgin olive oil
2 Tbsp

crushed red pepper flakes
1/8 tsp

vegetable broth soup, low sodium
28 oz

tomatoes red ripe canned stewed
15 oz

kosher salt
1/8 tsp

black pepper
1/4 tsp

green snap beans
1 1/2 Cup(s)

potato gnocchi
2 Cup(s)

fresh spinach
4 Cup(s)

Nutrition Totals

Calories 1394 / **Carbs** 250 g / **Protein** 38 g / **Fat** 36 g / **Fluid** 22 fl oz

Instructions

1. Chop onions, mince garlic, and finely shred half of the basil (reserve the other half for garnish).
2. Heat olive oil in large pot over medium heat. Saute onions until cooked through.
3. Add in garlic and basil and cook for an additional 2 minutes.
4. Add in drained and rinsed chickpeas, broth, tomatoes and spices. Bring to a boil.
5. Reduce to a simmer and then add in green beans. Simmer until green beans are tender.
6. Add in gnocchi and cook an additional 5 minutes, or until gnocchi are tender.
7. Turn off heat and add in fresh spinach.
8. Divide soup into 4 bowls; garnish with remaining basil leaves.



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Nutrition Label

| Vegetable Gnocchi Soup | |
|---|-----|
| Amount Per Serving | |
| Calories | 349 |
| % Daily Value* | |
| Total Fat 9g | 14% |
| Saturated Fat 1.1g | 6% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1047.8mg | 44% |
| Total Carbohydrates 62.4g | 21% |
| Dietary Fiber 10.1g | 41% |
| Total Sugar 8.3g | |
| Protein 9.4g | |
| Vitamin D 0IU | 0% |
| Calcium 135.6mg | 14% |
| Iron 5.4mg | 30% |
| Potassium 409.3mg | |
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2 Servings

grilled vegetable sandwich

Ingredients

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

zucchini/summer squash
1 cup

olive oil
1 Tbsp

eggplant
3 cup

red peppers
1 cup

french bread
1 medium slice

Nutrition Totals

Calories 673 / Carbs 72 g / Protein 20 g / Fat 35 g / Fluid 17 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

1 Tbsp

kosher salt

0.03 tsp

marinara sauce, low-sodium

0.66 Cup(s)

salsa, ready to serve

6 Tbsp

soy sauce, low-sodium

1 Tbsp

Beverages

almond milk (unsweetened)

5 cup(s)

drinking water

352 fl oz

iced tea, green

48 fl oz

Bread

french bread

0.5 medium slice

whole wheat bagel

1 bagel

whole wheat english muffin

2 muffin

whole wheat tortillas

3 tortilla

Cereal & Grain Products

brown rice, cooked

1 Cup(s)

macaroni, cooked

8 oz

oatmeal, steel cut

0.5 Cup(s)

old fashioned rolled oats, gluten free

0.75 Cup(s)

pesto basil sauce, low-fat

0.13 Cup(s)

quinoa, cooked



Eating right, simplified.

1.75 Cup(s)

Cookies & Crackers

triscuit crackers, light salt
8 crackers

Dairy & Egg

butter, no salt
1 tsp
egg, hard boiled
2 large
egg whites, cooked
5 large
fruit yogurt, non-fat
9 oz
mozzarella cheese, skim milk
1 oz
parmesan cheese, grated
1 Tbsp
parmesan cheese, shredded
2.25 Tbsp
plain greek yogurt, nonfat
18 oz
1.25 container

Entrees

potato gnocchi
0.5 Cup(s)

Fats & Oils

extra virgin olive oil
1 Tbsp
olive oil
2 Tbsp
sesame oil, salad or cooking
1.5 tsp

Fruits & Juices

apples
1 large
apricots
14 apricot

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Eating right, simplified.

avocado
1 avocado
avocados
0.33 cup
0.33 avocado
blackberries
1 Cup(s)
blueberries (frozen)
0.5 cup(s)
cantaloupe melon
1 cup
cherries
10 cherry
grapefruit
1 fruit
mangos
0.75 fruit
peaches
1 small

Legumes & Beans

black beans, no salt, boiled
3.38 Cup(s)
edamame soybeans, shelled
1.25 Cup(s)
green snap beans
0.38 Cup(s)
hummus
12 Tbsp

Nuts & Seeds

almond butter (unsweetened)
5 tablespoon(s)
almonds, slivered
1 oz
cashews
2 oz
smooth peanut butter, no salt
3 Tbsp

Soup

black bean vegetable soup, low-fat
1 Cup(s)
vegetable broth soup, low sodium
7 oz

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Spices & Herbs

basil
0.13 Cup(s)
black pepper
0.19 tsp
chili powder
1.5 tsp
cinnamon, ground
0.13 tsp
crushed red pepper flakes
0.03 tsp
cumin ground
0.75 tsp
nutmeg, ground
0.13 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake
5 Scoop

Uncategorized

broths organic vegetable broth by pacific natural foods
0.06 Cup(s)
canned beans organic plain beans organic black beans by 365 by eden foods
3.75 oz
canned beans organic plain kidney by eden foods
3.75 oz
cheese stringles cheese stringles string low moisture part skim mozzarella sticks by organic valley
1 unit
chickpeas pasta by banza
2 serving
frozen fruit dark sweet cherries by dole
4 Cup(s)
ground flaxseed
0.33 tablespoons
himalayan pink salt by kirkland signature
0.13 tsp
ice cubes
16 cubes
muir glen tomatoes muir glen organic diced tomatoes fire roasted by general mills
3.75 oz
old fashioned oats by quaker
0.33 Cup(s)
sugar snap peas by marketside
2 Cup(s)
tomatoes red ripe canned stewed



3.75 oz

triscuit crackers baked whole grain wheat rosemary & olive oil by kraft

3 serving

Vegetables

baked potato, no salt

1 small

broccoli

2 cup

carrots

5 small

chickpeas (garbanzo beans), canned

1 oz

cucumber

0.5 cup

eggplant

1.5 cup

fresh spinach

1 Cup(s)

garlic

1.75 cloves

green onions/scallions

3 medium

mixed vegetables, frozen no salt, boiled

1 Cup(s)

mushrooms

1 cup

onions

0.13 medium

0.25 cup

pitted kalamata olives

6 olives

red peppers

0.25 medium

0.75 cup

romaine lettuce

2 leaf

3 Cup(s)

spinach

3 Cup(s)

sweet potato, no salt, baked

0.5 medium

sweet white corn, no salt, boiled

0.5 cup

zucchini/summer squash

0.5 cup

Vegetarian Products



Eating right, simplified.

garden veggie tempeh

6 oz

teriyaki tofu, baked

4 oz