



Eating right, simplified.

1,700 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
drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 297 cal / **Carbs** 44 g (58%) / **Protein** 12 g (16%) / **Fat** 9 g (26%) / **Fluid** 22

ADDITIONAL NUTRIENTS: **Sodium** 9 mg / **Calcium** 557 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	4 oz	289 cal

MEAL TOTAL: **Calories** 502 cal / **Carbs** 58 g (45%) / **Protein** 31 g (23%) / **Fat** 19 g (32%) / **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	1/2 Cup(s)	83 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal
garden veggie tempeh	3 oz	188 cal

MEAL TOTAL: **Calories** 466 cal / **Carbs** 67 g (56%) / **Protein** 33 g (27%) / **Fat** 9 g (17%) / **Fluid** 27

ADDITIONAL NUTRIENTS: **Sodium** 144 mg / **Calcium** 119 mg

NOTES:

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DAY 1 TOTAL: Calories 1,718 cal / **Carbs** 234 g (54%) / **Protein** 97 g (22%) / **Fat** 47 g (24%) / **Fluid** 97
ADDITIONAL NUTRIENTS: Sodium 398 mg / **Calcium** 786 mg

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DAY 2

Breakfast

7:00 AM

almond milk (unsweetened)	1 1/2 cup(s)	53 cal
banana	1 whole	105 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
baby spinach	1 1/2 Cup(s)	15 cal
blueberries, frozen unsweetened	4 oz	58 cal

MEAL TOTAL: **Calories** 340 cal / **Carbs** 47 g (51%) / **Protein** 27 g (30%) / **Fat** 8 g (19%) / **Fluid** 3

ADDITIONAL NUTRIENTS: **Sodium** 483 mg / **Calcium** 134 mg

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	4 oz	65 cal
almonds	1 1/3 oz	216 cal

MEAL TOTAL: **Calories** 281 cal / **Carbs** 24 g (31%) / **Protein** 9 g (12%) / **Fat** 19 g (57%) / **Fluid** 19

ADDITIONAL NUTRIENTS: **Sodium** 2 mg / **Calcium** 142 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 1,709 cal / **Carbs** 223 g (49%) / **Protein** 102 g (22%) / **Fat** 59 g (29%) / **Fluid** 77

ADDITIONAL NUTRIENTS: **Sodium** 1,701 mg / **Calcium** 1,091 mg



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
skim milk with calcium	1 Cup(s)	86 cal
almond butter	2 Tbsp	200 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 45 g (43%) / **Protein** 20 g (19%) / **Fat** 18 g (38%) / **Fluid** 17
ADDITIONAL NUTRIENTS: **Sodium** 127 mg / **Calcium** 759 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	5 slices	110 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 102 g (61%) / **Protein** 28 g (17%) / **Fat** 16 g (22%) / **Fluid** 25
ADDITIONAL NUTRIENTS: **Sodium** 652 mg / **Calcium** 146 mg

NOTES:

Dinner

6:00 PM

hearts of palm risotto	1 serving	305 cal
vegan chicken fillets, meat free	4 oz	97 cal
drinking water	2 Cup(s)	0 cal
kale, no salt, boiled	2 Cup(s)	73 cal

MEAL TOTAL: **Calories** 475 cal / **Carbs** 73 g (61%) / **Protein** 24 g (20%) / **Fat** 10 g (19%) / **Fluid** 37
ADDITIONAL NUTRIENTS: **Sodium** 118 mg / **Calcium** 191 mg

NOTES:

DAY 3 TOTAL: Calories 1,720 cal / **Carbs** 255 g (57%) / **Protein** 79 g (18%) / **Fat** 50 g (25%) / **Fluid** 100
ADDITIONAL NUTRIENTS: Sodium 960 mg / **Calcium** 1,128 mg



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DAY 4

Breakfast

7:00 AM

blueberries	3/4 Cup(s)	62 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 441 cal / **Carbs** 58 g (55%) / **Protein** 13 g (12%) / **Fat** 16 g (33%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Sodium** 125 mg / **Calcium** 57 mg

NOTES:

Snack

10:00 AM

pears	1 large	119 cal
drinking water	1 Cup(s)	0 cal
almonds	1/3 oz	54 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 260 cal / **Carbs** 46 g (66%) / **Protein** 11 g (16%) / **Fat** 5 g (18%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Sodium** 9 mg / **Calcium** 548 mg

NOTES:

Lunch

12:00 PM

vegan chicken fillets, meat free	5 oz	122 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** 456 cal / **Carbs** 67 g (60%) / **Protein** 23 g (21%) / **Fat** 10 g (19%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 73 mg / **Calcium** 39 mg

NOTES:

Dinner

6:00 PM

garden veggie tempeh	5 oz	314 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** 551 cal / **Carbs** 72 g (51%) / **Protein** 37 g (26%) / **Fat** 14 g (23%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 84 mg / **Calcium** 102 mg

NOTES:

DAY 4 TOTAL: Calories 1,709 cal / **Carbs** 243 g (56%) / **Protein** 85 g (20%) / **Fat** 45 g (24%) / **Fluid** 107
ADDITIONAL NUTRIENTS: Sodium 291 mg / **Calcium** 746 mg



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
skim milk with calcium	2 Cup(s)	173 cal
oat bran flakes cereal	1 Cup(s)	179 cal
egg, hard boiled	1 large	78 cal
egg whites, cooked	3 large	51 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 62 g (52%) / **Protein** 39 g (33%) / **Fat** 8 g (15%) / **Fluid** 35

ADDITIONAL NUTRIENTS: **Sodium** 247 mg / **Calcium** 1,077 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	4 oz	289 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** 527 cal / **Carbs** 64 g (46%) / **Protein** 31 g (23%) / **Fat** 19 g (31%) / **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 1,761 cal / **Carbs** 236 g (53%) / **Protein** 96 g (21%) / **Fat** 51 g (26%) / **Fluid** 102

ADDITIONAL NUTRIENTS: **Sodium** 715 mg / **Calcium** 1,434 mg



Eating right, simplified.

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

MEAL TOTAL: **Calories** 507 cal / **Carbs** 57 g (44%) / **Protein** 29 g (23%) / **Fat** 18 g (33%) / **Fluid** 16
ADDITIONAL NUTRIENTS: **Sodium** 134 mg / **Calcium** 1,263 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	1/3 Cup(s)	55 cal
black beans, no salt, boiled	1/3 Cup(s)	76 cal
drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 72 g (58%) / **Protein** 33 g (26%) / **Fat** 9 g (16%) / **Fluid** 30
ADDITIONAL NUTRIENTS: **Sodium** 614 mg / **Calcium** 537 mg

NOTES:

DAY 6 TOTAL: Calories 1,745 cal / **Carbs** 235 g (52%) / **Protein** 116 g (26%) / **Fat** 43 g (22%) / **Fluid** 93
ADDITIONAL NUTRIENTS: Sodium 2,068 mg / **Calcium** 2,240 mg



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
fruit yogurt, non-fat	1 1/4 cup	291 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 504 cal / **Carbs** 93 g (72%) / **Protein** 21 g (17%) / **Fat** 6 g (11%) / **Fluid** 29
ADDITIONAL NUTRIENTS: **Sodium** 241 mg / **Calcium** 498 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

MEAL TOTAL: **Calories** 205 cal / **Carbs** 27 g (51%) / **Protein** 14 g (26%) / **Fat** 5 g (23%) / **Fluid** 25
ADDITIONAL NUTRIENTS: **Sodium** 340 mg / **Calcium** 96 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

MEAL TOTAL: **Calories** 462 cal / **Carbs** 86 g (69%) / **Protein** 30 g (24%) / **Fat** 4 g (7%) / **Fluid** 31
ADDITIONAL NUTRIENTS: **Sodium** 157 mg / **Calcium** 290 mg

NOTES:

DAY 7 TOTAL: Calories 1,639 cal / **Carbs** 255 g (60%) / **Protein** 87 g (21%) / **Fat** 36 g (19%) / **Fluid** 103
ADDITIONAL NUTRIENTS: Sodium 1,318 mg / **Calcium** 1,088 mg



Eating right, simplified.



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.



Eating right, simplified.

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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Eating right, simplified.

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.



Eating right, simplified.

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.	

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Eating right, simplified.

Shopping List

Accompaniments

olive oil, mayonnaise, light
3 Tbsp

Beverages

almond milk (unsweetened)
1.5 cup(s)
drinking water
45 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 Cup(s)
whole grain rolled oats, dry
1.5 Cup(s)
wild rice, cooked
1.83 Cup(s)

Dairy & Egg

cottage cheese, 2% milkfat

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Eating right, simplified.

1.25 Cup(s)

egg, hard boiled

6 large

egg whites, cooked

7 large

fruit yogurt, non-fat

1.25 cup

skim milk with calcium

7 Cup(s)

string cheese, light

2 serving

Entrees

meat free burgers, vegan

2 serving

vegan chicken strips, meat free

11 oz

Fats & Oils

extra virgin olive oil

1 Tbsp

olive oil

1.66 Tbsp

Fruits & Juices

apples

3 large

banana

1 whole

bananas

2 extra large

blueberries

2.75 Cup(s)

blueberries, frozen unsweetened

4 oz

cranberries, dried sweetened

0.25 Cup(s)

grapes

4 oz

pears

1 large

Ingredients

balsamic vinegar

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Eating right, simplified.

3.5 Tbsp

Legumes & Beans

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

Nuts & Seeds

almond butter
7 Tbsp
almonds
1.66 oz

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

Vegetables

baby carrots
45 large
baby spinach
1.5 Cup(s)
broccoli, no salt, boiled
1.5 Cup(s)
garlic
1 clove
hearts of palm
0.5 Cup(s)
kale, no salt, boiled

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Eating right, simplified.

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

11 slices

vegan chicken fillets, meat free

15 oz