



Eating right, simplified.

# 1,500 Calorie Plan (Vegan) 4meals/day

## DAY 1

### Breakfast

7:00 AM

oat bran, cooked	1 1/2 Cup(s)	131 cal
drinking water	1 Cup(s)	0 cal
tofurky franks	1 1/2 oz	123 cal
orange juice	1 1/2 Cup(s)	167 cal

MEAL TOTAL: **Calories** 422 cal / **Carbs** 82 g (65%) / **Protein** 24 g (19%) / **Fat** 9 g (16%) / **Fluid** 28

NOTES:

### Snack

10:00 AM

tofurky jurky	1 1/2 oz	152 cal
nectarines	2 fruit	120 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 272 cal / **Carbs** 42 g (59%) / **Protein** 21 g (29%) / **Fat** 4 g (12%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 leaf	2 cal
dijon mustard	1 tsp	5 cal
peppered tofurky deli slices	1 1/2 oz	82 cal
american soy cheese, sliced	1 slice	70 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 46 g (45%) / **Protein** 21 g (21%) / **Fat** 16 g (34%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

vegan turkey with sage, meat free	8 oz	75 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	2 Cup(s)	0 cal
quinoa, cooked	1 Cup(s)	222 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 385 cal / **Carbs** 52 g (53%) / **Protein** 19 g (19%) / **Fat** 12 g (28%) / **Fluid** 23

NOTES:

**DAY 1 TOTAL: Calories** 1,500 cal / **Carbs** 222 g (56%) / **Protein** 85 g (21%) / **Fat** 41 g (23%) / **Fluid** 94

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## DAY 2

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
cereals, kashi 7 whole grain nuggets	1 1/2 Cup(s)	206 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 357 cal / **Carbs** 75 g (77%) / **Protein** 9 g (10%) / **Fat** 6 g (13%) / **Fluid** 33

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
almond butter	1 1/2 Tbsp	150 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 260 cal / **Carbs** 34 g (50%) / **Protein** 5 g (8%) / **Fat** 12 g (42%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
vegan chicken strips, meat free	2 oz	145 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 56 g (54%) / **Protein** 19 g (19%) / **Fat** 13 g (27%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

vegan chicken strips, meat free	2 1/2 oz	181 cal
drinking water	2 Cup(s)	0 cal
mustard greens, no salt, boiled	1 cup	36 cal
shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 42 g (40%) / **Protein** 24 g (22%) / **Fat** 18 g (38%) / **Fluid** 22

NOTES:

**DAY 2 TOTAL: Calories** 1,424 cal / **Carbs** 207 g (56%) / **Protein** 58 g (15%) / **Fat** 49 g (29%) / **Fluid** 101



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### DAY 3

#### Breakfast

7:00 AM

whole wheat raisin bread	2 slice	260 cal
almond beverage with calcium	1 Cup(s)	69 cal
drinking water	1 Cup(s)	0 cal
nectarines	1 fruit	60 cal
almond butter	1 Tbsp	100 cal

MEAL TOTAL: **Calories** 489 cal / **Carbs** 84 g (66%) / **Protein** 13 g (11%) / **Fat** 13 g (23%) / **Fluid** 20

NOTES:

#### Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
pecan granola bars	2 bars	190 cal

MEAL TOTAL: **Calories** 300 cal / **Carbs** 58 g (73%) / **Protein** 5 g (6%) / **Fat** 7 g (21%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

chicken nuggets, meat free	2 oz	158 cal
whole wheat dinner rolls	2 roll	149 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1/2 Tbsp	7 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	2 1/2 oz	181 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 373 cal / **Carbs** 36 g (37%) / **Protein** 21 g (21%) / **Fat** 18 g (42%) / **Fluid** 18

NOTES:

**DAY 3 TOTAL: Calories** 1,552 cal / **Carbs** 225 g (56%) / **Protein** 53 g (13%) / **Fat** 56 g (31%) / **Fluid** 80



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## DAY 4

### Breakfast

7:00 AM

strawberries	1 Cup(s)	46 cal
drinking water	2 Cup(s)	0 cal
cereals, kashi 7 whole grain nuggets	1 Cup(s)	138 cal
almond beverage with calcium	1 Cup(s)	69 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 363 cal / **Carbs** 55 g (57%) / **Protein** 29 g (29%) / **Fat** 6 g (14%) / **Fluid** 28

NOTES:

### Snack

10:00 AM

nectarines	1 fruit	60 cal
mixed berry soy yogurt	4 oz	120 cal
drinking water	2 Cup(s)	0 cal
hemp protein	1 1/2 Tbsp	90 cal
almonds	1/2 oz	81 cal

MEAL TOTAL: **Calories** 351 cal / **Carbs** 45 g (49%) / **Protein** 20 g (21%) / **Fat** 12 g (30%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

american soy cheese, sliced	2 slice	140 cal
quinoa chili, vegan	1 serving	230 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 52 g (47%) / **Protein** 17 g (15%) / **Fat** 19 g (38%) / **Fluid** 16

NOTES:

### Dinner

6:00 PM

vegan chicken strips, meat free	2 oz	145 cal
navy beans, no salt, boiled	1/4 Cup(s)	64 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
mustard greens, no salt, boiled	1/2 cup	18 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 369 cal / **Carbs** 39 g (41%) / **Protein** 21 g (21%) / **Fat** 16 g (38%) / **Fluid** 21

NOTES:

**DAY 4 TOTAL: Calories** 1,528 cal / **Carbs** 192 g (48%) / **Protein** 85 g (22%) / **Fat** 53 g (30%) / **Fluid** 86



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## DAY 5

### Breakfast

7:00 AM

oat bran, cooked	1 1/2 Cup(s)	131 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 1/2 Cup(s)	167 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 78 g (62%) / **Protein** 35 g (28%) / **Fat** 6 g (10%) / **Fluid** 28

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 large	110 cal

MEAL TOTAL: **Calories** 255 cal / **Carbs** 45 g (68%) / **Protein** 4 g (6%) / **Fat** 8 g (26%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
whole wheat dinner rolls	2 roll	149 cal
vegan chicken strips, meat free	2 oz	145 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 39 g (40%) / **Protein** 18 g (18%) / **Fat** 18 g (42%) / **Fluid** 20

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
vegan fajitas	1 serving	439 cal
black beans, no salt, boiled	1/4 Cup(s)	57 cal

MEAL TOTAL: **Calories** 496 cal / **Carbs** 73 g (56%) / **Protein** 20 g (15%) / **Fat** 17 g (29%) / **Fluid** 26

NOTES:

**DAY 5 TOTAL: Calories** 1,537 cal / **Carbs** 236 g (56%) / **Protein** 77 g (18%) / **Fat** 48 g (26%) / **Fluid** 97



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## DAY 6

### Breakfast

7:00 AM

whole wheat raisin bread	1 1/2 slice	195 cal
drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
almond butter	1 1/2 Tbsp	150 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 58 g (55%) / **Protein** 12 g (11%) / **Fat** 16 g (34%) / **Fluid** 16

NOTES:

### Snack

10:00 AM

nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal
tofurky jurky	1 1/2 oz	152 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 serving	439 cal
black beans, no salt, boiled	1/4 Cup(s)	57 cal

MEAL TOTAL: **Calories** 496 cal / **Carbs** 73 g (56%) / **Protein** 20 g (15%) / **Fat** 17 g (29%) / **Fluid** 26

NOTES:

### Dinner

6:00 PM

wild rice, cooked	1 1/2 Cup(s)	248 cal
summer squash, no salt, boiled	1 1/2 cup	54 cal
drinking water	2 Cup(s)	0 cal
vegan turkey with sage, meat free	8 oz	75 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 71 g (72%) / **Protein** 21 g (21%) / **Fat** 3 g (7%) / **Fluid** 31

NOTES:

**DAY 6 TOTAL: Calories** 1,500 cal / **Carbs** 230 g (58%) / **Protein** 73 g (19%) / **Fat** 39 g (23%) / **Fluid** 93



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## DAY 7

### Breakfast

7:00 AM

tofurky franks	1 1/2 oz	123 cal
cereals, kashi 7 whole grain nuggets	1 1/2 Cup(s)	206 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
strawberries	1/2 Cup(s)	23 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 456 cal / **Carbs** 75 g (63%) / **Protein** 19 g (16%) / **Fat** 11 g (21%) / **Fluid** 30

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

garden vegetable burger patties, with soy	2 oz	104 cal
american soy cheese, sliced	1 slice	70 cal
whole wheat tortillas	2 tortilla	254 cal
drinking water	2 Cup(s)	0 cal
dijon mustard	2 tsp	10 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 49 g (46%) / **Protein** 23 g (21%) / **Fat** 16 g (33%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

quinoa, cooked	1 Cup(s)	222 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	2 Cup(s)	0 cal
red lentil chili	1 Cup(s)	170 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 72 g (67%) / **Protein** 19 g (18%) / **Fat** 7 g (15%) / **Fluid** 23

NOTES:

**DAY 7 TOTAL: Calories** 1,508 cal / **Carbs** 227 g (60%) / **Protein** 67 g (17%) / **Fat** 39 g (23%) / **Fluid** 98



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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  
3 tsp  
mayonnaise, made with tofu  
0.5 Tbsp

## Beverages

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

## Bread

corn tortillas, no salt  
2 tortilla  
whole-wheat pita bread  
3 small  
whole wheat dinner rolls  
4 roll  
whole wheat raisin bread  
3.5 slice  
whole wheat tortillas  
4 tortilla

## Cereal & Grain Products

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

## Dairy & Egg

american soy cheese, sliced

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4 slice

## Desserts

mixed berry soy yogurt

4 oz

## Entrees

garden vegetable burger patties, with soy

2 oz

quinoa chili, vegan

1 serving

vegan chicken strips, meat free

11 oz

## Fats & Oils

extra virgin olive oil

2 Tbsp

olive oil

3 Tbsp

## Fruits & Juices

apples

3 large

nectarines

5 fruit

orange juice

3 Cup(s)

strawberries

2.5 Cup(s)

## Ingredients

balsamic vinegar

1 Tbsp

distilled vinegar

2 tsp

## Legumes & Beans

black beans, no salt, boiled

1.84 Cup(s)

hummus, lower sodium

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3 Tbsp  
navy beans, no salt, boiled  
0.25 Cup(s)  
red lentil chili  
1 Cup(s)

## Nuts & Seeds

almond butter  
4.5 Tbsp  
almonds  
0.5 oz

## Snacks

pecan granola bars  
3 bars

## Spices & Herbs

chili powder  
0.5 tsp

## Sports & Diet Nutritionals

hemp protein  
1.5 Tbsp  
trulean vegan plant based protein frosted vanilla cupcake  
2 Scoop

## Uncategorized

corn sweet yellow raw  
1.34 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

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1.5 cup  
romaine lettuce  
6 leaf  
4 Cup(s)  
summer squash  
0.76 cup  
summer squash, no salt, boiled  
1.5 cup  
sweet green peppers  
0.66 medium  
tomatoes  
0.5 Cup(s)  
zucchini/summer squash  
0.5 small

## Vegetarian Products

chicken nuggets, meat free  
2 oz  
peppered tofurky deli slices  
1.5 oz  
tofurky franks  
3 oz  
tofurky jurky  
3 oz  
vegan turkey with sage, meat free  
16 oz