



Eating right, simplified.

1,500 Calorie Plan (Vegetarian) 4meals/day

DAY 1

Breakfast

7:00 AM

whole eggs, poached	2 large	143 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** 386 cal / **Carbs** 64 g (55%) / **Protein** 25 g (21%) / **Fat** 13 g (24%) / **Fluid** 27

NOTES:

Snack

10:00 AM

pretzel sticks, no salt	1 oz	108 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 42 g (57%) / **Protein** 25 g (35%) / **Fat** 3 g (8%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

baby carrots	8 large	42 cal
tomatoes	1/2 Cup(s)	16 cal
dijon mustard	2 tsp	10 cal
peppered tofurky deli slices	2 oz	109 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 leaf	2 cal
whole wheat bread	2 slice	200 cal

MEAL TOTAL: **Calories** 379 cal / **Carbs** 59 g (59%) / **Protein** 26 g (26%) / **Fat** 7 g (15%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

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

MEAL TOTAL: **Calories** 418 cal / **Carbs** 59 g (54%) / **Protein** 21 g (20%) / **Fat** 13 g (26%) / **Fluid** 26

NOTES:

DAY 1 TOTAL: Calories 1,473 cal / **Carbs** 224 g (56%) / **Protein** 97 g (24%) / **Fat** 35 g (20%) / **Fluid** 101

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DAY 2

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
wheat chex cereal	1 1/4 Cup(s)	200 cal
skim milk with calcium	1 Cup(s)	86 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 62 g (60%) / **Protein** 23 g (22%) / **Fat** 8 g (18%) / **Fluid** 25

NOTES:

Snack

10:00 AM

pretzel sticks, no salt	1/2 oz	54 cal
coconut water	2 Cup(s)	91 cal
almond butter	1/2 Tbsp	50 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 250 cal / **Carbs** 45 g (71%) / **Protein** 7 g (10%) / **Fat** 5 g (19%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
kielbasa sausage tofurky	2 oz	137 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
romaine lettuce	2 leaf	2 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 392 cal / **Carbs** 57 g (55%) / **Protein** 22 g (21%) / **Fat** 11 g (24%) / **Fluid** 24

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
mustard greens, no salt, boiled	1 cup	36 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 1,464 cal / **Carbs** 208 g (54%) / **Protein** 79 g (20%) / **Fat** 45 g (26%) / **Fluid** 90



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

almond butter	1 Tbsp	100 cal
whole wheat bread	2 slice	200 cal
drinking water	1 Cup(s)	0 cal
nectarines	1 fruit	60 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 446 cal / **Carbs** 69 g (59%) / **Protein** 23 g (19%) / **Fat** 12 g (22%) / **Fluid** 20

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
apples	1 small	55 cal
nut and raisin granola bars	1 bar	127 cal

MEAL TOTAL: **Calories** 273 cal / **Carbs** 50 g (70%) / **Protein** 6 g (8%) / **Fat** 7 g (22%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
chicken nuggets, meat free	3 oz	237 cal
balsamic vinegar	1/2 Tbsp	7 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	1 roll	74 cal
romaine lettuce	2 Cup(s)	16 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 39 g (38%) / **Protein** 17 g (16%) / **Fat** 21 g (46%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
drinking water	2 Cup(s)	0 cal
kielbasa sausage tofurky	3 oz	206 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 39 g (36%) / **Protein** 28 g (27%) / **Fat** 17 g (37%) / **Fluid** 18

NOTES:

DAY 3 TOTAL: Calories 1,513 cal / **Carbs** 197 g (50%) / **Protein** 74 g (18%) / **Fat** 57 g (32%) / **Fluid** 76



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

orange juice	1 Cup(s)	112 cal
whole eggs, poached	1 large	72 cal
salsa, ready to serve	1 Tbsp	5 cal
drinking water	1 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal

MEAL TOTAL: **Calories** 442 cal / **Carbs** 65 g (58%) / **Protein** 16 g (15%) / **Fat** 13 g (27%) / **Fluid** 18

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	1/2 Cup(s)	81 cal
soy protein bar chocolate mint	1/2 bar	120 cal
nectarines	1 fruit	60 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 261 cal / **Carbs** 36 g (54%) / **Protein** 22 g (33%) / **Fat** 4 g (13%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

vegetarian chili soup, no salt added	1 1/2 Cup(s)	315 cal
mexican cheese blend, reduced fat	1/2 oz	40 cal
whole-wheat pita bread	1 small	74 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 77 g (68%) / **Protein** 21 g (18%) / **Fat** 7 g (14%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

wild rice, cooked	1/2 Cup(s)	83 cal
vegan chicken strips, meat free	2 oz	145 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal
mustard greens, no salt, boiled	1 cup	36 cal
extra virgin olive oil	1 tsp	40 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 54 g (48%) / **Protein** 26 g (23%) / **Fat** 15 g (29%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,564 cal / **Carbs** 232 g (57%) / **Protein** 86 g (21%) / **Fat** 39 g (22%) / **Fluid** 82



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DAY 5

Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
skim milk with calcium	1 Cup(s)	86 cal
wheat chex cereal	1 Cup(s)	160 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 53 g (58%) / **Protein** 27 g (29%) / **Fat** 5 g (13%) / **Fluid** 24

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
apples	1 small	55 cal
nut and raisin granola bars	1 bar	127 cal

MEAL TOTAL: **Calories** 273 cal / **Carbs** 50 g (70%) / **Protein** 6 g (8%) / **Fat** 7 g (22%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

kielbasa sausage tofurky	3 oz	206 cal
extra virgin olive oil	1/2 Tbsp	60 cal
balsamic vinegar	1/2 Tbsp	7 cal
whole wheat dinner rolls	2 roll	149 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 43 g (37%) / **Protein** 28 g (24%) / **Fat** 20 g (39%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
vegan fajitas	1 serving	439 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 63 g (54%) / **Protein** 16 g (14%) / **Fat** 16 g (32%) / **Fluid** 25

NOTES:

DAY 5 TOTAL: Calories 1,487 cal / **Carbs** 210 g (52%) / **Protein** 78 g (20%) / **Fat** 49 g (28%) / **Fluid** 87



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DAY 6

Breakfast

7:00 AM

bananas	1 small	90 cal
skim milk with calcium	1 Cup(s)	86 cal
almond butter	1 1/2 Tbsp	150 cal
whole wheat bread	1 slice	100 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 60 g (54%) / **Protein** 19 g (17%) / **Fat** 14 g (29%) / **Fluid** 18

NOTES:

Snack

10:00 AM

almonds	1/2 oz	81 cal
drinking water	2 Cup(s)	0 cal
nectarines	1 fruit	60 cal
vanilla yogurt, low-fat	4 oz	96 cal

MEAL TOTAL: **Calories** 237 cal / **Carbs** 33 g (52%) / **Protein** 10 g (16%) / **Fat** 9 g (32%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
vegan fajitas	1 serving	439 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 63 g (54%) / **Protein** 16 g (14%) / **Fat** 16 g (32%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

vegan turkey with sage, meat free	12 oz	113 cal
summer squash, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
butter, no salt	1/2 Tbsp	51 cal
wild rice, cooked	1 Cup(s)	166 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 54 g (56%) / **Protein** 22 g (23%) / **Fat** 9 g (21%) / **Fluid** 26

NOTES:

DAY 6 TOTAL: Calories 1,469 cal / **Carbs** 209 g (55%) / **Protein** 67 g (17%) / **Fat** 49 g (28%) / **Fluid** 92



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

orange juice	1 Cup(s)	112 cal
garden veggie tempeh	2 oz	125 cal
butter, no salt	1/4 Tbsp	26 cal
drinking water	2 Cup(s)	0 cal
whole wheat bread	1 slice	100 cal
whole eggs, poached	1 large	72 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 55 g (48%) / **Protein** 24 g (22%) / **Fat** 15 g (30%) / **Fluid** 25

NOTES:

Snack

10:00 AM

hummus, lower sodium	3 Tbsp	78 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
cashews	3/4 oz	118 cal

MEAL TOTAL: **Calories** 275 cal / **Carbs** 32 g (44%) / **Protein** 9 g (12%) / **Fat** 14 g (44%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

romaine lettuce	3 leaf	3 cal
peppered tofurky deli slices	1 1/2 oz	82 cal
dijon mustard	2 tsp	10 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
tomatoes	1/4 Cup(s)	8 cal
whole wheat tortillas	2 tortilla	254 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 382 cal / **Carbs** 45 g (47%) / **Protein** 19 g (21%) / **Fat** 13 g (32%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

quinoa, cooked	1 Cup(s)	222 cal
garden veggie tempeh	3 oz	188 cal
brussels sprouts, no salt, boiled	10 sprout	76 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 67 g (54%) / **Protein** 30 g (24%) / **Fat** 12 g (22%) / **Fluid** 27

NOTES:

DAY 7 TOTAL: Calories 1,576 cal / **Carbs** 198 g (49%) / **Protein** 82 g (21%) / **Fat** 54 g (30%) / **Fluid** 94



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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

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



Eating right, simplified.

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
4 tsp
olive oil, mayonnaise, light
1 Tbsp
salsa, ready to serve
1 Tbsp

Beverages

coconut water
6 Cup(s)
drinking water
42 Cup(s)
iced tea, green
32 fl. oz.

Bread

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

Cereal & Grain Products

oat bran, cooked
1.5 Cup(s)
pasta shells
0.66 Cup(s)
quinoa, cooked
2 Cup(s)
wheat chex cereal
2.25 Cup(s)
wild rice, cooked
1.5 Cup(s)

Dairy & Egg

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Eating right, simplified.

butter, no salt
0.75 Tbsp
low-fat cottage cheese, 1%
1.25 Cup(s)
mexican cheese blend, reduced fat
0.5 oz
skim milk with calcium
4 Cup(s)
vanilla yogurt, low-fat
4 oz
whole eggs, poached
4 large
whole eggs, scrambled
1 large

Entrees

vegan chicken strips, meat free
5 oz

Fats & Oils

extra virgin olive oil
1.5 Tbsp
1 tsp
olive oil
3 Tbsp

Fruits & Juices

apples
3 small
bananas
1 small
nectarines
4 fruit
orange juice
3 Cup(s)

Ingredients

balsamic vinegar
1 Tbsp
distilled vinegar
2 tsp

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Eating right, simplified.

Legumes & Beans

black beans, no salt, boiled

1.34 Cup(s)

hummus, lower sodium

3 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

Nuts & Seeds

almond butter

3 Tbsp

almonds

0.5 oz

cashews

0.75 oz

Sausages & Meats

meat free bacon

4 slices

Snacks

nut and raisin granola bars

2 bar

pretzel sticks, no salt

1.5 oz

Soup

vegetarian chili soup, no salt added

1.5 Cup(s)

Spices & Herbs

chili powder

0.5 tsp

Sports & Diet Nutritionals

soy protein bar chocolate mint

0.5 bar



Eating right, simplified.

Uncategorized

corn sweet yellow raw
1.34 Cup(s)

Vegetables

artichokes
1 medium
baby carrots
38 large
brussels sprouts, no salt, boiled
18 sprout
garlic
1 clove
mustard greens, no salt, boiled
2 cup
romaine lettuce
7 leaf
4 Cup(s)
summer squash
0.76 cup
summer squash, no salt, boiled
1 cup
sweet green peppers
0.66 medium
tomatoes
0.75 Cup(s)
zucchini/summer squash
0.5 small

Vegetarian Products

chicken nuggets, meat free
3 oz
garden veggie tempeh
5 oz
kielbasa sausage tofurky
8 oz
peppered tofurky deli slices
3.5 oz
vegan turkey with sage, meat free
20 oz