



Eating right, simplified.

1,500 Calorie Plan (Basic 2) 4meals/day

DAY 1

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
extra virgin olive oil	1 Tbsp	120 cal
garlic	2 clove	9 cal
red peppers	1 Cup(s)	46 cal
chamomile tea, brewed	2 Cup(s)	5 cal
raspberries	1 Cup(s)	64 cal
bread oat bran	1 slice	71 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 40 g (38%) / **Protein** 13 g (12%) / **Fat** 23 g (50%) / **Fluid** 26

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1 oz	183 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 287 cal / **Carbs** 30 g (38%) / **Protein** 6 g (7%) / **Fat** 19 g (55%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
tomatoes	1/4 cup	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
celery	4 medium stalk	26 cal
eggplant, no salt, boiled	1 cup	35 cal
extra virgin olive oil	1 Tbsp	120 cal
rice noodles, cooked	1/2 Cup(s)	95 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 46 g (39%) / **Protein** 6 g (5%) / **Fat** 30 g (56%) / **Fluid** 32

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
cod fish, cooked	3 oz	89 cal
red lentils	1/2 Cup(s)	75 cal
couscous, cooked	1/2 Cup(s)	88 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 41 g (44%) / **Protein** 32 g (35%) / **Fat** 9 g (21%) / **Fluid** 26

NOTES:

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DAY 1 TOTAL: **Calories** 1,505 cal / **Carbs** 157 g (40%) / **Protein** 57 g (14%) / **Fat** 80 g (46%) / **Fluid** 106

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DAY 2

Breakfast

7:00 AM

chamomile tea, brewed	2 Cup(s)	5 cal
cashew butter, no salt	1 1/2 Tbsp	141 cal
plain soy yogurt	4 oz	100 cal
strawberries	1 Cup(s)	46 cal
bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 55 g (49%) / **Protein** 17 g (15%) / **Fat** 18 g (36%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1 1/2 oz	243 cal
mangos	1 fruit	124 cal

MEAL TOTAL: **Calories** 367 cal / **Carbs** 40 g (40%) / **Protein** 11 g (11%) / **Fat** 22 g (49%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
fbbc beef skillet supper	1/4 serving	261 cal

MEAL TOTAL: **Calories** 261 cal / **Carbs** 17 g (27%) / **Protein** 33 g (51%) / **Fat** 6 g (22%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

iced tea, green	2 Cup(s)	0 cal
ginger tempeh lettuce wraps	1 serving	219 cal
rice noodles, cooked	1 Cup(s)	190 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 64 g (59%) / **Protein** 18 g (16%) / **Fat** 12 g (25%) / **Fluid** 27

NOTES:

DAY 2 TOTAL: Calories 1,498 cal / **Carbs** 176 g (46%) / **Protein** 78 g (20%) / **Fat** 58 g (34%) / **Fluid** 91



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
bread oat bran	2 slice	142 cal
plain soy yogurt	4 oz	100 cal
strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 288 cal / **Carbs** 48 g (64%) / **Protein** 13 g (17%) / **Fat** 6 g (19%) / **Fluid** 21

NOTES:

Snack

10:00 AM

walnuts	3/4 oz	137 cal
mangos	1 fruit	124 cal
chamomile tea, brewed	2 Cup(s)	5 cal

MEAL TOTAL: **Calories** 266 cal / **Carbs** 35 g (48%) / **Protein** 5 g (7%) / **Fat** 14 g (45%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

fbbc beef skillet supper	1/2 serving	521 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 521 cal / **Carbs** 33 g (27%) / **Protein** 65 g (51%) / **Fat** 12 g (22%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
ginger tempeh lettuce wraps	1 serving	219 cal
rice noodles, cooked	1 Cup(s)	190 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 64 g (59%) / **Protein** 18 g (16%) / **Fat** 12 g (25%) / **Fluid** 26

NOTES:

DAY 3 TOTAL: Calories 1,513 cal / **Carbs** 180 g (47%) / **Protein** 101 g (26%) / **Fat** 45 g (27%) / **Fluid** 96



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
chia and mango overnight oats	1/2 serving	242 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 46 g (44%) / **Protein** 14 g (14%) / **Fat** 20 g (42%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1/2 oz	92 cal
tangerines/ mandarin oranges	2 large	104 cal
cherries	1/2 Cup(s)	37 cal

MEAL TOTAL: **Calories** 232 cal / **Carbs** 37 g (58%) / **Protein** 4 g (7%) / **Fat** 10 g (35%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
iced tea, green	2 Cup(s)	0 cal
whole grain tortillas	1 tortilla	170 cal
salsa, ready to serve	2 Tbsp	10 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
chicken breast, boneless skinless	4 1/4 oz	130 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 51 g (46%) / **Protein** 39 g (35%) / **Fat** 9 g (19%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

salmon, cooked	3 oz	130 cal
black tea brewed	2 Cup(s)	5 cal
red lentils	3/4 Cup(s)	113 cal
couscous, cooked	3/4 Cup(s)	132 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 58 g (54%) / **Protein** 38 g (35%) / **Fat** 5 g (11%) / **Fluid** 27

NOTES:

DAY 4 TOTAL: Calories 1,496 cal / **Carbs** 193 g (49%) / **Protein** 96 g (25%) / **Fat** 44 g (26%) / **Fluid** 93



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
chia and mango overnight oats	1/2 serving	242 cal
cashew butter, no salt	1 1/2 Tbsp	141 cal
bread oat bran	1 slice	71 cal

MEAL TOTAL: **Calories** 453 cal / **Carbs** 59 g (51%) / **Protein** 16 g (13%) / **Fat** 19 g (36%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 266 cal / **Carbs** 32 g (44%) / **Protein** 8 g (10%) / **Fat** 15 g (46%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	1 Cup(s)	8 cal
chicken breast, boneless skinless	4 oz	122 cal
hummus, lower sodium	2 Tbsp	52 cal
bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 351 cal / **Carbs** 36 g (39%) / **Protein** 34 g (37%) / **Fat** 10 g (24%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
iced tea, green	2 Cup(s)	0 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
pork tenderloin, lean, cooked	3 oz	122 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal

MEAL TOTAL: **Calories** 419 cal / **Carbs** 52 g (48%) / **Protein** 31 g (28%) / **Fat** 11 g (24%) / **Fluid** 30

NOTES:

DAY 5 TOTAL: Calories 1,490 cal / **Carbs** 179 g (46%) / **Protein** 88 g (23%) / **Fat** 54 g (31%) / **Fluid** 99



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
ground flaxseed	1 Tbsp	70 cal
cashew butter, no salt	1 Tbsp	94 cal
plain soy yogurt	3 oz	75 cal
strawberries	1 1/2 Cup(s)	69 cal
bread oat bran	1 slice	71 cal

MEAL TOTAL: **Calories** 379 cal / **Carbs** 46 g (46%) / **Protein** 14 g (14%) / **Fat** 18 g (40%) / **Fluid** 23

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	3/4 oz	137 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 29 g (44%) / **Protein** 5 g (7%) / **Fat** 14 g (49%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1 Tbsp	14 cal
pork tenderloin, lean, cooked	3 oz	122 cal
sweet potato, no salt, baked	3/4 Cup(s)	135 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 43 g (39%) / **Protein** 28 g (25%) / **Fat** 18 g (36%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
cod fish, cooked	2 oz	60 cal
mexican bean stew	1/2 serving	172 cal
whole grain tortillas	1 tortilla	170 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 66 g (56%) / **Protein** 30 g (26%) / **Fat** 9 g (18%) / **Fluid** 26

NOTES:

DAY 6 TOTAL: Calories 1,504 cal / **Carbs** 184 g (46%) / **Protein** 77 g (20%) / **Fat** 60 g (34%) / **Fluid** 101



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
ground flaxseed	2 Tbsp	140 cal
plain soy yogurt	4 oz	100 cal
strawberries	1 Cup(s)	46 cal
bread oat bran	1 slice	71 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 44 g (38%) / **Protein** 22 g (19%) / **Fat** 22 g (43%) / **Fluid** 22

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
hummus, lower sodium	2 Tbsp	52 cal
celery	6 medium stalk	38 cal
whole wheat crackers, low-sodium	6 cracker, square	106 cal

MEAL TOTAL: **Calories** 224 cal / **Carbs** 34 g (57%) / **Protein** 8 g (13%) / **Fat** 8 g (30%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
rice noodles, cooked	3/4 Cup(s)	143 cal
sesame oil, salad or cooking	1/2 Tbsp	60 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal
garden veggie tempeh	3 oz	188 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 50 g (48%) / **Protein** 21 g (20%) / **Fat** 15 g (32%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	2 oz	61 cal
mexican bean stew	1/2 serving	172 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
whole grain tortillas	1 tortilla	170 cal

MEAL TOTAL: **Calories** 432 cal / **Carbs** 62 g (55%) / **Protein** 27 g (24%) / **Fat** 10 g (21%) / **Fluid** 24

NOTES:

DAY 7 TOTAL: Calories 1,509 cal / **Carbs** 190 g (48%) / **Protein** 78 g (20%) / **Fat** 55 g (32%) / **Fluid** 98



Eating right, simplified.



1 Servings

fbbc beef skillet supper

Ingredients

ground beef, lean
16 oz

sea salt
1 teaspoon(s)

sweet hungarian style paprika sweet by kalocsa
1 tsp

sweet potato
2 cup

kale, raw
2 cups

100% liquid egg whites
1 Cup(s)

Nutrition Totals

Calories 1042 / **Carbs** 67 g / **Protein** 131 g / **Fat** 24 g / **Fluid** 22 fl oz

Instructions

Place a large skillet over medium high heat. Add the ground beef and cook, breaking it up until all of the pink is gone. Remove from heat.

Mix the sea salt, paprika and garlic powder into the beef. Return the heat to medium and add the sweet potato to the skillet. Cover and cook for 5 minutes.

Add the chopped kale to the skillet, cover and cook for another 5 minutes.

In another skillet over medium heat, scramble the egg whites until the curds are barely wet and starting to break apart.

Mix the egg whites into the skillet and top with optional mozzarella and cilantro.



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Nutrition Label

Fbbc Beef Skillet Supper	
Amount Per Serving	
Calories	
	1042
% Daily Value*	
Total Fat 24.2g	37%
Saturated Fat 13.2g	66%
Trans Fat 1.4g	
Cholesterol 355.2mg	118%
Sodium 3659.9mg	152%
Total Carbohydrates 66.9g	22%
Dietary Fiber 10.6g	43%
Total Sugar 11.1g	
Protein 130.7g	
Vitamin D 13.4IU	2%
Calcium 301.5mg	30%
Iron 14.7mg	82%
Potassium 4255.3mg	
* 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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4 Servings

ginger tempeh lettuce wraps

Ingredients

lemon juice
2 Tbsp

soy sauce, low-sodium
2 Tbsp

sesame oil, salad or cooking
1/2 tsp

sweetener syrup agave
1 Tbsp

sriracha, hot chili sauce
2 tsp

ginger root
2 Tbsp

garlic
4 clove

garden veggie tempeh
8 oz

extra virgin olive oil
2 tsp

carrots
2 medium

romaine lettuce
4 outer leaf

green onions/scallions
2 medium

sesame oil, salad or cooking
1 Tbsp

Nutrition Totals

Calories 874 / Carbs 67 g / Protein 50 g / Fat 46 g / Fluid 10 fl oz

Instructions

1. In a small bowl, combine lemon juice, soy sauce, sesame oil, agave, chili sauce, ginger and garlic to make the marinade.
2. Add cubed tempeh to the marinade and coat well. Set aside and allow to marinate for at least 30 minutes.
3. In a medium skillet, heat olive oil over medium-high heat. Add cubed tempeh and residual marinade.
4. Stir-fry tempeh cubes until lightly browned.
5. Peel and cut carrots into matchstick slices. Add to tempeh and cook until slightly tender.
6. Place 1/4 of tempeh mixture onto each lettuce leaf and garnish with scallions and sesame seeds.



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Nutrition Label

Ginger Tempeh Lettuce Wraps		
Amount Per Serving		
Calories		219
		% Daily Value*
Total Fat	11.5g	18%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	389mg	16%
Total Carbohydrates	16.6g	6%
Dietary Fiber	8.8g	35%
Total Sugar	3.3g	
Protein	12.5g	
Vitamin D	0IU	0%
Calcium	31mg	3%
Iron	0.5mg	3%
Potassium	360.3mg	
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2 Servings

chia and mango overnight oats

Ingredients

mangos

1 fruit

seeds chia dried

1 oz

almond beverage with calcium

4 Tbsp

almond beverage with calcium

1 Cup(s)

oats

1 Cup(s)

vanilla extract

1 tsp

Nutrition Totals

Calories 967 / **Carbs** 160 g / **Protein** 34 g / **Fat** 23 g / **Fluid** 14 fl oz

Instructions

1. In a medium bowl, combine oats, vanilla and 1 cup of almond milk; stir well.
2. Mix the chia seeds with 4 tbsp of almond milk in another small bowl. Set aside.
3. Chop mango into small pieces.
4. In 2 jars, alternate layers of oats, mango and chia.
5. Place the jars in the refrigerator and enjoy the next morning.



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Nutrition Label

Chia And Mango Overnight Oats		
Amount Per Serving		
Calories		484
		% Daily Value*
Total Fat	11.6g	18%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	60.6mg	3%
Total Carbohydrates	80.2g	27%
Dietary Fiber	14.8g	59%
Total Sugar	18.7g	
Protein	16.9g	
Vitamin D	0IU	0%
Calcium	421.1mg	42%
Iron	5.1mg	29%
Potassium	591mg	
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4 Servings

mexican bean stew

Ingredients

pinto beans, no salt, boiled

1 Cup(s)

black beans, no salt, boiled

1 Cup(s)

garbanzo beans, no salt, boiled

1 Cup(s)

extra virgin olive oil

1 Tbsp

onions

1 medium

garlic

4 clove

cumin ground

1 tsp

crushed tomatoes, no salt

2 Cup(s)

corn sweet yellow raw

2 Cup(s)

cinnamon, ground

1/2 tsp

black pepper

1/2 tsp

cayenne pepper

1/8 tsp

cilantro leaves raw, coriander

4 Tbsp

Nutrition Totals

Calories 1374 / **Carbs** 239 g / **Protein** 58 g / **Fat** 25 g / **Fluid** 22 fl oz

Instructions

1. Heat olive oil in a large saucepan over medium heat. Add in onions and garlic and saute until tender.
2. Add in cumin and saute for one additional minute.
3. To the onions add in cooked beans (including desired amount of cooking water), and crushed tomatoes. Simmer for 20 minutes.
4. Add in corn, cinnamon, pepper and cayenne.
5. Garnish with fresh cilantro prior to serving.



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Nutrition Label

Mexican Bean Stew		
Amount Per Serving		
Calories		344
		% Daily Value*
Total Fat	6.2g	10%
Saturated Fat	0.9g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	31.2mg	1%
Total Carbohydrates	59.8g	20%
Dietary Fiber	15.8g	63%
Total Sugar	11.9g	
Protein	14.4g	
Vitamin D	0IU	0%
Calcium	69mg	7%
Iron	4.9mg	27%
Potassium	1068.2mg	
* 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

salsa, ready to serve
2 Tbsp
sea salt
0.75 teaspoon(s)
soy sauce, low-sodium
1 Tbsp
sriracha, hot chili sauce
1 tsp
sweetener syrup agave
0.5 Tbsp

Beef

ground beef, lean
12 oz

Beverages

almond beverage with calcium
2 Tbsp
0.5 Cup(s)
black tea brewed
2 Cup(s)
chamomile tea, brewed
6 Cup(s)
drinking water
42 Cup(s)
iced tea, green
6 Cup(s)

Bread

whole grain tortillas
3 tortilla

Cereal & Grain Products

couscous, cooked
1.25 Cup(s)
oats
0.5 Cup(s)
rice noodles, cooked
3.25 Cup(s)

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Cookies & Crackers

whole wheat crackers, low-sodium
6 cracker, square

Dairy & Egg

100% liquid egg whites
0.75 Cup(s)
egg, hard boiled
1 large
whole eggs, scrambled
1 large

Desserts

plain soy yogurt
15 oz

Fats & Oils

extra virgin olive oil
4.26 Tbsp
1 tsp
sesame oil, salad or cooking
0.26 tsp
1 Tbsp

Finfish & Shellfish

cod fish, cooked
5 oz
salmon, cooked
3 oz

Fruits & Juices

avocados
0.5 avocado
cherries
0.5 Cup(s)
lemon juice
1 Tbsp
mangos
2.5 fruit
raspberries

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Eating right, simplified.

1 Cup(s)
strawberries
4.5 Cup(s)
tangerines/ mandarin oranges
8 large

Ingredients

balsamic vinegar
1 Tbsp

Legumes & Beans

black beans, no salt, boiled
0.76 Cup(s)
garbanzo beans, no salt, boiled
0.26 Cup(s)
hummus, lower sodium
4 Tbsp
pinto beans, no salt, boiled
0.26 Cup(s)
red lentils
1.25 Cup(s)

Nuts & Seeds

almonds
3.5 oz
ground flaxseed
3 Tbsp
walnuts
3 oz

Pork

pork tenderloin, lean, cooked
6 oz

Poultry

chicken breast, boneless skinless
10.25 oz

Spices & Herbs

black pepper

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0.12 tsp
cayenne pepper
0.04 tsp
cinnamon, ground
0.12 tsp
cumin ground
0.26 tsp

Uncategorized

bread oat bran
10 slice
corn sweet yellow raw
0.5 Cup(s)
seeds chia dried
0.5 oz
sweet hungarian style paprika sweet by kalocsa
0.75 tsp
vanilla extract
0.5 tsp

Vegetables

carrots
1 medium
cashew butter, no salt
4 Tbsp
cauliflower, no salt, boiled
3 Cup(s)
celery
10 medium stalk
cilantro leaves raw, coriander
1 Tbsp
collards, boiled, no salt
3 Cup(s)
crushed tomatoes, no salt
0.5 Cup(s)
eggplant, no salt, boiled
1 cup
garlic
5 clove
ginger root
1 Tbsp
green onions/scallions
1 medium
kale, raw
1.5 cups
mushrooms, no salt, boiled
3 Cup(s)



Eating right, simplified.

onions

0.26 medium

red peppers

1 Cup(s)

romaine lettuce

5 Cup(s)

2 outer leaf

sweet potato

1.5 cup

sweet potato, no salt, baked

1.75 Cup(s)

tomatoes

3.25 cup

Vegetarian Products

garden veggie tempeh

7 oz