

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 1**

<b>Qty.</b>	<b>Measure</b>	<b>Description</b>	<b>Protein (gm)</b>	<b>Carbs (gm)</b>	<b>Fats (gm)</b>	<b>Calories</b>
<b>Breakfast – Oatmeal Topped with Hemp and Blueberries</b>						
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Tablespoon-	Hemp seeds	3.00	1.00	4.00	56.00
1	Cup	Milk, skim, no fat	8.40	11.90	0.40	86.00
1	Pack	Oatmeal, plain	4.40	17.60	2.00	95.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>16.49</b>	<b>43.71</b>	<b>6.74</b>	<b>287.32</b>
<b>AM Snack – Kefir with Fruit and Almonds</b>						
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
4	Almond	Almonds, raw	0.85	0.79	2.03	23.12
1/2	Cup	Strawberry halves, raw	0.51	5.84	0.23	24.32
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>6.86</b>	<b>12.63</b>	<b>3.25</b>	<b>102.44</b>
<b>Lunch – Veggie Bean Salad with Avocado</b>						
1/4	Cup, sliced	Avocados	0.73	3.11	5.35	58.40
1/4	Cup	Beans, black, boiled, no salt	3.81	10.20	0.23	56.76
5	Medium	Carrots, baby, raw	0.00	0.00	0.00	20.00
2	Each	Egg whites, scrambled/boiled	7.00	0.60	0.00	34.00
1	Cup	Endive, raw	0.62	1.68	0.10	8.50
1	Cup	Lettuce, cos or romaine, raw	0.69	1.84	0.17	9.52
1/2	Cup	Pepper, sweet bell, all colors, chopped	0.60	4.60	0.10	19.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>15.45</b>	<b>36.16</b>	<b>5.95</b>	<b>269.33</b>
<b>PM Snack – Apple and Almond Milk with Cocoa</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Tablespoon	Cocoa, dry powder, unsweetened	1.06	2.93	0.74	12.37
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>2.36</b>	<b>25.93</b>	<b>5.24</b>	<b>133.37</b>
<b>Dinner – Grilled Salmon with Veggies and Brown Rice</b>						
8	Spears	Asparagus, baked	2.88	4.93	0.26	26.40
1	Cup	Cauliflower, steamed	2.90	6.75	0.40	34.20
3	Ounce	Fish, salmon, wild, cooked	21.62	0.00	6.91	154.70
3/4	Cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>31.18</b>	<b>45.26</b>	<b>8.89</b>	<b>377.64</b>
<b>Actual Totals for Day # 1:</b>			<b>74.40</b>	<b>176.13</b>	<b>30.80</b>	<b>1232.02</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 2**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cereal with Milk and Fruit</b>						
3/4	Cup	Kashi GOLEAN Cereal	9.75	22.50	0.75	105.00
1	Cup	Milk, skim, no fat	8.40	11.90	0.40	86.00
1/2	Cup	Raspberries, raw	0.74	7.34	0.40	31.98
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>18.89</b>	<b>41.74</b>	<b>1.55</b>	<b>222.98</b>
<b>AM Snack – Fresh Orange and Rice Cake</b>						
1/2	Each	Orange, medium	0.55	8.70	0.15	34.50
1	Each	Rice cake, apple cinnamon, Quaker	1.00	9.00	0.00	40.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>1.55</b>	<b>17.70</b>	<b>0.15</b>	<b>74.50</b>
<b>Lunch – Tuna Salad Sandwich with Salad</b>						
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
8	Each	Carrots, baby, raw	0.51	6.59	0.10	28.00
2	Each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
3	Ounces	Fish, tuna, light, canned in water	21.68	0.00	0.70	98.60
1	Tablespoon	Mayonnaise, low fat	0.00	4.00	1.00	25.00
1/2	Tablespoon	Relish, pickle	0.05	2.65	0.05	10.00
1	Medium	Salad, garden with tomato, onion	1.95	14.25	0.60	74.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>29.20</b>	<b>46.63</b>	<b>2.95</b>	<b>338.75</b>
<b>PM Snack – Raw Walnuts</b>						
1/2	Ounces	Walnuts, raw	2.00	3.00	7.50	89.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>4.00</b>	<b>6.00</b>	<b>15.00</b>	<b>178.00</b>
<b>Dinner – Spaghetti and Medium Salad</b>						
1	Cup	Broccoli, steamed	3.71	11.20	0.64	54.60
1	Ounce	Cheese, mozzarella, part skim milk	6.79	0.78	4.46	71.12
3/4	Cup	Kamut, spaghetti cooked	8.32	39.29	1.17	188.34
1	Small	Salad, garden with tomato, onion	1.30	9.50	0.40	49.00
2	Tablespoons	Salad dressing, Italian dressing	0.14	1.37	1.91	22.50
1/2	Cup	Sauce, pasta, marinara, ready-to-serve	2.44	14.09	2.98	92.50
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>22.70</b>	<b>76.23</b>	<b>11.56</b>	<b>478.06</b>
<b>Actual Total for Day 2</b>			<b>74.34</b>	<b>185.30</b>	<b>23.71</b>	<b>1203.29</b>

## 1200 CALORIE VEGETARIAN MEAL PLAN

### DAY 3

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – English Muffin with Scrambled Egg Whites and Fruit</b>						
1/2	Tablespoon	Coconut oil	0.00	0.00	6.80	58.50
4	Each	Egg Whites, scrambled/boiled	14.00	1.20	0.00	68.00
1/2	Each	English muffin, whole-wheat, toasted	2.93	13.45	0.70	67.41
1/2	Medium	Grapefruit, raw	0.81	10.34	0.13	40.96
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>17.73</b>	<b>24.99</b>	<b>7.63</b>	<b>234.87</b>
<b>AM Snack – Sun Dried Tomato and Basil Hummus (See Recipe) with Crackers</b>						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>5.72</b>	<b>28.87</b>	<b>5.15</b>	<b>180.20</b>
<b>Lunch – Veggie Burger in Pita with Salsa, Lettuce, Tomato</b>						
1	Pita, large	Bread, pita, spelt	6.27	35.20	1.66	170.24
2	Tablespoons	Sauce, ready-to-serve, salsa	0.49	2.00	0.05	8.64
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
1/2	Each	Tomatoes, red, sliced	0.79	3.53	0.18	16.20
1	Patty	Veggie burger	10.99	9.99	4.41	123.90
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>19.40</b>	<b>51.81</b>	<b>6.42</b>	<b>325.88</b>
<b>PM Snack – Fresh Apple and Seeds</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Seeds, pumpkin raw	6.96	5.05	13.00	153.37
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>7.26</b>	<b>26.05</b>	<b>13.50</b>	<b>234.37</b>
<b>Dinner – Tomato Salad (See Recipe) with Quinoa</b>						
1/2	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	6.00
1/2	Cup	Quinoa, cooked	4.07	19.70	1.78	111.00
1	Small	Tomato, sm. chopped	1.00	5.70	0.40	26.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
1/2	Cup	Zucchini, baked	1.00	4.00	0.00	19.00
<b>Totals:</b>			<b>6.07</b>	<b>29.40</b>	<b>9.18</b>	<b>216.00</b>
<b>Actual Totals for Day 3</b>			<b>56.18</b>	<b>161.13</b>	<b>41.88</b>	<b>1191.32</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

<b>DAY 4</b>						
Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Blueberry Smoothie</b>						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
3	Tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>11.22</b>	<b>28.71</b>	<b>16.58</b>	<b>299.65</b>
<b>AM Snack – Fresh Peach and Almonds</b>						
10	Almonds	Almonds, raw	2.13	1.97	5.06	57.80
1	Medium	Peach, medium, approx. 4 oz.	0.60	9.70	0.10	37.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>2.73</b>	<b>11.67</b>	<b>5.16</b>	<b>94.80</b>
<b>Lunch – Salad Topped with Veggies, Lentils and Beans</b>						
1/4	Cup	Beans, black, boiled, no salt	3.81	10.20	0.23	56.76
1/2	Cup	Carrots, raw, chopped	0.51	5.27	0.13	22.55
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1/2	Cup	Endive, raw	0.31	0.84	0.05	4.25
15	Each	Grapes, red	0.30	6.15	0.15	30.00
1/2	Cup	Lentils, boiled, no salt	8.93	19.93	0.38	114.84
1/2	Cup	Lettuce, cos or romaine, raw	0.34	0.92	0.08	4.76
1/2	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>15.09</b>	<b>48.82</b>	<b>8.02</b>	<b>321.24</b>
<b>PM Snack – Hard Boiled Egg and Salad</b>						
1	Large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
1/2	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	Medium	Salad, med. garden with tomato, onion	1.95	14.25	0.60	74.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>7.95</b>	<b>14.25</b>	<b>12.60</b>	<b>204.00</b>
<b>Dinner – Tempeh and Veggie Stir Fry (See Recipe)</b>						
1/2	Cup	Broccoli, stir fry	1.86	5.60	0.32	27.30
1/2	Cup	Cauliflower, stir fry	1.45	3.38	0.20	17.10
1/2	Cup	Tempeh	15.39	7.79	8.96	160.19
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
1/2	Cup	Wild rice, cooked	3.27	17.50	0.28	82.82
<b>Totals:</b>			<b>21.97</b>	<b>34.27</b>	<b>9.76</b>	<b>287.41</b>
<b>Actual Totals for Day 4</b>			<b>58.95</b>	<b>137.73</b>	<b>52.13</b>	<b>1207.10</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 5**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cereal with Fruit and Chia Seeds</b>						
1/2	Cup	Kashi GOLEAN cereal	6.50	15.00	0.50	70.00
1/2	Cup	Melons, cantaloupe, diced	0.66	6.36	0.15	26.52
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>12.58</b>	<b>35.80</b>	<b>13.37</b>	<b>275.44</b>
<b>AM Snack – Strawberries and Almonds</b>						
10	Almonds	Nuts, almonds, raw	2.13	1.97	5.06	57.80
1/2	Cup	Strawberry halves, raw	0.51	5.84	0.23	24.32
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>2.64</b>	<b>7.81</b>	<b>5.29</b>	<b>82.12</b>
<b>Lunch – Moroccan Salmon with Braised Kale (see recipe)</b>						
1	Tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
1	Cup	Kale, steamed	2.47	7.32	0.52	36.40
3	Ounces	Salmon, broiled	18.81	0.00	10.50	174.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>21.40</b>	<b>7.33</b>	<b>22.53</b>	<b>312.14</b>
<b>PM Snack – Cheese and Crackers</b>						
1	Ounce	Cheese, low fat, cheddar or Colby	6.82	0.53	1.96	48.44
4	Crackers	Whole wheat, low salt	1.41	10.98	2.75	70.88
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>8.23</b>	<b>11.51</b>	<b>4.71</b>	<b>119.32</b>
<b>Dinner – Spaghetti with Eggplant and Veggies</b>						
1	Ounce	Cheese, goat, semisoft type	6.12	0.72	8.46	103.19
1	Cup	Eggplant	0.82	8.64	0.23	34.65
1/2	Cup	Kamut, spaghetti cooked	5.55	26.20	0.78	125.56
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
1	Small	Salad, garden with tomato, onion	1.30	9.50	0.40	49.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
1/2	Cup	Tomato, diced	0.00	4.00	0.00	19.00
1/2	Cup	Zucchini, baked	1.00	4.00	0.00	19.00
<b>Totals:</b>			<b>14.79</b>	<b>53.06</b>	<b>16.87</b>	<b>415.40</b>
<b>Actual Totals for Day 5</b>			<b>59.63</b>	<b>115.50</b>	<b>62.77</b>	<b>1204.42</b>

## 1200 CALORIE VEGETARIAN MEAL PLAN

### DAY 6

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Kefir, Peach and Chia Seeds</b>						
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Medium	Peach, medium, approx. 4 ounces	0.60	9.70	0.10	37.00
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
<b>Totals:</b>			<b>16.03</b>	<b>34.13</b>	<b>10.82</b>	<b>285.92</b>
<b>AM Snack – Rice Cakes and Grapes</b>						
12	Each	Grapes, red	0.24	4.92	0.12	24.00
1	Each	Rice cake, apple cinnamon, Quaker	1.00	9.00	0.00	40.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>1.24</b>	<b>13.92</b>	<b>0.12</b>	<b>64.00</b>
<b>Lunch – Tuna Sandwich with Fruit</b>						
1/2	Cup	Apricots, dried, organic	1.50	27.69	0.23	106.25
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
6	Medium	Carrots, baby, raw	0.00	0.00	0.00	24.00
2	Each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
3	Ounces	Fish, tuna, light, canned in water	21.68	0.00	0.70	98.60
1	Tablespoon	Mayonnaise, low fat	0.00	4.00	1.00	25.00
1/2	Tablespoon	Relish, pickle	0.05	2.65	0.05	10.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>28.23</b>	<b>53.34</b>	<b>2.47</b>	<b>363.85</b>
<b>PM Snack – Hard Boiled Egg and Raspberries</b>						
1	Large	Egg, organic, hard-boiled	6.00	0.00	5.00	70.00
1	Cup	Raspberries, raw	1.48	14.69	0.80	63.96
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>7.48</b>	<b>14.69</b>	<b>5.80</b>	<b>133.96</b>
<b>Dinner – Homemade Pizza</b>						
1/2	Cup	Jerusalem artichokes, raw	1.50	13.08	0.01	57.00
2	Ounces	Kraft cheese, mozzarella, natural shredded part-skim	12.00	2.00	10.00	160.00
1	Each	Low carb wrap	5.00	24.00	1.50	100.00
2	Tablespoon	Mushrooms	0.43	1.06	0.09	5.60
1/4	Cup	Tomato sauce, no salt added	0.79	4.52	0.12	22.57
<b>Totals:</b>			<b>9.73</b>	<b>44.66</b>	<b>11.72</b>	<b>345.17</b>
<b>Actual Totals for Day 6</b>			<b>72.70</b>	<b>160.73</b>	<b>30.93</b>	<b>1192.90</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 7**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Oatmeal with Protein Powder and Berries</b>						
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Pack	Oatmeal, plain Quaker	4.40	17.60	2.00	95.00
2	Scoops	Protein powder	24.00	8.00	3.00	150.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>29.09</b>	<b>38.81</b>	<b>5.34</b>	<b>295.32</b>
<b>AM Snack – Melon and Seeds</b>						
1	Cup	Melons, cantaloupe	1.31	12.73	0.30	53.04
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>1.31</b>	<b>12.73</b>	<b>0.30</b>	<b>53.04</b>
<b>Lunch – Chili and Salad</b>						
1	Cup	Chili, Amy's Organic Medium Chili	13.00	30.00	9.00	250.00
1	Medium	Salad, garden with tomato, onion	1.95	14.25	0.60	74.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>14.95</b>	<b>44.39</b>	<b>9.60</b>	<b>327.15</b>
<b>PM Snack – Sun Dried Tomato and Basil Hummus (See Recipe)</b>						
3	Tablespoons	Hummus, home prepared	2.19	9.05	3.87	79.65
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>4.19</b>	<b>23.05</b>	<b>3.87</b>	<b>139.65</b>
<b>Dinner – Bean Stir Fry Over Rice</b>						
1/2	Cup	Beans, kidney, all types, boiled, no salt	7.67	20.18	0.44	112.39
1/2	Cup	Broccoli	1.86	5.60	0.32	27.30
1/2	Cup	Mushrooms	1.08	1.15	0.12	7.70
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
1/2	Cup	Pepper, sweet bell, all colors	0.60	4.60	0.10	19.00
1/2	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
2	Tablespoon	Soy sauce, Kikkoman 'Lite'	0.00	2.60	0.00	22.00
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
1/2	Cup slices	Water chestnuts	0.62	8.61	0.04	35.00
<b>Totals:</b>			<b>14.34</b>	<b>65.12</b>	<b>8.90</b>	<b>396.62</b>
<b>Actual Totals for Day 7</b>			<b>63.88</b>	<b>184.10</b>	<b>28.00</b>	<b>1211.78</b>

## 1200 CALORIE VEGETARIAN MEAL PLAN

### DAY 8

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Quinoa Breakfast Bowl (See Recipe)</b>						
1/2	Ounce	Nuts, pecans, raw	1.30	1.96	10.20	97.95
1/2	Cup	Quinoa, cooked	4.07	19.70	1.78	111.00
<b>Totals:</b>			<b>5.37</b>	<b>21.67</b>	<b>11.98</b>	<b>208.95</b>
<b>AM Snack – Apple and Goat Cheese</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Cheese, goat, semisoft type	6.12	0.72	8.46	103.19
<b>Totals:</b>			<b>6.42</b>	<b>21.72</b>	<b>8.96</b>	<b>184.19</b>
<b>Lunch – Veggie Sandwich</b>						
1/4	Cup	Avocado, pureed	1.15	4.25	8.80	92.50
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
1	Cup	Bean sprouts, fresh	5.00	13.00	0.00	62.00
<b>Totals:</b>			<b>15.01</b>	<b>48.34</b>	<b>9.92</b>	<b>321.40</b>
<b>PM Snack – Kefir and Strawberries</b>						
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
<b>Totals:</b>			<b>6.52</b>	<b>17.67</b>	<b>1.46</b>	<b>103.64</b>
<b>Dinner – Kale and Pinto Bean Soup (See Recipe) with Veggie Burger</b>						
1/2	Cup	Beans, pinto, boiled	8.75	29.03	0.45	152.28
1	Cup	Kale, steamed	2.47	7.32	0.52	36.40
1/2	Tablespoon	Tahini, from raw and stone sesame seeds	1.34	1.96	3.60	42.75
2	Each	Veggie burgers	20.00	6.00	8.00	180.00
<b>Totals:</b>			<b>32.56</b>	<b>44.31</b>	<b>12.57</b>	<b>411.43</b>
<b>Actual Totals for Day 8</b>			<b>65.87</b>	<b>153.71</b>	<b>44.88</b>	<b>1229.61</b>



## 1200 CALORIE VEGETARIAN MEAL PLAN

### DAY 9

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Green Smoothie</b>						
1/2	Each	Banana, med 8"	0.60	13.35	0.30	52.50
2	Scoops	Protein powder	24.00	8.00	3.00	150.00
2	Cups	Spinach, raw	1.72	2.18	0.23	13.80
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
<b>Totals:</b>			<b>28.32</b>	<b>27.53</b>	<b>11.53</b>	<b>296.30</b>
<b>AM Snack – Walnuts</b>						
1/2	Ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
<b>Totals:</b>			<b>2.13</b>	<b>1.92</b>	<b>9.13</b>	<b>91.56</b>
<b>Lunch – Soup and Cottage Cheese</b>						
1	Cup	Cottage cheese, organic low fat	26.00	8.00	4.00	200.00
1/2	Ounce	Seeds, chia seeds, ground	2.21	6.22	4.36	69.46
1	Cup	Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00
<b>Totals:</b>			<b>30.21</b>	<b>27.22</b>	<b>9.36</b>	<b>339.46</b>
<b>PM Snack – Pear and Almonds</b>						
5	Almonds	Nuts, almonds, raw	1.06	0.99	2.53	28.90
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>1.76</b>	<b>26.09</b>	<b>2.53</b>	<b>126.90</b>
<b>Dinner –Halibut, Green Beans and Rice</b>						
1	Cup	Green beans, steamed	2.36	9.85	0.35	43.75
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	Ounces	Halibut, broiled	22.50	0.00	3.00	120.00
1/2	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
<b>Totals:</b>			<b>27.38</b>	<b>32.24</b>	<b>17.83</b>	<b>388.98</b>
<b>Actual Totals for Day 9</b>			<b>89.80</b>	<b>114.99</b>	<b>50.38</b>	<b>1243.19</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 10**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Oatmeal, Hemp Seeds and Blueberries</b>						
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
1	Tablespoon	Hemp seeds	3.00	1.00	4.00	56.00
1	Pack	Oatmeal, plain	4.00	28.00	2.00	150.00
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>8.54</b>	<b>41.51</b>	<b>10.24</b>	<b>287.32</b>
<b>AM Snack – Avocado and Veggies</b>						
1/4	Cup	Avocado, pureed	1.15	4.25	8.80	92.50
8	Medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
1/2	Cup	Peppers, sweet, green, raw	0.64	3.46	0.13	14.90
<b>Totals:</b>			<b>2.30</b>	<b>14.30</b>	<b>9.03</b>	<b>135.40</b>
<b>Lunch – Spaghetti Squash Casserole (See Recipe) and Salad</b>						
1	Cubic inch	Cheese substitute, mozzarella	2.06	4.26	2.20	44.64
1/2	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Cup	Squash, winter, spaghetti, baked	1.02	10.01	0.40	41.85
1	Cup	Tomatoes, red	2.28	9.62	0.26	43.20
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
<b>Totals:</b>			<b>8.05</b>	<b>45.62</b>	<b>10.67</b>	<b>301.77</b>
<b>PM Snack – Hard Boiled Egg and Apple</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Large	Egg, organic hard-boiled	6.00	0.00	5.00	70.00
<b>Totals:</b>			<b>6.30</b>	<b>21.00</b>	<b>5.50</b>	<b>151.00</b>
<b>Dinner – Chili</b>						
1	Cup	Chili, Amy's Organic Medium Chili	13.00	30.00	9.00	250.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>15.60</b>	<b>49.00</b>	<b>9.80</b>	<b>348.00</b>
<b>Actual Totals for Day 10</b>			<b>40.79</b>	<b>171.43</b>	<b>45.24</b>	<b>1223.49</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 11**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cereal with Chia Seeds</b>						
3/4	Cup	Kashi GOLEAN cereal	9.75	22.50	0.75	105.00
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>15.18</b>	<b>36.93</b>	<b>13.47</b>	<b>283.92</b>
<b>AM Snack – Mixed Fruit with Cinnamon</b>						
1/4	Cup	Blueberries	0.27	5.25	0.12	20.66
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/4	Cup	Melon, cantaloupe	0.37	3.61	0.08	15.04
1	Slice	Pineapple	0.30	10.40	0.40	41.00
1/4	Cup	Strawberry halves, raw	0.25	2.92	0.11	12.16
<b>Totals:</b>			<b>1.34</b>	<b>24.88</b>	<b>0.82</b>	<b>97.87</b>
<b>Lunch – Tempeh and Veggie Stir Fry</b>						
1	Cup	Broccoli	2.12	3.72	0.25	19.88
1	Teaspoon	Oil, sesame, cooking	0.00	0.00	4.50	39.78
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
3/4	Cup	Tempeh	23.08	11.69	13.45	240.28
<b>Totals:</b>			<b>25.30</b>	<b>16.31</b>	<b>18.19</b>	<b>303.94</b>
<b>PM Snack – Apple and Almond Butter</b>						
1	Tablespoon	Almond Butter, raw	2.40	3.40	9.50	101.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.00</b>
<b>Dinner – Quinoa and Veggies</b>						
1	Ounce	Cheese, feta	3.98	1.15	5.96	73.92
1/2	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
8	Large	Olives, ripe	0.27	2.00	3.42	36.80
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1/2	Cup	Quinoa, cooked	4.07	19.70	1.78	111.00
2	Cup	Spinach, raw	1.72	2.18	0.23	13.80
3/4	Cup	Tomato sauce, no salt added	2.38	13.56	0.37	67.71
<b>Totals:</b>			<b>12.51</b>	<b>39.49</b>	<b>18.75</b>	<b>367.23</b>
<b>Actual Totals for Day 11</b>			<b>57.03</b>	<b>142.01</b>	<b>61.23</b>	<b>1234.96</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 12**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cottage Cheese and Melon</b>						
1	Cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
1	Cup	Melons, cantaloupe	1.49	14.44	0.34	60.18
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
<b>Totals:</b>			<b>33.92</b>	<b>33.07</b>	<b>11.35</b>	<b>363.10</b>
<b>AM Snack – Veggie Hand Roll (See Recipe)</b>						
1/2	Cup	Avocados	1.46	6.23	10.70	116.80
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	Tablespoon	Tofutti Better Than Cream Cheese	0.00	0.00	4.00	40.00
<b>Totals:</b>			<b>2.26</b>	<b>9.03</b>	<b>14.70</b>	<b>170.80</b>
<b>Lunch – Salmon Sandwich with Soup</b>						
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
3	Ounces	Fish, salmon, canned, no salt, drained solids with bone	18.22	0.00	4.67	119.85
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
1	Small	Tomato, sliced	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>24.07</b>	<b>21.79</b>	<b>5.69</b>	<b>232.75</b>
<b>PM Snack – Pear and Walnuts</b>						
1/2	Ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>2.83</b>	<b>27.02</b>	<b>9.13</b>	<b>189.56</b>
<b>Dinner – Veggie Burger and Sweet Potato</b>						
1/2	Tablespoon	Dijon mustard	0.00	0.00	0.00	7.50
2	Ounces	Veggie Burger	6.00	17.00	0.00	100.00
1/2	Cup	Lettuce, cos or romaine, raw	0.34	0.92	0.08	4.76
2	Whole	Mushrooms, portabella, grilled	4.20	8.52	0.34	43.68
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1/2	Cup	Yam, baked	1.00	18.80	0.10	79.00
<b>Totals:</b>			<b>11.64</b>	<b>46.14</b>	<b>0.52</b>	<b>238.94</b>
<b>Actual Totals for Day 12</b>			<b>74.73</b>	<b>137.05</b>	<b>41.40</b>	<b>1195.15</b>

## 1200 CALORIE VEGETARIAN MEAL PLAN

### DAY 13

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Spinach and Mushroom Eggs with Crackers</b>						
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
1/2	Cup	Mushrooms	1.69	4.13	0.37	21.84
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
<b>Totals:</b>			<b>16.55</b>	<b>19.22</b>	<b>10.48</b>	<b>228.74</b>
<b>AM Snack – Apple and Savory Cashews (See Recipe)</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1/2	Ounce	Cashews, raw	2.50	4.50	6.50	80.00
<b>Totals:</b>			<b>2.80</b>	<b>25.50</b>	<b>7.00</b>	<b>161.00</b>
<b>Lunch – Soup with Chickpeas and Crackers</b>						
1/2	Cup	Chickpeas, boiled	7.27	22.48	2.12	134.48
1	Tablespoon	Tofutti Better Than Cream Cheese	0.00	0.00	4.00	40.00
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
2	Cups	Amy's Organic Minestrone Soup	6.00	34.00	2.00	180.00
<b>Totals:</b>			<b>15.27</b>	<b>70.48</b>	<b>8.12</b>	<b>414.48</b>
<b>PM Snack – Cucumber and Tomato Salad with Feta Cheese</b>						
1	Ounce	Cheese, feta	3.98	1.15	5.96	73.92
1	Cup	Cucumber, chopped	0.80	2.80	0.00	14.00
1	Small	Tomato, chopped	1.00	5.70	0.40	26.00
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
<b>Totals:</b>			<b>5.86</b>	<b>12.37</b>	<b>6.36</b>	<b>128.00</b>
<b>Dinner – Fish and Cauliflower Rice (see recipe)</b>						
1	Cup	Cauliflower steamed	2.90	6.75	0.40	34.20
1	Large	Egg, organic	6.00	0.00	5.00	70.00
4.5	Ounces	Fish, haddock, cooked	30.91	0.00	1.19	142.80
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
<b>Totals:</b>			<b>39.90</b>	<b>7.65</b>	<b>6.58</b>	<b>251.00</b>
<b>Actual Totals for Day 13</b>			<b>80.38</b>	<b>135.22</b>	<b>38.55</b>	<b>1183.22</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 14**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – French Toast and Blueberries</b>						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Large	Egg, organic	6.00	0.00	5.00	70.00
<b>Totals:</b>			<b>10.22</b>	<b>41.71</b>	<b>5.58</b>	<b>241.65</b>
<b>AM Snack – Kefir and Seeds</b>						
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Seeds, pumpkin raw	6.96	5.05	13.00	153.37
<b>Totals:</b>			<b>17.96</b>	<b>17.05</b>	<b>15.00</b>	<b>263.37</b>
<b>Lunch – Stuffed Eggplant (See Recipe) with Soup</b>						
1	Ounce	Cheese, feta	3.98	1.15	5.96	73.92
1	Cup	Eggplant	0.82	8.64	0.23	34.65
1	Small	Tomato, with peel, 2.5" diam.	1.00	5.70	0.40	26.00
1	Cup	Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00
<b>Totals:</b>			<b>7.80</b>	<b>28.49</b>	<b>7.59</b>	<b>204.57</b>
<b>PM Snack – Pear and Cashew Nut Butter</b>						
1	Tablespoon	Nuts, cashew butter, raw	2.81	4.41	7.91	93.92
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>3.51</b>	<b>29.51</b>	<b>7.91</b>	<b>191.92</b>
<b>Dinner – Pumpkin and Quinoa with White Beans (See Recipe)</b>						
1/2	Cup	Kidney bean, boiled	8.00	19.70	0.10	109.00
1	Cup	Pumpkin	1.76	12.01	0.17	49.00
1/2	Cup	Quinoa, cooked	4.07	19.70	1.78	111.00
1	Tablespoon	Syrup, maple	0.00	13.42	0.04	52.20
<b>Totals:</b>			<b>13.83</b>	<b>64.83</b>	<b>2.09</b>	<b>321.20</b>
<b>Actual Totals for Day 14</b>			<b>53.32</b>	<b>181.58</b>	<b>38.16</b>	<b>1222.71</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 15**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Peanut Butter and Banana Yogurt Smoothie Blend</b>						
1/2	Each	Banana, med 8"	0.60	13.35	0.30	52.50
1/2	Cup	Ice cubes	0.00	0.00	0.00	0.00
1	Tablespoon	Peanut Butter, natural	4.00	3.00	8.00	105.00
6	Ounces	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
<b>Totals:</b>			<b>22.60</b>	<b>23.35</b>	<b>8.30</b>	<b>257.500</b>
<b>AM Snack – Savory Cashews (see recipe)</b>						
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
<b>Totals:</b>			<b>5.00</b>	<b>9.00</b>	<b>13.00</b>	<b>160.00</b>
<b>Lunch – Veggie Burger and Salad</b>						
1/2	Tablespoon	Dijon mustard	0.00	0.00	0.00	7.50
4	Ounces	Veggie burger	12.00	34.00	0.00	200.00
1/2	Cup	Lettuce, cos or romaine, raw	0.34	0.92	0.08	4.76
1/2	Tablespoon	Onions, sweet, raw	0.59	5.59	0.06	23.68
1	Small	Salad, garden with tomato and onion	1.30	9.50	0.40	49.00
2	Slices	Tomato, sliced, organic	0.00	0.00	0.00	8.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
1	Each	Bun, hamburger, Rudi's Organic Bakery, whole wheat	7.00	29.00	1.00	160.00
<b>Totals:</b>			<b>21.24</b>	<b>79.14</b>	<b>1.54</b>	<b>456.09</b>
<b>PM Snack – Apple</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner – Eggs and Soup</b>						
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
1	Cup	Amy's Organic Minestrone Soup	3.00	17.00	1.00	90.00
<b>Totals:</b>			<b>15.00</b>	<b>17.00</b>	<b>18.00</b>	<b>295.00</b>
<b>Actual Totals for Day 15</b>			<b>64.14</b>	<b>149.49</b>	<b>41.34</b>	<b>1249.59</b>

## 1200 CALORIE VEGETARIAN MEAL PLAN

### DAY 16

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cereal with Chia Seeds</b>						
3/4	Cup	Kashi GOLEAN cereal	9.75	22.50	0.75	105.00
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>15.18</b>	<b>36.93</b>	<b>13.47</b>	<b>283.92</b>
<b>AM Snack – Apple and Almond Butter</b>						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.00</b>
<b>Lunch – Teriyaki Tofu (See Recipe) with Large Salad</b>						
1/4	Cup	Avocado, pureed	1.15	4.25	8.80	92.50
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Cup	Tofu, firm	20.64	4.26	10.51	176.40
<b>Totals:</b>			<b>24.39</b>	<b>27.51</b>	<b>20.11</b>	<b>366.90</b>
<b>PM Snack – Kefir and Blueberries</b>						
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
<b>Totals:</b>			<b>6.04</b>	<b>16.51</b>	<b>1.24</b>	<b>96.33</b>
<b>Dinner – Homemade Pizza</b>						
2	Ounces	Kraft cheese, mozzarella, natural shredded part-skim	12.00	2.00	10.00	160.00
1	Each	Low carb wrap	5.00	24.00	1.50	100.00
2	Tablespoon	Onion, chopped	0.20	1.80	0.00	8.00
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
2	Tablespoon	Tomato sauce, no salt added	0.39	2.22	0.06	11.10
<b>Totals:</b>			<b>18.45</b>	<b>31.11</b>	<b>11.68</b>	<b>286.00</b>
<b>Actual Totals for Day 16</b>			<b>66.55</b>	<b>134.66</b>	<b>56.49</b>	<b>1207.14</b>



## 1200 CALORIE VEGETARIAN MEAL PLAN

### DAY 17

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Oatmeal and Hemp Seeds</b>						
2	Tablespoons	Hemp seeds	6.00	2.00	8.00	112.00
1	Pack	Oatmeal, plain	4.00	28.00	2.00	150.00
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>11.00</b>	<b>32.00</b>	<b>14.00</b>	<b>302.00</b>
<b>AM Snack – Apple and Walnuts</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1/2	Ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
<b>Totals:</b>			<b>2.43</b>	<b>22.92</b>	<b>9.63</b>	<b>172.56</b>
<b>Lunch – Chili with Salad</b>						
1	Cup	Chili, Amy's Organic Medium Chili	13.00	30.00	9.00	250.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>15.60</b>	<b>49.14</b>	<b>9.80</b>	<b>351.15</b>
<b>PM Snack – Hard Boiled Egg with Carrots and Celery</b>						
8	Medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
4	Each	Celery, raw stalk trimmed	2.00	8.00	0.00	40.00
1	Large	Egg, organic, hard-boiled	6.00	0.00	5.00	70.00
<b>Totals:</b>			<b>8.51</b>	<b>14.59</b>	<b>5.10</b>	<b>138.00</b>
<b>Dinner – Halibut, Greens and Sweet Potato</b>						
3	Ounces	Halibut, broiled	22.50	0.00	3.00	120.00
1	Cup	Kale, steamed	2.47	7.32	0.52	36.40
1/2	Cup	Yam, baked or boiled	1.00	18.80	0.10	79.00
<b>Totals:</b>			<b>25.97</b>	<b>26.12</b>	<b>3.62</b>	<b>235.40</b>
<b>Actual Totals for Day 17</b>			<b>63.51</b>	<b>144.77</b>	<b>42.15</b>	<b>1199.11</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 18**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Mixed Berry Smoothie</b>						
1/2	Cup	Blackberries, raw	1.00	6.92	0.35	30.96
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
2	Scoops	Protein Powder	24.00	8.00	3.00	150.00
1/2	Cup	Strawberry halves, raw	0.51	5.84	0.23	24.32
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
		<b>Totals:</b>	<b>26.66</b>	<b>25.46</b>	<b>7.68</b>	<b>254.28</b>
<b>AM Snack – Walnuts</b>						
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
		<b>Totals:</b>	<b>4.26</b>	<b>3.84</b>	<b>18.26</b>	<b>183.12</b>
<b>Lunch – Kale and Pinto Bean Soup</b>						
1	Cup	Kale, steamed	3.69	6.80	0.64	39.00
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1/2	Cup	Pinto bean, boiled	7.00	21.80	0.40	116.00
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
		<b>Totals:</b>	<b>12.69</b>	<b>42.60</b>	<b>15.04</b>	<b>345.00</b>
<b>PM Snack – Cucumber, Tomato and Feta Chopped Salad</b>						
1	Ounce	Cheese, feta	3.98	1.15	5.96	73.92
1	Cup	Cucumber, chopped	0.80	2.80	0.00	14.00
1	Small	Tomato, chopped	1.00	5.70	0.40	26.00
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
		<b>Totals:</b>	<b>5.86</b>	<b>12.37</b>	<b>6.36</b>	<b>128.00</b>
<b>Dinner – Buckwheat Sir Fry</b>						
1/2	Cup	Broccoli, steamed	1.86	5.60	0.32	27.30
1/2	Cup	Buckwheat, whole groats	7.57	42.35	1.86	201.00
1/4	Ounce	Nuts, pine nuts, dried	0.96	0.92	4.79	47.11
4	Tablespoons	Salsa, Amy's Organic Black bean and Corn Salsa	2.00	6.00	0.00	30.00
		<b>Totals:</b>	<b>12.39</b>	<b>54.87</b>	<b>6.97</b>	<b>305.41</b>
<b>Actual Totals for Day 18</b>			<b>61.86</b>	<b>139.13</b>	<b>54.30</b>	<b>1215.81</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 19**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Peanut Butter and Jam Sandwich with an Apple</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	.50	80.00
1	Tablespoon	Jams, no sugar added	0.07	13.77	0.01	55.60
1	Tablespoon	Peanut butter, natural	4.00	3.00	8.00	105.00
<b>Totals:</b>			<b>12.37</b>	<b>67.77</b>	<b>9.51</b>	<b>401.60</b>
<b>AM Snack – Yogurt and Chia Seeds</b>						
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/2	Ounce	Seeds, chia seeds, ground	2.21	6.22	4.36	69.46
6	Ounces	Yogurt, Greek, non-fat	18.00	7.00	0.00	100.00
<b>Totals:</b>			<b>20.36</b>	<b>15.92</b>	<b>4.46</b>	<b>178.46</b>
<b>Lunch – Meatless Meatballs and Spaghetti Squash</b>						
1/2	Cup	Broccoli, steamed	1.86	5.60	0.32	27.30
1/2	Cup	Meatballs, meatless	15.12	5.76	6.48	141.84
1	Cup	Squash, winter, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
3/4	Cup	Tomato sauce, no salt added	2.38	13.56	0.37	67.71
<b>Totals:</b>			<b>20.38</b>	<b>34.93</b>	<b>7.57</b>	<b>278.70</b>
<b>PM Snack – Pear and Cashew Nut Butter</b>						
1/2	Tablespoon	Cashew butter, raw	1.40	2.21	3.95	46.96
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>2.10</b>	<b>27.31</b>	<b>3.95</b>	<b>144.96</b>
<b>Dinner – Bean and Veggie Stir Fry</b>						
1/2	Cup	Black beans, boiled, no salt	7.57	22.52	0.32	120.25
1	Teaspoon	Oil, sesame, cooking	0.00	0.00	4.50	39.78
1	Cup	Vegetables, mixed, frozen, steamed	5.20	23.80	0.20	108.00
<b>Totals:</b>			<b>12.77</b>	<b>46.32</b>	<b>5.02</b>	<b>268.03</b>
<b>Actual Totals for Day 19</b>			<b>63.99</b>	<b>177.25</b>	<b>30.02</b>	<b>1191.75</b>

## 1200 CALORIE VEGETARIAN MEAL PLAN

### DAY 20

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cottage Cheese and Peach</b>						
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Cup	Cottage cheese, 1% fat	28.00	6.20	2.30	164.00
1	Medium	Peach, approx. 4 ounces	0.60	9.70	0.10	37.00
<b>Totals:</b>			<b>28.75</b>	<b>18.60</b>	<b>2.50</b>	<b>210.00</b>
<b>AM Snack – Peppers and Avocado</b>						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
<b>Totals:</b>			<b>3.58</b>	<b>15.41</b>	<b>17.85</b>	<b>214.80</b>
<b>Lunch – Leftovers, Bean Stir Fry with Crackers</b>						
1/2	Cup	Black beans, boiled, no salt	7.57	22.52	0.32	120.25
1	Teaspoon	Oil, sesame, cooking	0.00	0.00	4.50	39.78
1	Cup	Vegetables, mixed, frozen, steamed	5.20	23.80	0.20	108.00
1	Each	Wasa crackers, light rye	2.00	14.00	0.00	50.00
<b>Totals:</b>			<b>14.77</b>	<b>60.32</b>	<b>5.02</b>	<b>328.03</b>
<b>PM Snack – Apple and Almond Butter</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1/2	Tablespoon	Nuts, almond butter, raw	1.21	1.70	4.73	50.64
<b>Totals:</b>			<b>1.51</b>	<b>22.70</b>	<b>5.23</b>	<b>131.64</b>
<b>Dinner – White Bean Ratatouille (See Recipe)</b>						
1/2	Cup	Beans, white, boiled, no salt	8.71	22.46	0.31	124.41
1	Cup	Eggplant	0.82	8.64	0.23	34.65
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Cup	Peppers, sweet, red	1.25	9.11	0.27	38.08
1	Medium	Zucchini, baby, raw	0.30	0.30	0.00	2.00
<b>Totals:</b>			<b>11.08</b>	<b>40.51</b>	<b>14.81</b>	<b>329.13</b>
<b>Actual Totals for Day 20</b>			<b>59.69</b>	<b>157.55</b>	<b>45.42</b>	<b>1213.61</b>

**1200 CALORIE VEGETARIAN MEAL PLAN**

**DAY 21**

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Eggs on Toast with Apple</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
<b>Totals:</b>			<b>16.30</b>	<b>36.00</b>	<b>11.00</b>	<b>301.00</b>
<b>AM Snack – Savory Cashews (See Recipe)</b>						
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
<b>Totals:</b>			<b>5.00</b>	<b>9.00</b>	<b>13.00</b>	<b>160.00</b>
<b>Lunch – Spinach and Feta Salad</b>						
1	Cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
1	Ounce	Nuts, pine nuts, raw	3.83	3.66	19.14	188.44
1/2	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	Small	Onions, spring or scallions	0.09	0.37	0.01	1.60
3	Cups	Spinach, raw	2.57	3.27	0.35	20.70
4	Slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
<b>Totals:</b>			<b>8.99</b>	<b>10.72</b>	<b>30.12</b>	<b>345.70</b>
<b>PM Snack – Hummus (See Recipe) and Veggies</b>						
8	Medium	Carrots, baby, raw	0.00	0.00	0.00	32.00
2	Tablespoons	Hummus, home prepared	1.46	6.04	2.58	53.10
2	Medium	Zucchini, baby, raw	0.60	0.60	0.00	4.00
<b>Totals:</b>			<b>2.06</b>	<b>6.64</b>	<b>2.58</b>	<b>89.10</b>
<b>Dinner – Meatless Meatballs and Shirataki Noodles</b>						
1	Cup	Broccoli, steamed	3.71	11.20	0.64	54.60
1/2	Cup	Meatballs, meatless parmesan	15.12	5.76	6.48	141.84
1	Tablespoon	Cheese, low sodium	2.00	0.00	1.00	22.80
3	Ounces	Shirataki noodles	0.00	1.00	0.00	0.00
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
<b>Totals:</b>			<b>24.00</b>	<b>36.04</b>	<b>8.61</b>	<b>309.52</b>
<b>Actual Totals for Day 21</b>			<b>56.36</b>	<b>98.39</b>	<b>65.31</b>	<b>1205.32</b>