

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 1

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Oatmeal Topped with Hemp and Blueberries						
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	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	0.00	0.00	0.00	0.00
Totals:			23.02	56.21	14.98	440.65
AM Snack – Kefir with Fruit and Almonds						
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
4	Almonds	Almonds, raw	0.85	0.79	2.03	23.12
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			7.37	18.46	3.48	126.76
Lunch – Veggie Bean Salad with Avocado						
1/4	Cup	Avocado, sliced	0.73	3.11	5.35	58.40
1/2	Cup	Beans, black, boiled, no salt	7.62	20.39	0.46	113.52
5	Carrots	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	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			19.26	46.36	6.18	326.09
PM Snack – Apple and Almond Milk with Cocoa						
1	Fruit	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	0.00	0.00	0.00	0.00
Totals:			2.36	25.93	5.24	133.37
Dinner – Grilled Salmon with Veggies and Brown Rice						
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	Ounces	Salmon, wild, cooked	21.62	0.00	6.91	154.70
1	Cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			32.43	56.45	9.33	431.75
Evening Snack – Air Popped Popcorn						
2	Cups	Popcorn, air-popped	2.07	12.44	0.73	61.92
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			2.07	12.44	0.73	61.92
Actual Totals for Day # 1:			86.52	215.86	39.94	1520.54

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 2

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal with Milk and Fruit						
1	Cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
1	Cup	Milk, skim, no fat	8.40	11.90	0.40	86.00
1	Cup	Raspberries, raw	1.48	14.69	0.80	63.96
1	Cup	Water	0.00	0.00	0.00	0.00
		Totals:	22.88	56.59	2.20	289.96
AM Snack – Fresh Orange and Rice Cake						
1/2	Fruit	Orange, medium	0.55	8.70	0.15	34.50
1	Cake	Rice cake, apple cinnamon, Quaker	1.00	9.00	0.00	40.00
1	Cup	Water	0.00	0.00	0.00	0.00
		Totals:	1.55	17.70	0.15	74.50
Lunch –Tuna Salad Sandwich with Salad						
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
8	Carrots	Carrots, baby, raw	0.51	6.59	0.10	28.00
2	Stalks	Celery, raw stalk, trimmed	1.00	4.00	0.00	20.00
3	Ounces	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	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	0.00	0.00	0.00	0.00
		Totals:	29.20	46.63	2.95	338.75
PM Snack – Raw Walnuts						
1	Ounces	Walnuts, raw	4.00	6.00	15.00	178.00
1	Cup	Water	0.00	0.00	0.00	0.00
		Totals:	4.00	6.00	15.00	178.00
Dinner – Spaghetti and Medium Salad						
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
1	Cup	Kamut, spaghetti, cooked	11.09	52.39	1.57	251.12
1	Small	Salad, garden with tomato, onion	1.30	9.50	0.40	49.00
2	Tablespoons	Salad dressing, Italian	0.14	1.37	1.91	22.50
1	Cup	Marinara sauce, ready-to-serve	4.88	28.18	5.95	185.00
1	Cup	Water	0.00	0.00	0.00	0.00
		Totals:	27.92	103.41	14.93	633.34
Actual Total for Day 2			85.54	230.33	35.23	1514.55

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 3

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – English Muffin with Scrambled Egg Whites and Fruit						
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
6	Each	Egg whites, scrambled/boiled	21.00	1.80	0.00	102.00
1	Muffin	English muffin, whole-wheat, toasted	5.86	26.90	1.40	134.81
1/2	Fruit	Grapefruit, raw	0.81	10.34	0.13	40.96
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			27.66	39.04	15.13	394.77
AM Snack – Sun Dried Tomato and Basil Hummus (see recipe) with Crackers						
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	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			5.72	28.87	5.15	180.20
Lunch – Veggie Burger in Pita with Salsa, Lettuce, Tomato						
1	Pita	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
1	Tablespoon	Mayo, organic, light	0.00	1.00	3.00	35.00
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	Cup	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	0.00	0.00	0.00	0.00
Totals:			19.40	52.81	9.42	360.88
PM Snack – Fresh Apple and Seeds						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Pumpkin seed, raw	6.96	5.05	13.00	153.37
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			7.26	26.05	13.50	234.37
Dinner – Tomato Salad (see recipe) with Quinoa						
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
3/4	Cup	Quinoa, cooked	6.11	29.55	2.66	166.50
1	Tomato	Tomato, chopped	1.00	5.70	0.40	26.00
1	Cup	Water	0.00	0.00	0.00	0.00
1/2	Cup	Zucchini, baked	1.00	4.00	0.00	19.00
Totals:			8.11	39.25	17.06	331.50
Actual Totals for Day 3			68.15	186.03	60.27	1501.72

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 4

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Blueberry Smoothie						
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	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
2	Cup	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			16.65	43.14	29.30	478.57
AM Snack – Fresh Peach and Almonds						
15	Almonds	Almonds, raw	3.19	2.96	7.60	86.70
1	Fruit	Peach	0.60	9.70	0.10	37.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			13.79	12.66	7.70	123.70
Lunch – Salad Topped with Veggies, Lentils and Beans						
1/2	Cup	Beans, black, boiled, no salt	7.62	20.39	0.46	113.52
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	Grapes	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	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			18.90	59.02	15.26	438.00
PM Snack – Hard Boiled Egg and Salad						
1	Egg	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, garden with tomato, onion	1.95	14.25	0.60	74.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			7.95	14.25	12.60	204.00
Dinner – Tempeh and Veggie Stir Fry (see recipe)						
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	0.00	0.00	0.00	0.00
1/2	Cup	Wild rice, cooked	3.27	17.50	0.28	82.82
Totals:			21.97	34.27	9.76	287.41
Actual Totals for Day 4			69.25	163.34	74.61	1531.68

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 5

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal with Fruit and Chia Seeds						
1	Cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
1	Cup	Cantaloupe, raw	1.31	12.73	0.30	53.04
1	Ounce	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	0.00	0.00	0.00	0.00
		Totals:	19.74	57.16	14.01	371.96
AM Snack – Strawberries and Almonds						
15	Almonds	Almonds, raw	3.19	2.96	7.60	86.70
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
1	Cup	Water	0.00	0.00	0.00	0.00
		Totals:	4.21	14.63	8.05	135.34
Lunch – Moroccan Salmon with Braised Kale (see recipe)						
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
1/2	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
4	Ounces	Salmon, baked	25.08	0.00	14.00	232.00
1	Cup	Water	0.00	0.00	0.00	0.00
		Totals:	30.19	29.71	26.91	478.37
PM Snack – Cheese and Crackers						
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	0.00	0.00	0.00	0.00
		Totals:	8.23	11.51	4.71	119.32
Dinner –Spaghetti with Eggplant and Veggies						
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	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
		Totals:	14.79	53.06	16.87	415.40
		Actual Totals for Day 5	77.14	166.08	70.55	1520.39

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 6

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Kefir, Peach and Chia Seeds						
2	Tablespoons	Hemp Seeds	6.00	2.00	8.00	112.00
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Fruit	Peach, medium	0.60	9.70	0.10	37.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
Totals:			22.03	36.13	18.82	397.92
AM Snack – Rice Cakes and Grapes						
15	Grapes	Grapes, red	0.30	6.15	0.15	30.00
3	Cakes	Rice cake, apple cinnamon, Quaker	3.00	27.00	0.00	120.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			3.30	33.15	0.15	150.00
Lunch – Tuna Sandwich with Fruit						
1/2	Cup	Apricots, dried, organic	1.50	27.69	0.23	106.25
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
6	Carrots	Carrots, baby, raw	0.00	0.00	0.00	24.00
2	Stalks	Celery, raw stalk, trimmed	1.00	4.00	0.00	20.00
3	Ounces	Tuna, light, canned in water	21.68	0.00	0.70	98.60
2	Tablespoons	Mayonnaise, low fat	0.00	8.00	2.00	50.00
1/2	Tablespoon	Relish, pickle	0.05	2.65	0.05	10.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			32.23	72.34	3.97	468.85
PM Snack – Hard Boiled Egg and Raspberries						
1	Large	Egg, organic, hard boiled	6.00	0.00	5.00	70.00
1	Cup	Raspberry halves, raw	1.48	14.69	0.80	63.96
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			7.48	14.69	5.80	133.96
Dinner – Homemade Pizza						
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	Wrap	Low carb wrap	5.00	24.00	1.50	100.00
2	Tablespoons	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
Totals:			9.73	44.66	11.72	345.17
Actual Totals for Day 6			84.76	200.96	40.46	1495.90

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 7

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Oatmeal with Protein Powder and Berries						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
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	0.00	0.00	0.00	0.00
		Totals:	29.62	49.31	5.58	336.65
AM Snack – Melon and Seeds						
1	Cup	Cantaloupe	1.31	12.73	0.30	53.04
1	Ounce	Pumpkin seeds, raw	6.96	5.05	13.00	153.37
1	Cup	Water	0.00	0.00	0.00	0.00
		Totals:	8.27	17.78	13.29	206.41
Lunch – Chili and Salad						
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	0.00	0.00	0.00	0.00
		Totals:	14.95	44.39	9.60	327.15
PM Snack – Sun Dried Tomato and Basil Hummus (see recipe)						
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
2	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
1	Cup	Water	0.00	0.00	0.00	0.00
		Totals:	4.92	26.07	5.15	166.20
Dinner – Bean Stir Fry over Rice						
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	Cup	Pepper, sweet bell, all colors	1.20	9.20	0.20	38.00
3/4	Cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
2	Tablespoons	Soy sauce, Kikkoman 'Lite'	0.00	2.60	0.00	22.00
1	Cup	Water	0.00	0.00	0.00	0.00
1/2	Cup	Water chestnuts, sliced	0.62	8.61	0.04	35.00
		Totals:	16.20	80.92	9.44	469.73
Actual Totals for Day 7			73.96	218.47	43.07	1506.15

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 8

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Quinoa Breakfast Bowl (see recipe)						
1	Ounce	Pecans, raw	2.60	3.93	20.40	195.90
1/2	Cup	Quinoa, cooked	4.07	19.70	1.78	111.00
Totals:			6.67	23.63	22.18	306.90
AM Snack – Apple and Goat Cheese						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Cheese, goat, semisoft	6.12	0.72	8.46	103.19
Totals:			6.42	21.72	8.96	184.19
Lunch – Veggie Sandwich						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
1	Ounce	Cheese substitute, mozzarella	3.25	6.71	3.46	70.31
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
Totals:			19.41	59.30	22.18	484.21
PM Snack – Kefir and Strawberries						
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
Totals:			6.52	17.67	1.46	103.64
Dinner – Kale and Pinto Bean Soup (see recipe) with Veggie Burger						
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
3/4	Tablespoon	Tahini, from raw and stone sesame seeds	2.00	2.95	5.40	64.12
2	Patties	Veggie burgers	20.00	6.00	8.00	180.00
Totals:			33.23	45.29	14.37	432.81
Actual Totals for Day 8			72.24	167.62	69.15	1511.75

1500 CALORIE VEGETARIAN MEAL PLAN**DAY 9**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Green Smoothie						
1	Fruit	Banana, medium	1.20	26.70	0.60	105.00
2	Scoops	Protein powder	24.00	8.00	3.00	150.00
2	Cup	Spinach, raw	1.72	2.18	0.23	13.80
2	Cup	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
Totals:			28.92	40.88	11.83	348.80
AM Snack – Walnuts						
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			4.26	3.84	18.26	183.12
Lunch – Soup and Cottage Cheese						
1	Cup	Cottage cheese, organic, low fat	26.00	8.00	4.00	200.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00
Totals:			32.43	33.43	13.72	408.92
PM Snack – Pear and Almonds						
15	Almonds	Almonds, raw	3.19	2.96	7.60	86.70
1	Fruit	Pear, medium with peel	0.70	25.10	0.00	98.00
Totals:			3.89	28.06	7.60	184.70
Dinner – Halibut, Green Beans and Rice						
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
Totals:			27.38	32.24	17.83	388.98
Actual Totals for Day 9			96.88	138.45	69.23	1514.51

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 10

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Oatmeal, Hemp Seeds and Blueberries						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
3	Tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
1	Pack	Oatmeal, plain	4.00	28.00	2.00	150.00
2	Cups	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
Totals:			16.07	56.01	22.48	480.65
AM Snack – Avocado and Veggies						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
8	Carrots	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
Totals:			3.45	18.55	17.83	227.90
Lunch – Spaghetti Squash Casserole (see recipe) and Salad						
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	Spaghetti squash, winter, 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
Totals:			8.05	45.62	10.67	301.77
PM Snack – Hard Boiled Egg and Apple						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Egg	Egg, organic, hard boiled	6.00	0.00	5.00	70.00
Totals:			6.30	21.00	5.50	151.00
Dinner – Chili						
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
Totals:			15.60	49.00	9.80	348.00
Actual Totals for Day 10			49.47	190.18	66.28	1509.32

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 11

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal with Chia Seeds						
1	Cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			18.43	44.43	13.72	318.92
AM Snack – Mixed Fruit with Cinnamon						
1/2	Cup	Blueberries	0.54	10.51	0.24	41.33
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/4	Cup	Cantaloupe	0.37	3.61	0.08	15.04
1	Slice	Pineapple	0.30	10.40	0.40	41.00
1/2	Cup	Strawberry halves, raw	0.51	5.84	0.23	24.32
Totals:			1.87	33.05	1.05	130.69
Lunch – Tempeh and Veggie Stir Fry						
1	Cup	Broccoli	2.12	3.72	0.25	19.88
1	Teaspoon	Sesame oil, cooking	0.00	0.00	4.50	39.78
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1	Cup	Tempeh	30.78	15.59	17.93	320.38
1/2	Cup	Yam, baked	1.00	18.80	0.10	79.00
Totals:			33.99	39.01	22.78	463.04
PM Snack – Apple and Almond Butter						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			2.70	24.40	10.00	182.00
Dinner – Quinoa and Veggies						
1	Ounce	Cheese, feta	3.98	1.15	5.96	73.92
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
8	Olives	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	Cups	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
Totals:			12.51	39.49	25.75	427.23
Actual Totals for Day 11			69.50	180.38	73.30	1521.88

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 12

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cottage Cheese and Melon						
1	Cup	Cottage Cheese, 1% fat	28.00	6.20	2.30	164.00
1	Cup	Cantaloupe	1.49	14.44	0.34	60.18
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
Totals:			33.92	33.07	11.35	363.10
AM Snack – Veggie Hand Roll (see recipe)						
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
Totals:			2.26	9.03	14.70	170.80
Lunch – Salmon Sandwich with Soup						
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
3	Ounces	Salmon, canned, no salt, drained solids	18.22	0.00	4.67	119.85
			with bone			
1	Tablespoon	Mayo, organic, light	0.00	1.00	3.00	35.00
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
1	Tomato	Tomato, sliced	1.00	5.70	0.40	26.00
1	Cup	Amy's Organic Minestrone Soup	3.00	17.00	1.00	90.00
Totals:			31.07	54.79	10.19	437.75
PM Snack – Pear and Walnuts						
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	Fruit	Pear, medium with peel	0.70	25.10	0.00	98.00
Totals:			4.96	28.94	18.26	281.12
Dinner – Veggie Burger and Sweet Potato						
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
Totals:			11.64	46.14	0.52	238.94
Actual Totals for Day 12			83.86	171.97	55.03	1491.71

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 13

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Spinach and Mushroom Eggs with Crackers						
1/2	Cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
2	Eggs	Eggs, organic	12.00	0.00	10.00	140.00
1/2	Cup	Mushrooms	1.69	4.13	0.37	21.84
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
2	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
		Totals:	31.61	20.02	28.64	464.16
AM Snack – Apple and Savory Cashews (see recipe)						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
		Totals:	5.30	30.00	13.50	241.00
Lunch – Soup with Chickpeas and Crackers						
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	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
1.5	Cups	Amy's Organic Minestrone Soup	4.50	25.50	1.50	135.00
		Totals:	13.77	61.98	7.62	369.48
PM Snack – Cucumber and Tomato Salad with Feta Cheese						
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	Tomato	Tomato, chopped	1.00	5.70	0.40	26.00
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
		Totals:	5.86	12.37	6.36	128.00
Dinner – Fish and Cauliflower Rice (see recipe)						
1	Cup	Cauliflower, steamed	2.90	6.75	0.40	34.20
1	Large	Egg, organic	6.00	0.00	5.00	70.00
6	Ounces	Haddock, cooked	41.21	0.00	1.58	190.40
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
		Totals:	50.21	7.65	6.98	298.60
Evening Snack – Herbal Tea						
1	Cup	Tea, herb, mint, brewed	0.00	0.00	0.00	0.00
		Totals:	0.00	0.00	0.00	0.00
Actual Totals for Day 13			106.74	132.02	63.10	1501.24

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 14

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – French Toast and Blueberries						
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
2	Eggs	Eggs, organic	12.00	0.00	10.00	140.00
Totals:			16.22	41.71	10.58	311.65
AM Snack – Kefir and Seeds						
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Pumpkin seeds, raw	6.96	5.05	13.00	153.37
Totals:			17.96	17.05	15.00	263.37
Lunch – Stuffed Eggplant (see recipe) with Soup						
1	Ounce	Cheese, feta	3.98	1.15	5.96	73.92
1	Cup	Eggplant	0.82	8.64	0.23	34.65
1	Tomato	Tomato, with peel, 2.5" diam.	1.00	5.70	0.40	26.00
2	Cups	Amy's Organic Vegetable Barley Soup	4.00	26.00	2.00	140.00
Totals:			9.80	41.49	8.59	274.57
PM Snack – Pear and Cashew Nut Butter						
1	Tablespoon	Cashew butter, raw	2.81	4.41	7.91	93.92
1	Fruit	Pear, medium with peel	0.70	25.10	0.00	98.00
Totals:			3.51	29.51	7.91	191.92
Dinner – Pumpkin and Quinoa with White Beans (see recipe)						
1/2	Cup	Bean, kidney, boiled	8.00	19.70	0.10	109.00
1/2	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
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	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Tablespoon	Maple syrup	0.00	13.42	0.04	52.20
1	Teaspoon	Balsamic vinegar	0.03	0.90	0.00	4.66
Totals:			16.46	84.73	9.89	483.86
Actual Totals for Day 14			63.95	214.49	51.96	1525.38

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 15

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Peanut Butter and Banana Yogurt Smoothie Blend						
1	Fruit	Banana,	1.20	26.70	0.60	105.00
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
Totals:			23.20	36.70	8.60	310.00
AM Snack – Savory Cashews (see recipe)						
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
Totals:			5.00	9.00	13.00	160.00
Lunch – Veggie Burger and Salad						
1/2	Cup	Avocados, sliced	1.46	6.23	10.70	116.80
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	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
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	Bun	Hamburger bun, Rudi's Organic Bakery, whole wheat	7.00	29.00	1.00	160.00
Totals:			24.00	94.87	12.65	621.89
PM Snack – Apple						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			0.30	21.00	0.50	81.00
Dinner – Eggs and Soup						
2	Eggs	Eggs, Organic	12.00	0.00	10.00	140.00
1	Tablespoon	Olive Oil, pure	0.00	0.00	14.00	130.00
1	Cup	Amy's Organic Minestrone Soup	3.00	17.00	1.00	90.00
Totals:			15.00	17.00	25.00	360.00
Actual Totals for Day 15			67.50	178.57	59.75	1532.89

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 16

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal with Chia Seeds						
2	Tablespoons	Hemp Seeds	6.00	2.00	8.00	112.00
1	Cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
		Totals:	24.43	46.43	21.72	430.92
AM Snack – Apple and Almond Butter						
1	Tablespoon	Almond Butter, raw	2.40	3.40	9.50	101.00
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
		Totals:	2.70	24.40	10.00	182.00
Lunch – Teriyaki Tofu (see recipe) with Large Salad						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
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
		Totals:	25.54	31.76	28.91	459.40
PM Snack – Kefir and Blueberries						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
		Totals:	6.57	27.01	1.48	137.65
Dinner – Homemade Pizza						
2	Ounces	Kraft, mozzarella natural shredded,	part-skim			
			12.00	2.00	10.00	160.00
1	Wrap	Low Carb Wrap	5.00	24.00	1.50	100.00
2	Tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
2	Tablespoons	Tomato sauce, no salt added	0.39	2.22	0.06	11.10
		Totals:	18.45	31.11	11.68	286.00
Actual Totals for Day 16			77.69	160.71	73.78	1495.97

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 17

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Oatmeal and Hemp Seeds						
3	Tablespoons	Hemp Seeds	9.00	3.00	12.00	168.00
1	Pack	Oatmeal, plain	4.00	28.00	2.00	150.00
2	Cups	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
Totals:			15.00	35.00	22.00	398.00
AM Snack – Apple and Walnuts						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			4.56	24.84	18.76	264.12
Lunch – Chili with Salad						
1	Cup	Chili, Amy's Organic Medium Chili	13.00	30.00	9.00	250.00
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	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			15.60	49.14	16.80	411.15
PM Snack – Hard Boiled Egg with Carrots and Celery						
8	Carrots	Carrots, baby, raw	0.51	6.59	0.10	28.00
4	Stalks	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
1	Egg	Egg, organic, hard boiled	6.00	0.00	5.00	70.00
Totals:			8.51	14.59	5.10	138.00
Dinner – Halibut, Greens and Sweet Potato						
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	Cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
Totals:			26.97	44.92	3.72	314.40
Actual Totals for Day 17			70.65	168.49	66.38	1525.67

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 18

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Mixed Berry Smoothie						
1	Cup	Blackberries, raw	2.00	13.84	0.71	61.92
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	Cup	Strawberries halves, raw	1.02	11.67	0.46	48.64
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			28.17	38.21	8.26	309.56
AM Snack – Walnuts						
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			4.26	3.84	18.26	183.12
Lunch – Kale and Pinto Bean Soup						
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
3/4	Cup	Pinto bean, boiled	10.50	32.70	0.60	174.00
2	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			16.19	53.50	15.24	403.00
PM Snack – Cucumber, Tomato and Feta Chopped Salad						
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	Tomato	Tomato, chopped	1.00	5.70	0.40	26.00
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
Totals:			5.86	12.37	6.36	128.00
Dinner – Buckwheat Sir Fry						
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	Ounce	Pine nuts, dried	3.83	3.66	19.14	188.44
5	Tablespoons	Amy's Organic Black bean and Corn Salsa	2.50	7.50	0.00	37.50
6	Zucchini	Zucchini, baby, raw	1.80	1.80	0.00	12.00
Totals:			17.56	60.92	21.32	466.24
Actual Totals for Day 18			72.05	168.84	69.44	1489.92

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 19

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Peanut Butter and Jam Sandwich with an Apple						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
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
Totals:			12.37	67.77	9.51	401.60
AM Snack – Yogurt and Chia Seeds						
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
6	Ounces	Yogurt, Greek, non-fat	18.00	7.00	0.00	100.00
Totals:			22.58	22.13	8.82	247.92
Lunch – Meatless Meatballs and Spaghetti Squash						
1/2	Cup	Broccoli, steamed	1.86	5.60	0.32	27.30
1	Cup	Meatballs, meatless	30.24	11.52	12.96	283.68
1	Cup	Winter squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
Totals:			36.29	45.21	14.17	443.11
PM Snack – Pear and Cashew Nut Butter						
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
Totals:			2.10	27.31	3.95	144.96
Dinner – Bean and Veggie Stir Fry						
1/2	Cup	Beans, black, boiled, no salt	7.57	22.52	0.32	120.25
1	Teaspoon	Sesame oil, cooking	0.00	0.00	4.50	39.78
1	Cup	Vegetables, mixed, frozen, steamed	5.20	23.80	0.20	108.00
Totals:			12.77	46.32	5.02	268.03
Actual Totals for Day 19			86.11	208.75	41.48	1505.62

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 20

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cottage Cheese and Peach						
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	Fruit	Peach	0.60	9.70	0.10	37.00
2	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			30.75	32.60	2.50	270.00
AM Snack – Peppers and Avocado						
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
Totals:			3.58	15.41	17.85	214.80
Lunch – Leftovers, Bean Stir Fry with Rice						
1/2	Cup	Beans, black 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	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
1	Cup	Vegetables, mixed, frozen, steamed	5.20	23.80	0.20	108.00
Totals:			17.80	91.10	6.78	484.48
PM Snack – Apple and Almond Butter						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Tablespoon	Nuts, almond butter, raw	2.41	3.40	9.46	101.28
Totals:			2.71	24.40	9.96	182.28
Dinner – White Bean Ratatouille (see recipe)						
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	Zucchini	Zucchini, baby, raw	0.30	0.30	0.00	2.00
Totals:			11.08	40.51	14.81	329.13
Actual Totals for Day 20			65.92	204.01	51.90	1480.69

1500 CALORIE VEGETARIAN MEAL PLAN

DAY 21

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs on Toast with Apple						
1	Fruit	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
1/2	Tablespoon	Butter, no salt	0.06	0.00	5.75	50.87
2	Eggs	Eggs, Organic	12.00	0.00	10.00	140.00
Totals:			16.36	36.00	16.75	351.87
AM Snack – Savory Cashews (see recipe)						
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
Totals:			5.00	9.00	13.00	160.00
Lunch – Spinach and Feta Salad						
1	Ounce	Cheese, feta	3.98	1.15	5.96	73.92
1	Ounce	Pine nuts, raw	3.83	3.66	19.14	188.44
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
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
Totals:			10.56	11.17	39.46	434.74
PM Snack – Hummus (see recipe) and Veggies						
8	Carrots	Carrots, baby, raw	0.00	0.00	0.00	32.00
4	Tablespoon	Hummus, home prepared	2.92	12.07	5.15	106.20
2	Zucchini	Zucchini, baby, raw	0.60	0.60	0.00	4.00
Totals:			3.52	12.67	5.15	142.20
Dinner – Meatless Meatballs and Shirataki Noodles						
1	Cup	Broccoli, steamed	3.71	11.20	0.64	54.60
1	Cup	Meatballs, meatless	30.24	11.52	12.96	283.68
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
Totals:			39.12	41.80	15.09	451.36
Actual Totals for Day 21			74.56	110.64	89.46	1540.17