

1700 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 |
| 2 | Cups | Milk, skim, no fat | 16.80 | 23.80 | 0.80 | 172.00 |
| 1 | Pack | Oatmeal, plain | 4.40 | 17.60 | 2.00 | 95.00 |
| 1 | Cup | Water | 0.00 | 0.00 | 0.00 | 0.00 |
| Totals: | | | 31.42 | 68.11 | 15.38 | 526.65 |
| AM Snack – Kefir with Fruit and Almonds | | | | | | |
| 1 | Cup | Kefir | 11.00 | 12.00 | 2.00 | 110.00 |
| 10 | Almonds | Almonds, raw | 2.13 | 1.97 | 5.06 | 57.80 |
| 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: | | | 14.14 | 25.65 | 7.52 | 216.44 |
| Lunch – Veggie Bean Salad with Avocado | | | | | | |
| 1/4 | Cup, sliced | Avocados | 0.73 | 3.11 | 5.35 | 58.40 |
| 1/2 | Cup | Black beans, boiled, no salt | 7.62 | 20.39 | 0.46 | 113.52 |
| 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 | 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 | 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 | 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 | Fish, 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 | Snacks, 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: | | | 101.69 | 234.94 | 44.37 | 1696.22 |

1700 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 | Each | Orange, medium | 1.10 | 17.40 | 0.30 | 69.00 |
| 1 | Each | 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: | | | 2.10 | 26.40 | 0.30 | 109.00 |
| Lunch – Tuna Salad Sandwich with Salad | | | | | | |
| 2 | Slices | Bread, Ezekiel Sprouted Grain | 8.00 | 30.00 | 1.00 | 160.00 |
| 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 |
| 4.5 | Ounces | Fish, tuna, light, canned in water | 32.53 | 0.00 | 1.05 | 147.90 |
| 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 | 0.00 | 0.00 | 0.00 | 0.00 |
| Totals: | | | 44.04 | 61.63 | 3.80 | 468.05 |
| 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 |
| 1.5 | Ounces | Cheese, mozzarella, part skim milk | 10.19 | 1.16 | 6.69 | 106.68 |
| 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 | Sauce, pasta, marinara, ready-to-serve | 4.88 | 28.18 | 5.95 | 185.00 |
| 1 | Cup | Water | 0.00 | 0.00 | 0.00 | 0.00 |
| Totals: | | | 31.31 | 103.80 | 17.16 | 668.90 |
| Actual Total for Day 2 | | | 104.33 | 254.42 | 38.45 | 1713.91 |

1700 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 |
| 8 | Each | Egg whites, scrambled/boiled | 28.00 | 2.40 | 0.00 | 136.00 |
| 1 | Each | English muffin, whole-wheat, toasted | 5.86 | 26.90 | 1.40 | 134.81 |
| 1/2 | Medium | Grapefruit, raw | 0.81 | 10.34 | 0.13 | 40.96 |
| 1 | Cup | Water | 0.00 | 0.00 | 0.00 | 0.00 |
| Totals: | | | 34.66 | 39.64 | 15.13 | 428.77 |
| 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 | Each | 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, large | Bread, pita, whole-wheat | 6.27 | 35.20 | 1.66 | 170.24 |
| 2 | Tablespoons | Mayo, organic, light | 0.00 | 2.00 | 6.00 | 70.00 |
| 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 |
| 2 | Patties | Veggie burger | 21.98 | 19.98 | 8.82 | 247.80 |
| 1 | Cup | Water | 0.00 | 0.00 | 0.00 | 0.00 |
| Totals: | | | 30.39 | 63.80 | 16.83 | 519.78 |
| PM Snack – Fresh Apple and Seeds | | | | | | |
| 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 | 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 | Small | Tomato, small 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 | | | 86.14 | 197.62 | 67.68 | 1694.62 |

1700 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 |
| 4 | Ounces | 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 | Cup | Black beans, boiled, no salt | 15.24 | 40.78 | 0.93 | 227.04 |
| 1 | Cup | Carrots, raw, chopped | 1.02 | 10.54 | 0.26 | 45.10 |
| 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 |
| 20 | Each | Grapes, red | 0.40 | 8.20 | 0.20 | 40.00 |
| 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: | | | 27.13 | 86.73 | 15.90 | 584.07 |
| PM Snack – Hard-Boiled Egg and Salad | | | | | | |
| 1 | Large | Eggs, organic hard-boiled | 6.00 | 0.00 | 5.00 | 70.00 |
| 1 | Tablespoon | Olive oil, extra virgin | 0.00 | 0.00 | 14.00 | 120.00 |
| 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 |
| Totals: | | | 7.95 | 14.25 | 19.60 | 264.00 |
| 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 | | | 77.48 | 191.05 | 82.26 | 1737.75 |

1700 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 | | | | | | |
| 20 | Almonds | Almonds, raw | 4.25 | 3.95 | 10.13 | 115.60 |
| 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: | | | 5.27 | 15.62 | 10.58 | 164.24 |
| 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 | Cup | Rice, brown, long-grain, cooked | 5.03 | 44.77 | 1.75 | 216.45 |
| 5 | Ounces | Salmon, baked | 31.35 | 0.00 | 17.50 | 290.00 |
| 1 | Cup | Water | 0.00 | 0.00 | 0.00 | 0.00 |
| Totals: | | | 38.97 | 52.10 | 31.28 | 644.59 |
| 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 | | | 86.99 | 189.45 | 77.46 | 1715.51 |

1700 CALORIE VEGETARIAN MEAL PLAN

DAY 6

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-------------|---|---------------|---------------|--------------|----------------|
| Breakfast – Kefir, Peach and Chia Seeds | | | | | | |
| 3 | Tablespoons | Hemp seeds | 9.00 | 3.00 | 12.00 | 168.00 |
| 1 | Cup | Kefir | 11.00 | 12.00 | 2.00 | 110.00 |
| 4 | Ounces | Peach | 0.60 | 9.70 | 0.10 | 37.00 |
| 1 | Ounce | Chia seeds, ground | 4.43 | 12.43 | 8.72 | 138.92 |
| Totals: | | | 25.03 | 37.13 | 22.82 | 453.92 |
| AM Snack – Rice Cakes and Grapes | | | | | | |
| 15 | Each | Grapes, red | 0.30 | 6.15 | 0.15 | 30.00 |
| 3 | Each | 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 | 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 |
| 4.5 | Ounces | Fish, tuna, light, canned in water | 32.53 | 0.00 | 1.05 | 147.90 |
| 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: | | | 43.13 | 74.99 | 4.37 | 528.15 |
| PM Snack – Hard-Boiled Egg and Raspberries | | | | | | |
| 2 | Large | Eggs, organic, hard-boiled | 12.00 | 0.00 | 10.00 | 140.00 |
| 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: | | | 13.48 | 14.69 | 10.80 | 203.96 |
| 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 | Each | Low carb wrap | 5.00 | 24.00 | 1.50 | 100.00 |
| 2 | Tablespoons | Mushrooms | 0.43 | 1.06 | 0.09 | 5.60 |
| 1/2 | Cup | Tomato sauce, no salt added | 1.59 | 9.04 | 0.24 | 45.14 |
| Totals: | | | 20.52 | 49.18 | 11.85 | 367.74 |
| Actual Totals for Day 6 | | | 105.45 | 209.13 | 49.98 | 1703.77 |

1700 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 | Unsweetened almond milk | 1.00 | 2.00 | 4.00 | 40.00 |
| Totals: | | | 30.62 | 51.31 | 9.58 | 376.65 |
| AM Snack – Melon and Seeds | | | | | | |
| 1 | Cup | Melons, cantaloupe | 1.31 | 12.73 | 0.30 | 53.04 |
| 1 | Ounce | Seeds, pumpkin 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 | | | | | | |
| 1.5 | Cups | Chili, Amy's Organic Medium Chili | 19.50 | 45.00 | 13.50 | 375.00 |
| 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: | | | 21.45 | 59.39 | 14.10 | 452.15 |
| PM Sun Dried Tomato and Basil Hummus (See Recipe) | | | | | | |
| 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 | 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 | Kidney beans, 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 |
| 1 | Cup | Rice, brown, long-grain, cooked | 5.03 | 44.77 | 1.75 | 216.45 |
| 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: | | | 17.46 | 92.11 | 9.88 | 523.85 |
| Actual Totals for Day 7 | | | 82.71 | 246.66 | 52.01 | 1725.26 |

1700 CALORIE VEGETARIAN MEAL PLAN

DAY 8

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|--|------------|-------------------------------|--------------|---------------|--------------|----------------|
| Breakfast – Quinoa Breakfast Bowl (See Recipe) | | | | | | |
| 1 | Ounce | Nuts, pecans, raw | 2.60 | 3.93 | 20.40 | 195.90 |
| 2/3 | Cup | Quinoa, cooked | 6.11 | 29.55 | 2.66 | 166.50 |
| Totals: | | | 8.70 | 33.48 | 23.07 | 362.40 |
| AM Snack – Apple and Goat Cheese | | | | | | |
| 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 |
| 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 |
| 2 | Ounces | Cheese substitute, mozzarella | 6.50 | 13.42 | 6.93 | 140.62 |
| 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: | | | 22.66 | 66.01 | 25.65 | 554.52 |
| PM Snack – Kefir and Strawberries | | | | | | |
| 1 | Cup | Kefir | 11.00 | 12.00 | 2.00 | 110.00 |
| 1 | Cup | Strawberry halve, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| Totals: | | | 12.02 | 23.67 | 2.46 | 158.64 |
| 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 |
| 1 | Tablespoon | Tahini | 2.67 | 3.93 | 7.20 | 85.50 |
| 2 | Each | Veggie Burgers | 20.00 | 6.00 | 8.00 | 180.00 |
| Totals: | | | 33.89 | 46.27 | 16.17 | 454.18 |
| Actual Totals for Day 8 | | | 83.70 | 191.16 | 76.30 | 1713.93 |

1700 CALORIE VEGETARIAN MEAL PLAN

DAY 9

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|------------|-------------------------------------|---------------|---------------|--------------|----------------|
| Breakfast – Green Smoothie | | | | | | |
| 1 | Each | Banana, med 8" | 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 |
| 2 | Cups | Amy's Organic Vegetable Barley Soup | 4.00 | 26.00 | 2.00 | 140.00 |
| Totals: | | | 34.43 | 46.43 | 14.72 | 478.92 |
| PM Snack – Pear and Almonds | | | | | | |
| 20 | Almonds | Almonds, raw | 4.25 | 3.95 | 10.13 | 115.60 |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| Totals: | | | 4.95 | 29.05 | 10.13 | 213.60 |
| 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 | Cup | Rice, brown, long-grain, cooked | 5.03 | 44.77 | 1.75 | 216.45 |
| Totals: | | | 29.89 | 54.62 | 18.71 | 497.20 |
| Actual Totals for Day 9 | | | 102.45 | 174.82 | 73.64 | 1721.64 |

1700 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 |
| 15 | Medium | Carrots, baby, raw | 0.96 | 12.36 | 0.20 | 52.50 |
| 1 | Cup | Peppers, sweet, green, raw | 1.28 | 6.91 | 0.25 | 29.80 |
| Totals: | | | 4.54 | 27.77 | 18.05 | 267.30 |
| Lunch – Spaghetti Squash Casserole (See Recipe) and Salad | | | | | | |
| 1 | Cubic inch | Cheese substitute, mozzarella | 2.06 | 4.26 | 2.20 | 44.64 |
| 1 | Tablespoon | Olive oil, extra virgin | 0.00 | 0.00 | 14.00 | 120.00 |
| 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 |
| Totals: | | | 8.05 | 45.62 | 17.67 | 361.77 |
| PM Snack – Hard Boiled Eggs and Apple | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 2 | Large | Eggs, organic, hard-boiled | 12.00 | 0.00 | 10.00 | 140.00 |
| Totals: | | | 12.30 | 21.00 | 10.50 | 221.00 |
| 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 | | | 56.56 | 199.41 | 78.49 | 1678.72 |

1700 CALORIE VEGETARIAN MEAL PLAN

DAY 11

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-------------|-----------------------------|--------------|---------------|--------------|----------------|
| Breakfast – Cereal with Chia Seeds | | | | | | |
| 1 | Table spoon | Hemp seeds | 3.00 | 1.00 | 4.00 | 56.00 |
| 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: | | | 21.43 | 45.43 | 17.72 | 374.92 |
| 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 |
| 1/2 | Cup | Cantaloupe | 0.74 | 7.22 | 0.17 | 30.09 |
| 2 | Slices | Pineapple | 0.60 | 20.80 | 0.80 | 82.00 |
| 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 Sir Fry | | | | | | |
| 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 |
| 1 | Cup | Tempeh | 30.78 | 15.59 | 17.93 | 320.38 |
| 1 | Cup | Yam, baked | 2.00 | 37.60 | 0.20 | 158.00 |
| Totals: | | | 34.99 | 57.81 | 22.88 | 542.04 |
| PM Snack – Apple and Almond Butter | | | | | | |
| 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 |
| 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 | 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 | 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 | | | 74.17 | 214.19 | 77.88 | 1712.92 |

1700 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 with bone | 18.22 | 0.00 | 4.67 | 119.85 |
| 2 | Tablespoons | Mayo, organic, light | 0.00 | 2.00 | 6.00 | 70.00 |
| 1 | Cup | Spinach, raw | 0.86 | 1.09 | 0.12 | 6.90 |
| 1 | Small | 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 | 55.79 | 13.19 | 472.75 |
| PM Snack – Pear and Walnuts | | | | | | |
| 1 | Ounce | Nuts, walnuts, raw | 4.26 | 3.84 | 18.26 | 183.12 |
| 1 | Each | 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 |
| 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 |
| 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 | Cup | Yam, baked | 2.00 | 37.60 | 0.20 | 158.00 |
| Totals: | | | 18.64 | 81.94 | 0.62 | 417.94 |
| Actual Totals for Day 12 | | | 90.86 | 208.77 | 58.13 | 1705.71 |

1700 CALORIE VEGETARIAN MEAL PLAN

DAY 13

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|--|------------|----------------------------------|---------------|---------------|--------------|----------------|
| Breakfast – Spinach and Mushroom Eggs with Crackers | | | | | | |
| 1 | Cup | Egg substitute, liquid | 30.12 | 1.61 | 8.31 | 210.84 |
| 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 | 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 | Each | Wasa crackers, light rye | 2.00 | 14.00 | 0.00 | 60.00 |
| Totals: | | | 47.67 | 26.52 | 33.19 | 595.58 |
| AM Snack – Apple and Savory Cashews (See Recipe) | | | | | | |
| 1 | Each | 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 | 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 |
| Totals: | | | 15.27 | 70.48 | 8.12 | 414.48 |
| 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 | Small | 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 | Fish, 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 | | | 127.20 | 153.78 | 68.55 | 1711.86 |

1700 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 |
| 2 | Slices | Bread, Ezekiel Cinnamon Raisin | 6.00 | 36.00 | 0.00 | 160.00 |
| 1/2 | Teaspoon | Cinnamon | 0.15 | 2.70 | 0.10 | 9.00 |
| 2 | Large | Eggs, organic | 12.00 | 0.00 | 10.00 | 140.00 |
| Totals: | | | 19.22 | 59.71 | 10.58 | 391.65 |
| AM Snack – Kefir and Seeds | | | | | | |
| 1 | Cup | Kefir | 11.00 | 12.00 | 2.00 | 110.00 |
| 1 | Ounce | Seeds, pumpkin 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 | | | | | | |
| 2 | Ounces | Cheese, feta | 7.96 | 2.29 | 11.92 | 147.84 |
| 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 |
| 2 | Cups | Amy's Organic Vegetable Barley Soup | 4.00 | 26.00 | 2.00 | 140.00 |
| Totals: | | | 13.78 | 42.63 | 14.54 | 348.49 |
| PM Snack – Pear and Cashew Nut Butter | | | | | | |
| 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 |
| Totals: | | | 3.51 | 29.51 | 7.91 | 191.92 |
| Dinner – Pumpkin and Quinoa with White Beans (See Recipe) | | | | | | |
| 1 | Cup | Broccoli, steamed | 5.70 | 9.84 | 0.22 | 51.52 |
| 1/2 | Cup | Kidney bean/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 | Syrup, maple | 0.00 | 13.42 | 0.04 | 52.20 |
| 1 | Teaspoon | Vinegar, balsamic | 0.03 | 0.90 | 0.00 | 4.66 |
| Totals: | | | 22.16 | 94.57 | 10.11 | 535.38 |
| Actual Totals for Day 14 | | | 76.63 | 243.48 | 58.14 | 1730.82 |

1700 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 | Each | Banana, med 8" | 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 |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| Totals: | | | 5.70 | 34.10 | 13.00 | 258.00 |
| Lunch – Veggie Burger and Salad | | | | | | |
| 1/2 | Cup | Sliced avocados | 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 | Each | Bun, hamburger, 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 | Each | 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 | Large | Eggs, organic | 12.00 | 0.00 | 10.00 | 140.00 |
| 1 | Tablespoon | Olive oil, pure | 0.00 | 0.00 | 14.00 | 130.00 |
| 2 | Cups | Amy's Organic Minestrone Soup | 6.00 | 34.00 | 2.00 | 180.00 |
| Totals: | | | 18.00 | 34.00 | 26.00 | 450.00 |
| Actual Totals for Day 15 | | | 71.20 | 220.67 | 60.75 | 1720.89 |

1700 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 | Each | 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 Salads | | | | | | |
| 1/2 | Cup | Avocado, pureed | 2.30 | 8.50 | 17.60 | 185.00 |
| 1 | Table spoon | Olive oil, extra virgin | 0.00 | 0.00 | 14.00 | 120.00 |
| 2 | Large | Salads, garden with tomato and onion | 5.20 | 38.00 | 1.60 | 196.00 |
| 1 | Cup | Tofu, firm | 20.64 | 4.26 | 10.51 | 176.40 |
| 1 | Teaspoon | Vinegar, balsamic | 0.03 | 0.90 | 0.00 | 4.66 |
| Totals: | | | 28.16 | 51.66 | 43.71 | 682.06 |
| 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, 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 | 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 | | | 80.31 | 180.62 | 88.58 | 1718.63 |

1700 CALORIE VEGETARIAN MEAL PLAN

DAY 17

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-------------|-------------------------------------|--------------|---------------|--------------|----------------|
| Breakfast – Oatmeal and Hemp Seeds | | | | | | |
| 1 | Cup | Blackberries, raw | 2.00 | 13.84 | 0.71 | 61.92 |
| 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: | | | 17.00 | 48.84 | 22.71 | 459.92 |
| AM Snack – Apple and Walnuts | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 1 | Ounce | Nuts, 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 | Tablespoon | Olive oil, extra virgin | 0.00 | 0.00 | 14.00 | 120.00 |
| 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 | 23.80 | 471.15 |
| PM Snack – Hard-Boiled Egg with Carrots and Celery | | | | | | |
| 12 | Medium | Carrots, baby, raw | 0.77 | 9.89 | 0.16 | 42.00 |
| 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 |
| Totals: | | | 8.77 | 17.89 | 5.16 | 152.00 |
| Dinner – Halibut, Greens and Sweet Potato | | | | | | |
| 4 | Ounces | Halibut, broiled | 30.00 | 0.00 | 4.00 | 160.00 |
| 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: | | | 34.47 | 44.92 | 4.72 | 354.40 |
| Actual Totals for Day 17 | | | 80.40 | 185.62 | 75.14 | 1701.59 |

1700 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 – Celery and Walnuts | | | | | | |
| 6 | Each | Celery, raw stalk trimmed | 3.00 | 12.00 | 0.00 | 60.00 |
| 1 | Ounce | Nuts, walnuts, raw | 4.26 | 3.84 | 18.26 | 183.12 |
| Totals: | | | 7.26 | 15.84 | 18.26 | 243.12 |
| 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 | Each | 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 |
| 1.5 | Cups | Cucumber, chopped | 1.20 | 4.20 | 0.00 | 21.00 |
| 2 | Small | Tomatoes, chopped | 2.00 | 11.40 | 0.80 | 52.00 |
| 1 | Tablespoon | Vinegar, balsamic | 0.08 | 2.72 | 0.00 | 14.08 |
| Totals: | | | 7.26 | 19.47 | 6.76 | 161.00 |
| Dinner – Buckwheat Sir Fry | | | | | | |
| 1/2 | Cup | Broccoli, steamed | 1.86 | 5.60 | 0.32 | 27.30 |
| 3/4 | Cup | Buckwheat, whole-groats | 11.36 | 63.53 | 2.79 | 301.50 |
| 1 | Ounce | Nuts, pine nuts, dried | 3.83 | 3.66 | 19.14 | 188.44 |
| 5 | Tablespoons | Salsa, Amy's Organic Black bean and Corn Salsa | 2.50 | 7.50 | 0.00 | 37.50 |
| 6 | Medium | Zucchini, baby, raw | 1.80 | 1.80 | 0.00 | 12.00 |
| Totals: | | | 22.55 | 83.29 | 22.25 | 574.74 |
| Actual Totals for Day 18 | | | 81.43 | 210.31 | 70.77 | 1691.42 |

1700 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 |
| 4 | Ounces | Peach | 0.60 | 9.70 | 0.10 | 37.00 |
| 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: | | | 23.18 | 31.83 | 8.92 | 284.92 |
| Lunch – Meatless Meatballs and Spaghetti Squash | | | | | | |
| 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 | Cup | Squash, winter, 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: | | | 38.15 | 50.81 | 14.49 | 470.41 |
| PM Snack – Pear and Cashew Nut Butter | | | | | | |
| 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 |
| Totals: | | | 3.51 | 29.51 | 7.91 | 191.92 |
| Dinner – Bean and Veggie Stir Fry | | | | | | |
| 3/4 | Cup | Black beans, boiled, no salt | 11.35 | 33.79 | 0.49 | 180.38 |
| 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 |
| Totals: | | | 16.55 | 57.59 | 9.69 | 367.94 |
| Actual Totals for Day 19 | | | 93.76 | 237.51 | 50.51 | 1716.78 |

1700 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 |
| 4 | Ounces | Peach | 0.60 | 9.70 | 0.10 | 37.00 |
| 2 | Each | 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 | | | | | | |
| 3/4 | Cup | Black beans, boiled, no salt | 11.35 | 33.79 | 0.49 | 180.38 |
| 1 | Cup | Broccoli, stir fry | 5.70 | 9.84 | 0.22 | 51.52 |
| 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: | | | 27.28 | 112.20 | 7.16 | 596.12 |
| PM Snack – Apple and Almond Butter | | | | | | |
| 1 | Each | 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 | Cup | White beans, boiled, no salt | 17.42 | 44.91 | 0.63 | 248.81 |
| 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 |
| Totals: | | | 19.79 | 62.97 | 15.13 | 453.54 |
| Actual Totals for Day 20 | | | 84.12 | 247.58 | 52.60 | 1716.74 |

1700 CALORIE VEGETARIAN MEAL PLAN

DAY 21

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|--|------------|-------------------------------|--------------|---------------|--------------|----------------|
| Breakfast – Eggs on Toast with 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 |
| 1/2 | Tablespoon | Butter, no salt | 0.06 | 0.00 | 5.75 | 50.87 |
| 2 | Large | Eggs, organic | 12.00 | 0.00 | 10.00 | 140.00 |
| Totals: | | | 20.36 | 51.00 | 17.25 | 431.87 |
| 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 | | | | | | |
| 2 | Ounces | Cheese, feta | 7.96 | 2.29 | 11.92 | 147.84 |
| 1 | Ounce | Nuts, 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: | | | 14.53 | 12.31 | 45.42 | 508.66 |
| PM Snack – Hummus (See Recipe) and Veggies | | | | | | |
| 8 | Medium | 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 | Medium | 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 Parmesan | 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 | | | 82.54 | 126.79 | 95.92 | 1694.09 |