

**1900 CALORIE VEGETARIAN MEAL PLAN**

**DAY 1**

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast – Oatmeal Topped with Hemp and Blueberries</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
2	Cups	Milk - skim, no fat	16.80	23.80	0.80	172.00
2	Packs	Oatmeal - plain	8.80	35.20	4.00	190.00
1	Cup	Water	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>35.82</b>	<b>85.71</b>	<b>17.38</b>	<b>621.65</b>
<b>AM Snack – Kefir with Fruit and Almonds</b>						
1	Cup	Kefir	11.00	12.00	2.00	110.00
20	Almond	Nuts, 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
		<b>Totals:</b>	<b>16.27</b>	<b>27.62</b>	<b>12.58</b>	<b>274.24</b>
<b>Lunch – Veggie Bean Salad with Avocado</b>						
1/2	Cup, sliced	Avocados	1.46	6.23	10.70	116.80
1/2	Cup	Beans, black, 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
		<b>Totals:</b>	<b>19.99</b>	<b>49.47</b>	<b>11.53</b>	<b>384.49</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	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	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
		<b>Totals:</b>	<b>32.43</b>	<b>56.45</b>	<b>9.33</b>	<b>431.75</b>
<b>Evening Snack – Air Popped Popcorn</b>						
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
		<b>Totals:</b>	<b>2.07</b>	<b>12.44</b>	<b>0.73</b>	<b>61.92</b>
<b>Actual Totals for Day # 1:</b>			<b>108.95</b>	<b>257.63</b>	<b>56.79</b>	<b>1907.42</b>

**1900 CALORIE VEGETARIAN MEAL PLAN**

**DAY 2**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cereal with Milk and Fruit and Kefir</b>						
1	Cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
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
		<b>Totals:</b>	<b>28.38</b>	<b>62.59</b>	<b>3.20</b>	<b>344.96</b>
<b>AM Snack – Fresh Orange and Rice Cake</b>						
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
		<b>Totals:</b>	<b>2.10</b>	<b>26.40</b>	<b>0.30</b>	<b>109.00</b>
<b>Lunch – Tuna Salad Sandwich with Salad</b>						
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
10	Each	Carrots, baby, raw	0.64	8.24	0.13	35.00
2	Each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
6	Ounces	Fish, tuna, light, canned in water	43.37	0.00	1.39	197.20
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
2	Medium	Salad - garden with tomato, onion	3.90	28.50	1.20	148.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
1	Cup	Water	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>56.96</b>	<b>77.53</b>	<b>4.77</b>	<b>598.35</b>
<b>PM Snack – Raw Walnuts</b>						
1	Ounces	Walnuts, raw	4.00	6.00	15.00	178.00
1	Cup	Water	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
1.5	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
		<b>Totals:</b>	<b>31.31</b>	<b>103.80</b>	<b>17.16</b>	<b>668.90</b>
<b>Actual Total for Day 2</b>			<b>122.74</b>	<b>276.32</b>	<b>40.43</b>	<b>1899.21</b>

## 1900 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	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	Medium	Grapefruit, raw	1.61	20.68	0.26	81.92
1	Cup	Water	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>35.47</b>	<b>49.99</b>	<b>15.26</b>	<b>469.73</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	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	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
1	Large	Salad - garden with tomato and onion	2.60	19.00	0.80	98.00
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	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
1	Cup	Water	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>33.79</b>	<b>86.47</b>	<b>17.81</b>	<b>637.13</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	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	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 - sm. 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
<b>Totals:</b>			<b>8.11</b>	<b>39.25</b>	<b>17.06</b>	<b>331.50</b>
<b>Actual Totals for Day 3</b>			<b>91.67</b>	<b>235.97</b>	<b>70.79</b>	<b>1898.93</b>

**1900 CALORIE VEGETARIAN MEAL PLAN**

**DAY 4**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Blueberry Smoothie and Wasa Crackers</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	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
2	Cup	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
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
		<b>Totals:</b>	<b>18.65</b>	<b>57.14</b>	<b>29.30</b>	<b>538.57</b>
<b>AM Snack – Fresh Peach and Almonds</b>						
20	Almonds	Nuts, almonds, raw	4.25	3.95	10.13	115.60
1	Medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
1	Cup	Water	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>4.85</b>	<b>13.65</b>	<b>10.23</b>	<b>152.60</b>
<b>Lunch – Salad Topped with Veggies, Lentils and Beans</b>						
1	Cup	Beans, black, 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
		<b>Totals:</b>	<b>27.13</b>	<b>86.73</b>	<b>15.90</b>	<b>584.07</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	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	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>7.95</b>	<b>14.25</b>	<b>19.60</b>	<b>264.00</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	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>Evening Snack – Yogurt</b>						
4	Ounces	Yogurt, organic, low fat	4.00	16.67	0.67	86.67
		<b>Totals:</b>	<b>4.00</b>	<b>16.67</b>	<b>0.67</b>	<b>86.67</b>
<b>Actual Totals for Day 4</b>			<b>84.55</b>	<b>222.70</b>	<b>85.45</b>	<b>1913.31</b>

**1900 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	Cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
1	Cup	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
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	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>19.74</b>	<b>57.16</b>	<b>14.01</b>	<b>371.96</b>
<b>AM Snack – Strawberries and Almonds</b>						
20	Almonds	Nuts, 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
<b>Totals:</b>			<b>5.27</b>	<b>15.62</b>	<b>10.58</b>	<b>164.24</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
1	Cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
6	Ounces	Salmon - baked	37.62	0.00	21.00	348.00
1	Cup	Water	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>45.24</b>	<b>52.10</b>	<b>34.78</b>	<b>702.59</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	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	Cup	Kamut, spaghetti cooked	11.09	52.39	1.57	251.12
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
<b>Totals:</b>			<b>20.33</b>	<b>79.25</b>	<b>17.65</b>	<b>540.96</b>
<b>Actual Totals for Day 5</b>			<b>98.81</b>	<b>215.65</b>	<b>81.75</b>	<b>1899.07</b>

**1900 CALORIE VEGETARIAN MEAL PLAN**

**DAY 6**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Kefir, Peach and Chia Seeds</b>						
3	Tablespoons	Hemp Seeds	9.00	3.00	12.00	168.00
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>25.03</b>	<b>37.13</b>	<b>22.82</b>	<b>453.92</b>
<b>AM Snack – Rice Cakes and Grapes</b>						
20	Each	Grapes - red	0.40	8.20	0.20	40.00
4	Each	Rice cake - apple cinnamon, Quaker	4.00	36.00	0.00	160.00
1	Cup	Water	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>4.40</b>	<b>44.20</b>	<b>0.20</b>	<b>200.00</b>
<b>Lunch – Tuna Sandwich with Fruit</b>						
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
6	Ounces	Fish, tuna, light, canned in water	43.37	0.00	1.39	197.20
2	Tablespoons	Mayonnaise - low fat	0.00	8.00	2.00	50.00
1	Tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
1	Cup	Water	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>53.97</b>	<b>74.99</b>	<b>4.72</b>	<b>577.45</b>
<b>PM Snack – Hard Boiled Egg and Raspberries</b>						
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
		<b>Totals:</b>	<b>13.48</b>	<b>14.69</b>	<b>10.80</b>	<b>203.96</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	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
		<b>Totals:</b>	<b>20.52</b>	<b>49.18</b>	<b>11.85</b>	<b>367.74</b>
<b>Evening Snack – Almond Butter on a Spoon</b>						
1	Tablespoon	Nuts, almond butter, raw	2.41	3.40	9.46	101.28
1	Cup	Water	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>2.41</b>	<b>3.40</b>	<b>9.46</b>	<b>101.28</b>
<b>Actual Totals for Day 6</b>			<b>119.80</b>	<b>223.58</b>	<b>59.84</b>	<b>1904.35</b>

**1900 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	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
<b>Totals:</b>			<b>30.62</b>	<b>51.31</b>	<b>9.58</b>	<b>376.65</b>
<b>AM Snack – Melon and Seeds</b>						
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
<b>Totals:</b>			<b>8.27</b>	<b>17.78</b>	<b>13.29</b>	<b>206.41</b>
<b>Lunch – Chili and Salad</b>						
2	Cups	Chili, Amy's Organic Medium Chili	26.00	60.00	18.00	500.00
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
<b>Totals:</b>			<b>27.95</b>	<b>74.39</b>	<b>18.60</b>	<b>577.15</b>
<b>PM Snack – Sun Dried Tomato, Zucchini and Basil Hummus (see recipe)</b>						
4	Each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
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
6	Medium	Zucchini - baby, raw	1.80	1.80	0.00	12.00
<b>Totals:</b>				<b>35.87</b>	<b>5.15</b>	<b>218.20</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	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
<b>Totals:</b>			<b>17.46</b>	<b>92.11</b>	<b>9.88</b>	<b>523.85</b>
<b>Actual Totals for Day 7</b>			<b>93.01</b>	<b>271.46</b>	<b>56.51</b>	<b>1902.26</b>

**1900 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	Ounce	Nuts, pecans, raw	2.60	3.93	20.40	195.90
3/4	Cup	Quinoa, cooked	6.11	29.55	2.66	166.50
<b>Totals:</b>			<b>8.70</b>	<b>33.48</b>	<b>23.07</b>	<b>362.40</b>
<b>AM Snack – Apple and Goat Cheese on Wasa Crackers</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
2	Each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<b>Totals:</b>			<b>8.42</b>	<b>35.72</b>	<b>8.96</b>	<b>244.19</b>
<b>Lunch – Veggie Sandwich</b>						
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
<b>Totals:</b>			<b>22.66</b>	<b>66.01</b>	<b>25.65</b>	<b>554.52</b>
<b>PM Snack – Kefir, Chia Seeds and Strawberries</b>						
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Strawberry halve, raw	1.02	11.67	0.46	48.64
<b>Totals:</b>			<b>16.45</b>	<b>36.11</b>	<b>11.17</b>	<b>297.56</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	Tablespoon	Tahini, from raw and stone sesame seeds	2.67	3.93	7.20	85.50
2	Each	Veggie Burgers	20.00	6.00	8.00	180.00
<b>Totals:</b>			<b>33.89</b>	<b>46.27</b>	<b>16.17</b>	<b>454.18</b>
<b>Actual Totals for Day 8</b>			<b>90.12</b>	<b>217.59</b>	<b>85.02</b>	<b>1912.85</b>



## 1900 CALORIE VEGETARIAN MEAL PLAN

### DAY 9

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Green Smoothie</b>						
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
<b>Totals:</b>			<b>28.92</b>	<b>40.88</b>	<b>11.83</b>	<b>348.80</b>
<b>AM Snack – Apple and Walnuts</b>						
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
<b>Totals:</b>			<b>4.56</b>	<b>24.84</b>	<b>18.76</b>	<b>264.12</b>
<b>Lunch – Soup and Cottage Cheese</b>						
1	Cup	Cottage cheese, organic, low fat	26.00	8.00	4.00	200.00
1	Ounce	Seeds, 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
<b>Totals:</b>			<b>34.43</b>	<b>46.43</b>	<b>14.72</b>	<b>478.92</b>
<b>PM Snack – Pear and Almonds</b>						
20	Almonds	Nuts, almonds, raw	4.25	3.95	10.13	115.60
1	Each	Pear - medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>4.95</b>	<b>29.05</b>	<b>10.13</b>	<b>213.60</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
6	Ounces	Halibut - broiled	45.00	0.00	6.00	240.00
1	Cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
<b>Totals:</b>			<b>52.39</b>	<b>54.62</b>	<b>21.71</b>	<b>617.20</b>
<b>Actual Totals for Day 9</b>			<b>125.25</b>	<b>195.82</b>	<b>77.14</b>	<b>1922.64</b>

**1900 CALORIE VEGETARIAN MEAL PLAN**

**DAY 10**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Oatmeal, Kefir, Hemp Seeds and Blueberries</b>						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
3	Tablespoons	Hemp Seeds	9.00	3.00	12.00	168.00
1/2	Cup	Kefir	11.00	12.00	2.00	110.00
1	Pack	Oatmeal	4.00	28.00	2.00	150.00
2	Cups	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
<b>Totals:</b>			<b>27.07</b>	<b>68.01</b>	<b>24.48</b>	<b>590.65</b>
<b>AM Snack – Avocado and Veggies</b>						
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
<b>Totals:</b>			<b>4.54</b>	<b>27.77</b>	<b>18.05</b>	<b>267.30</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	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
<b>Totals:</b>			<b>8.05</b>	<b>45.62</b>	<b>17.67</b>	<b>361.77</b>
<b>PM Snack – Hard Boiled Eggs and Apple</b>						
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
<b>Totals:</b>			<b>12.30</b>	<b>21.00</b>	<b>10.50</b>	<b>221.00</b>
<b>Dinner – Chili</b>						
1.5	Cups	Chili, Amy's Organic Medium Chili	19.50	45.00	13.50	375.00
1	Large	Salad - garden with tomato and onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>22.10</b>	<b>64.00</b>	<b>14.30</b>	<b>473.00</b>
<b>Actual Totals for Day 10</b>			<b>74.06</b>	<b>226.41</b>	<b>84.99</b>	<b>1913.72</b>

**1900 CALORIE VEGETARIAN MEAL PLAN**

**DAY 11**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cereal with Chia Seeds</b>						
1	Tablespoon	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	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>21.43</b>	<b>45.43</b>	<b>17.72</b>	<b>374.92</b>
<b>AM Snack – Mixed Fruit with Cinnamon</b>						
1	Cup	Blueberries	1.07	21.01	0.48	82.65
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/2	Cup	Melon, cantaloupe	0.74	7.22	0.17	30.09
2	Slices	Pineapple	0.60	20.80	0.80	82.00
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
		<b>Totals:</b>	<b>3.58</b>	<b>63.41</b>	<b>2.00</b>	<b>252.38</b>
<b>Lunch – Tempeh and Veggie Sir Fry</b>						
2	Cups	Broccoli	4.23	7.44	0.50	39.76
2	Teaspoons	Oil, sesame, cooking	0.00	0.00	9.00	79.56
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
		<b>Totals:</b>	<b>37.11</b>	<b>61.53</b>	<b>27.62</b>	<b>601.70</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	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
10	Large	Olives, ripe	0.34	2.50	4.27	46.00
1	Tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
3/4	Cup	Quinoa, cooked	6.11	29.55	2.66	166.50
2	Cups	Spinach, raw	1.72	2.18	0.23	13.80
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
		<b>Totals:</b>	<b>15.41</b>	<b>54.36</b>	<b>27.62</b>	<b>514.50</b>
<b>Actual Totals for Day 11</b>			<b>80.23</b>	<b>249.13</b>	<b>84.96</b>	<b>1925.50</b>

**1900 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>						
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
3	Ounces	Fish, 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
2	Cups	Amy's Organic Minestrone Soup	6.00	34.00	2.00	180.00
<b>Totals:</b>			<b>34.07</b>	<b>72.79</b>	<b>14.19</b>	<b>562.75</b>
<b>PM Snack – Pear and Walnuts</b>						
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
<b>Totals:</b>			<b>4.96</b>	<b>28.94</b>	<b>18.26</b>	<b>281.12</b>
<b>Dinner – Veggie Burger and Sweet Potato</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
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	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
1	Cup	Yam -baked	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>21.24</b>	<b>101.08</b>	<b>1.42</b>	<b>519.09</b>
<b>Actual Totals for Day 12</b>			<b>96.46</b>	<b>244.90</b>	<b>59.93</b>	<b>1896.86</b>

**1900 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>						
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
1	Small	Tomato - sliced	1.00	5.70	0.40	26.00
2	Each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<b>Totals:</b>			<b>47.67</b>	<b>26.52</b>	<b>33.19</b>	<b>595.58</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	Ounce	Cashews - raw	5.00	9.00	13.00	160.00
<b>Totals:</b>			<b>5.30</b>	<b>30.00</b>	<b>13.50</b>	<b>241.00</b>
<b>Lunch – Soup with Chickpeas and Crackers</b>						
1	Cup	Chickpeas boiled	14.53	44.97	4.25	268.96
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>22.53</b>	<b>92.97</b>	<b>10.25</b>	<b>548.96</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>						
2	Cups	Cauliflower steamed	5.80	13.50	0.79	68.40
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
<b>Totals:</b>			<b>53.10</b>	<b>14.40</b>	<b>7.37</b>	<b>332.80</b>
<b>Evening Snack – Pistachios</b>						
1/2	Ounce	Nuts, pistachio, raw	3.03	3.92	6.52	80.94
<b>Totals:</b>			<b>3.03</b>	<b>3.92</b>	<b>6.52</b>	<b>80.94</b>
<b>Actual Totals for Day 13</b>			<b>137.49</b>	<b>180.18</b>	<b>77.19</b>	<b>1927.28</b>

**1900 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
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
		<b>Totals:</b>	<b>19.22</b>	<b>59.71</b>	<b>10.58</b>	<b>391.65</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), Salad and Soup</b>						
2	Ounces	Cheese, feta	7.96	2.29	11.92	147.84
1	Cup	Eggplant	0.82	8.64	0.23	34.65
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
2	Cups	Amy's Organic Vegetable Barley Soup	4.00	26.00	2.00	140.00
		<b>Totals:</b>	<b>15.38</b>	<b>56.07</b>	<b>21.94</b>	<b>483.64</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	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	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
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
		<b>Totals:</b>	<b>22.16</b>	<b>94.57</b>	<b>17.11</b>	<b>595.38</b>
<b>Actual Totals for Day 14</b>			<b>78.23</b>	<b>256.92</b>	<b>72.54</b>	<b>1925.97</b>

**1900 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	Each	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
		<b>Totals:</b>	<b>23.20</b>	<b>36.70</b>	<b>8.60</b>	<b>310.00</b>
<b>AM Snack – Savory Cashews (see recipe)</b>						
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
		<b>Totals:</b>	<b>5.70</b>	<b>34.10</b>	<b>13.00</b>	<b>258.00</b>
<b>Lunch – Veggie Burger and Salad</b>						
1/2	Cup	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, Rudi's Organic Bakery, whole wheat	7.00	29.00	1.00	160.00
		<b>Totals:</b>	<b>24.00</b>	<b>94.87</b>	<b>12.65</b>	<b>621.89</b>
<b>PM Snack – Apple and Almond Butter</b>						
1	Each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	Tablespoon	Almond butter, raw	2.41	3.40	9.46	101.28
		<b>Totals:</b>	<b>2.71</b>	<b>24.40</b>	<b>9.96</b>	<b>182.28</b>
<b>Dinner – Eggs and Soup</b>						
8	Spears	Asparagus, baked	3.54	2.30	0.50	21.60
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
		<b>Totals:</b>	<b>21.54</b>	<b>36.30</b>	<b>26.50</b>	<b>471.60</b>
<b>Evening Snack – Popcorn</b>						
2.5	Cups	Popcorn - air popped	1.68	6.67	2.50	57.50
		<b>Totals:</b>	<b>1.68</b>	<b>6.67</b>	<b>2.50</b>	<b>57.50</b>
<b>Actual Totals for Day 15</b>			<b>78.82</b>	<b>233.05</b>	<b>73.21</b>	<b>1901.27</b>

**1900 CALORIE VEGETARIAN MEAL PLAN**

**DAY 16**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cereal with Chia Seeds</b>						
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	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>24.43</b>	<b>46.43</b>	<b>21.72</b>	<b>430.92</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), Chickpeas and Large Salads</b>						
1/2	Cup	Avocado - pureed	2.30	8.50	17.60	185.00
1/2	Cup	Chickpeas	7.27	22.48	2.12	134.48
1	Tablespoon	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
		<b>Totals:</b>	<b>35.43</b>	<b>74.15</b>	<b>45.83</b>	<b>816.54</b>
<b>PM Snack – Kefir and Blueberries</b>						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Cup	Kefir	11.00	12.00	2.00	110.00
		<b>Totals:</b>	<b>12.07</b>	<b>33.01</b>	<b>2.48</b>	<b>192.65</b>
<b>Dinner – Homemade Pizza</b>						
2	Ounces	Kraft, cheese, mozzarella, natural,	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
		<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>93.08</b>	<b>209.10</b>	<b>91.71</b>	<b>1908.11</b>



**1900 CALORIE VEGETARIAN MEAL PLAN**

**DAY 17**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Oatmeal and Hemp Seeds</b>						
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
<b>Totals:</b>			<b>17.00</b>	<b>48.84</b>	<b>22.71</b>	<b>459.92</b>
<b>AM Snack – Apple and Walnuts</b>						
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
<b>Totals:</b>			<b>4.56</b>	<b>24.84</b>	<b>18.76</b>	<b>264.12</b>
<b>Lunch – Chili with Salad</b>						
1.5	Cups	Chili, Amy's Organic Medium Chili	19.50	45.00	13.50	375.00
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
<b>Totals:</b>			<b>22.10</b>	<b>64.14</b>	<b>28.30</b>	<b>596.15</b>
<b>PM Snack – Hard Boiled Egg with Carrots and Celery</b>						
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
2	Large	Eggs, organic, hard boiled	6.00	0.00	5.00	70.00
<b>Totals:</b>			<b>14.77</b>	<b>17.89</b>	<b>10.16</b>	<b>222.00</b>
<b>Dinner – Halibut, Greens and Sweet Potato</b>						
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
<b>Totals:</b>			<b>34.47</b>	<b>44.92</b>	<b>4.72</b>	<b>354.40</b>
<b>Actual Totals for Day 17</b>			<b>92.90</b>	<b>200.62</b>	<b>84.64</b>	<b>1896.59</b>

**1900 CALORIE VEGETARIAN MEAL PLAN**

**DAY 18**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Mixed Berry Smoothie</b>						
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
2	Cups	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
<b>Totals:</b>			<b>29.17</b>	<b>40.21</b>	<b>12.26</b>	<b>349.56</b>
<b>AM Snack – Celery and Walnuts</b>						
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
<b>Totals:</b>			<b>7.26</b>	<b>15.84</b>	<b>18.26</b>	<b>243.12</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	Cup	Pinto bean - boiled	14.00	43.60	0.80	232.00
2	Each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<b>Totals:</b>			<b>19.69</b>	<b>64.40</b>	<b>15.44</b>	<b>461.00</b>
<b>PM Snack – Cucumber, Tomato and Feta Chopped Salad</b>						
1	Ounce	Cheese, feta	3.98	1.15	5.96	73.92
1.5	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
<b>Totals:</b>			<b>7.26</b>	<b>19.47</b>	<b>6.76</b>	<b>161.00</b>
<b>Dinner – Buckwheat Sir Fry</b>						
1	Cup	Broccoli, steamed	3.71	11.20	0.64	54.60
1	Cup	Buckwheat, whole-groats	15.14	84.71	3.72	402.00
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
10	Medium	Zucchini - baby, raw	3.00	3.00	0.00	20.00
<b>Totals:</b>			<b>28.19</b>	<b>110.07</b>	<b>23.50</b>	<b>702.54</b>
<b>Actual Totals for Day 18</b>			<b>91.57</b>	<b>249.99</b>	<b>76.22</b>	<b>1917.22</b>

**1900 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
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
1	Tablespoon	Jam, 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	Medium	Peach - 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
6	Ounces	Yogurt, Greek, non-fat	18.00	7.00	0.00	100.00
<b>Totals:</b>			<b>23.18</b>	<b>31.83</b>	<b>8.92</b>	<b>284.92</b>
<b>Lunch – Meatless Meatballs and Spaghetti Squash</b>						
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
<b>Totals:</b>			<b>38.15</b>	<b>50.81</b>	<b>14.49</b>	<b>470.41</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 – Bean and Veggie Stir Fry</b>						
1	Cup	Beans, black boiled, no salt	15.13	45.05	0.65	240.50
1	Teaspoon	Oil, sesame, cooking	0.00	0.00	4.50	39.78
1/2	Cup	Tempeh	15.39	7.79	8.96	160.19
1	Cup	Vegetables - mixed, frozen, steamed	5.20	23.80	0.20	108.00
<b>Totals:</b>			<b>35.72</b>	<b>76.64</b>	<b>14.31</b>	<b>548.47</b>
<b>Actual Totals for Day 19</b>			<b>112.93</b>	<b>256.57</b>	<b>55.14</b>	<b>1897.32</b>

**1900 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
2	Each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<b>Totals:</b>			<b>30.75</b>	<b>32.60</b>	<b>2.50</b>	<b>270.00</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 Rice</b>						
1	Cup	Beans, black boiled, no salt	15.13	45.05	0.65	240.50
1	Cup	Broccoli, stir fry	5.70	9.84	0.22	51.52
2	Teaspoons	Oil, sesame, cooking	0.00	0.00	9.00	79.56
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
<b>Totals:</b>			<b>31.07</b>	<b>123.46</b>	<b>11.82</b>	<b>696.03</b>
<b>PM Snack – Apple and Almond Butter</b>						
1	Each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	Tablespoon	Nuts, almond butter, raw	2.41	3.40	9.46	101.28
<b>Totals:</b>			<b>2.71</b>	<b>24.40</b>	<b>9.96</b>	<b>182.28</b>
<b>Dinner – White Bean Ratatouille (see recipe)</b>						
1	Cup	Beans, white, 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
<b>Totals:</b>			<b>19.79</b>	<b>62.97</b>	<b>15.13</b>	<b>453.54</b>
<b>Evening Snack – Pistachios</b>						
1/2	Ounce	Nuts, pistachios, raw	3.03	3.92	6.52	80.94
<b>Totals:</b>			<b>3.03</b>	<b>3.92</b>	<b>6.52</b>	<b>80.94</b>
<b>Actual Totals for Day 20</b>			<b>90.93</b>	<b>262.76</b>	<b>63.78</b>	<b>1897.59</b>

**1900 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
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
1	Tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
<b>Totals:</b>			<b>20.42</b>	<b>51.01</b>	<b>23.01</b>	<b>482.74</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 – Beans, Spinach and Feta Salad</b>						
1/2	Cup	Beans, black boiled, no salt	7.57	22.52	0.32	120.25
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
<b>Totals:</b>			<b>22.10</b>	<b>34.84</b>	<b>45.74</b>	<b>628.91</b>
<b>PM Snack – Hummus (see recipe) and Veggies</b>						
10	Medium	Carrots - baby, raw	0.00	0.00	0.00	40.00
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
<b>Totals:</b>			<b>3.52</b>	<b>12.67</b>	<b>5.15</b>	<b>150.20</b>
<b>Dinner – Meatless Meatballs and Shirataki Noodles</b>						
1	Cup	Broccoli, steamed	3.71	11.20	0.64	54.60
1	Cup	Meatballs, meatless	30.24	11.52	12.96	283.68
2	Tablespoons	Cheese, low sodium	4.00	0.00	2.00	45.60
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>41.12</b>	<b>41.80</b>	<b>16.09</b>	<b>474.16</b>
<b>Actual Totals for Day 21</b>			<b>92.16</b>	<b>149.32</b>	<b>103.00</b>	<b>1896.01</b>