

2100 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
2	Packs	Oatmeal, plain	8.80	35.20	4.00	190.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			35.82	85.71	17.38	621.65
AM Snack – Kefir with Fruit and Almonds						
1	Cup	Kefir	11.00	12.00	2.00	110.00
20	Almond	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:			16.27	27.62	12.58	274.24
Lunch – Veggie Bean Salad with Avocado						
1/2	Cup, sliced	Avocados	1.46	6.23	10.70	116.80
1	Cup	Black beans, boiled, no salt	15.24	40.78	0.93	227.04
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
2	Cups	Endive, raw	1.25	3.35	0.20	17.00
2	Cups	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	Cup	Pepper, sweet bell, all colors, chopped	1.20	9.20	0.20	38.00
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:			29.53	77.97	12.37	535.03
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
2	Cups	Cauliflower, steamed	5.80	13.50	0.79	68.40
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:			35.33	63.20	9.72	465.95
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:			121.38	292.88	58.02	2092.16

2100 CALORIE VEGETARIAN MEAL PLAN

DAY 2

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal with Milk and Fruit and Kefir						
1	Cup	Kashi GOLEAN cereal	13.00	30.00	1.00	140.00
1	Cup	Kefir	11.00	12.00	2.00	110.00
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:			33.88	68.59	4.20	399.96
AM Snack – Almond Butter, Fresh Orange and Rice Cake						
1	Tablespoon	Almond butter, raw	2.41	3.40	9.46	101.28
1	Each	Orange, medium	1.10	17.40	0.30	69.00
2	Each	Rice cake, apple cinnamon, Quaker	2.00	18.00	0.00	80.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			5.51	38.80	9.76	250.28
Lunch – Tuna Salad Sandwich with Salad						
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
Totals:			56.96	77.53	4.77	598.35
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			131.66	294.71	50.88	2095.49

2100 CALORIE VEGETARIAN MEAL PLAN

DAY 3

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – English Muffin with Scrambled Egg Whites, Almond Butter 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	Medium	Grapefruit, raw	1.61	20.68	0.26	81.92
1	Tablespoon	Almond butter, raw	2.41	3.40	9.46	101.28
1	Cup	Water, municipal	0.00	0.00	0.00	0.00
Totals:			37.88	53.38	24.72	571.01
AM Snack – Sun Dried Tomato and Basil Hummus (See Recipe) with Crackers						
2	Cups	Cucumber, raw, slices	1.60	5.60	0.00	28.00
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:			6.52	31.67	5.15	194.20
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
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
2	Cups	Spinach, raw	1.72	2.18	0.23	13.80
1	Cup	Tomatoes, red, sliced	1.58	7.06	0.36	32.40
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
Totals:			34.64	87.55	17.93	644.03
PM Snack – Fresh Apple and Seeds						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
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:			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
1	Cup	Quinoa, cooked	8.14	39.41	3.55	222.00
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	Cup	Zucchini, baked	2.00	8.00	0.00	38.00
Totals:			11.14	53.11	17.95	406.00
Evening Snack						
2	Cups	Popcorn, air popped	1.34	5.34	2.00	46.00
Totals:			1.34	5.34	2.00	46.00
Actual Totals for Day 3			98.78	257.10	81.25	2095.61

2100 CALORIE VEGETARIAN MEAL PLAN

DAY 4

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Blueberry Smoothie and Wasa Crackers						
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
1	Table spoon	Tofutti Better Than Cream Cheese	0.00	0.00	4.00	40.00
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
Totals:			18.65	57.14	33.30	578.57
AM Snack – Fresh Peach and Almonds						
20	Almonds	Almonds, raw	4.25	3.95	10.13	115.60
4	Ounces	Peach	0.60	9.70	0.10	37.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			4.85	13.65	10.23	152.60
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
2	Cups	Endive, raw	1.25	3.35	0.20	17.00
20	Each	Grapes, red	0.40	8.20	0.20	40.00
1	Cup	Lentils, boiled, no salt	17.86	39.86	0.75	229.68
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, 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	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
Evening Snack – Yogurt						
4	Ounces	Yogurt, organic, low fat	4.00	16.67	0.67	86.67
			4.00	16.67	0.67	86.67
Actual Totals for Day 4			94.55	246.15	91.69	2099.30

2100 CALORIE VEGETARIAN MEAL PLAN

DAY 5

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal with Fruit and Chia and Hemp Seeds						
2	Tablespoon	Hemp seeds	6.00	2.00	8.00	112.00
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	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:			26.74	61.16	26.01	523.96
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
6	Ounces	Salmon, baked	37.62	0.00	21.00	348.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			45.24	52.10	34.78	702.59
PM Snack – Cheese and Crackers						
2	Ounces	Cheese, low fat, cheddar or Colby	13.64	1.07	3.92	96.88
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:			15.04	12.05	6.67	167.76
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	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
Totals:			20.33	79.25	17.65	540.96
Actual Totals for Day 5			112.63	220.18	95.71	2099.51

2100 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, Cashew Nut Butter and Grapes						
20	Each	Grapes, red	0.40	8.20	0.20	40.00
1	Tablespoon	Cashew butter, raw	2.81	4.41	7.91	93.92
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
Totals:			7.21	48.61	8.11	293.92
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
6	Ounces	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
Totals:			53.97	74.99	4.72	577.45
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	Cup	Jerusalem-artichokes, raw	3.00	26.16	0.01	114.00
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	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
Totals:			23.61	71.30	12.10	469.88
Evening Snack – Almond Butter on a Spoon						
1	tablespoon	Almond butter, raw	2.41	3.40	9.46	101.28
1	cup	Water	0.00	0.00	0.00	0.00
Totals:			2.41	3.40	9.46	101.28
Actual Totals for Day 6			125.70	250.11	67.99	2100.41

2100 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	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						
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
Totals:			27.95	74.39	18.60	577.15
PM Snack – Sun Dried Tomato, Zucchini and Basil Hummus (See Recipe)						
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
Totals:				35.87	5.15	218.20
Dinner – Bean Stir Fry over Rice						
1	Cup	Kidney beans, all types, boiled, no salt	15.35	40.36	0.89	224.79
1	Cup	Broccoli	3.71	11.20	0.64	54.60
1/2	Cup	Mushrooms	1.08	1.15	0.12	7.70
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
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:			26.99	117.89	17.64	728.54
Actual Totals for Day 7			102.54	297.24	64.27	2106.95

2100 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	Cup	Quinoa, cooked	8.14	39.41	3.55	222.00
Totals:			10.74	43.33	23.96	417.90
AM Snack – Apple and Goat Cheese on Wasa Crackers						
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
Totals:			8.42	35.72	8.96	244.19
Lunch – Veggie Sandwich and Pear						
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	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
1	Cup	Bean sprouts, fresh	5.00	13.00	0.00	62.00
Totals:			23.36	91.11	25.65	652.52
PM Snack – Kefir, Chia Seeds and Strawberries						
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Strawberry halve, raw	1.02	11.67	0.46	48.64
Totals:			16.45	36.11	11.17	297.56
Dinner – Kale and Pinto Bean Soup (See Recipe) with Veggie Burger						
1/2	Cup	Pinto beans, boiled	8.75	29.03	0.45	152.28
1	Cup	Kale, steamed	2.47	7.32	0.52	36.40
1.5	Tablespoons	Tahini, from raw and stone sesame seeds	4.01	5.89	10.80	128.25
2	Each	Veggie Burgers	20.00	6.00	8.00	180.00
Totals:			35.23	48.24	19.77	496.93
Actual Totals for Day 8			94.19	254.51	89.51	2109.09

2100 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
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
Totals:			33.34	53.31	20.55	487.72
AM Snack – Apple and Walnuts						
1	Each	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 – 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
1.5	Tablespoons	Coconut oil	0.00	0.00	20.40	175.50
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
Totals:			52.39	54.62	28.51	675.70
Actual Totals for Day 9			129.68	208.25	92.66	2120.05

2100 CALORIE VEGETARIAN MEAL PLAN

DAY 10

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Oatmeal, Kefir, 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
1/2	Cup	Kefir	11.00	12.00	2.00	110.00
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:			27.07	68.01	24.48	590.65
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						
2	Cups	Chili, Amy's Organic Medium Chili	26.00	60.00	18.00	500.00
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:			28.60	79.14	25.80	661.15
Actual Totals for Day 10			80.56	241.55	96.49	2101.87

2100 CALORIE VEGETARIAN MEAL PLAN

DAY 11

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal with Chia Seeds						
2	Table spoons	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 – Mixed Fruit with Cinnamon						
1	Cup	Blueberries	1.07	21.01	0.48	82.65
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Cup	Melon, cantaloupe	1.49	14.44	0.34	60.18
2	Slices	Pineapple	0.60	20.80	0.80	82.00
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
Totals:			4.33	70.63	2.17	282.47
Lunch – Tempeh and Veggie Sir Fry						
2	Cups	Broccoli	4.23	7.44	0.50	39.76
2	Teaspoons	Sesame oil, 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
Totals:			37.11	61.53	27.62	601.70
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						
1.5	Ounces	Cheese, feta	5.97	1.72	8.94	110.88
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
1	Cup	Quinoa, cooked	8.14	39.41	3.55	222.00
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
Totals:			19.43	64.79	31.48	606.96
Actual Totals for Day 11			88.00	267.77	93.00	2104.05

2100 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) and Crackers						
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
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
Totals:			4.26	23.03	14.70	230.80
Lunch – Salmon Sandwich with Soup						
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
6	Ounces	Fish, salmon, canned, no salt, drained solids with bone	36.43	0.00	9.35	239.70
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
Totals:			52.29	72.79	18.87	682.60
PM Snack – Pear and Walnuts						
1	Ounce	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	Cup	Lettuce, cos or romaine, raw	0.69	1.84	0.17	9.52
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
Totals:			21.59	101.99	1.50	523.85
Actual Totals for Day 12			117.02	259.82	64.69	2081.47

2100 CALORIE VEGETARIAN MEAL PLAN

DAY 13

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Spinach and Mushroom Eggs with Crackers and Almond Butter						
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	Almond butter, raw	2.41	3.40	9.46	101.281
	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
		Totals:	50.08	29.92	42.65	696.86
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	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
		Totals:	22.53	92.97	10.25	548.96
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)						
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	Haddock, cooked	41.21	0.00	1.58	190.40
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
		Totals:	53.10	14.40	7.37	332.80
Evening Snack – Pistachios						
1	Ounce	Pistachios, raw	6.05	7.84	13.03	161.88
		Totals:	6.05	7.84	13.03	161.88
Actual Totals for Day 13			142.93	187.49	93.16	2109.50

2100 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	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), Salad and 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	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
2	Cups	Amy's Organic Vegetable Barley Soup	4.00	26.00	2.00	140.00
Totals:			15.38	56.07	28.94	543.64
PM Snack – Pear and Cashew Nut Butter						
1	Tablespoon	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	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	Cup	Quinoa, cooked	8.14	39.41	3.55	222.00
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:			26.23	114.27	18.88	706.38
Actual Totals for Day 14			82.30	276.62	81.31	2096.97

2100 CALORIE VEGETARIAN MEAL PLAN

DAY 15

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Peanut Butter and Banana Yogurt Smoothie Blend and Bread and Butter						
1	Each	Banana, med 8"	1.20	26.70	0.60	105.00
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
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:			27.26	51.70	14.85	440.87
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
5	Ounces	Veggie Burger	15.00	42.50	0.00	250.00
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:			27.00	103.37	12.65	671.89
PM Snack – Apple and Almond Butter						
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
Totals:			2.71	24.40	9.96	182.28
Dinner – Eggs and Soup						
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
Totals:			21.54	36.30	26.50	471.60
Evening Snack – Popcorn						
3	Cups	Popcorn, air popped	2.01	8.01	3.00	69.00
Totals:			2.01	8.01	3.00	69.00
Actual Totals for Day 15			86.22	257.89	79.96	2093.64

2100 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), Chickpeas and Large Salads						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Chickpeas	14.53	44.97	4.25	268.96
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:			35.43	74.15	45.83	816.54
PM Snack – Kefir and Blueberries						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Cup	Kefir	11.00	12.00	2.00	110.00
Totals:			12.07	33.01	2.48	192.65
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	Medium	Salad, garden with tomato and onion	1.95	14.25	0.60	74.00
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
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			20.40	45.50	12.28	363.15
Actual Totals for Day 16			102.29	245.97	94.43	2119.74

2100 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	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			4.56	24.84	18.76	264.12
Lunch – Chili with Salad						
2	Cups	Chili, Amy's Organic Medium Chili	26.00	60.00	18.00	500.00
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:			28.60	79.14	32.80	721.15
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
2	Large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
Totals:			14.77	17.89	10.16	222.00
Dinner – Halibut, Greens and Sweet Potato						
6	Ounces	Halibut, broiled	45.00	0.00	6.00	240.00
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:			49.47	44.92	6.72	434.40
Actual Totals for Day 17			114.40	215.62	91.14	2101.59

2100 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
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
Totals:			29.17	40.21	12.26	349.56
AM Snack – Celery and Walnuts						
6	Each	Celery, raw stalk trimmed	3.00	12.00	0.00	60.00
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			7.26	15.84	18.26	243.12
Lunch – Cottage Cheese, Kale and Pinto Bean Soup						
1	Cup	Cottage cheese, organic, low fat	26.00	8.00	4.00	200.00
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
Totals:			45.69	72.40	19.44	661.00
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	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	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
Totals:			28.19	110.07	23.50	702.54
Actual Totals for Day 18			117.57	257.99	80.22	2117.22

2100 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	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	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						
1	Cup	Black beans, boiled, no salt	15.13	45.05	0.65	240.50
2	Teaspoons	Sesame oil, cooking	0.00	0.00	9.00	79.56
1	Cup	Tempeh	30.78	15.59	17.93	320.38
1	Cup	Vegetables, mixed, frozen, steamed	5.20	23.80	0.20	108.00
Totals:			51.11	84.43	27.78	748.44
Actual Totals for Day 19			128.32	264.36	68.60	2097.29

2100 CALORIE VEGETARIAN MEAL PLAN

DAY 20

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cottage Cheese, Peach and Almond Butter						
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	Tablespoon	Almond butter, raw	2.41	3.40	9.46	101.28
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:			33.16	36.00	11.96	371.28
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	Cup	Black beans, 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	Sesame oil, 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
Totals:			31.07	123.46	11.82	696.03
PM Snack – Apple and Almond Butter						
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
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
Evening Snack – Pistachios						
1	Ounce	Pistachios, raw	6.05	7.84	13.03	161.88
Totals:			6.05	7.84	13.03	161.88
Actual Totals for Day 20			96.37	270.07	79.75	2079.81

2100 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	Tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
Totals:			20.42	51.01	23.01	482.74
AM Snack – Savory Cashews (See Recipe) and Grapefruit						
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
1	Each	Grapefruit, pink	1.20	23.80	0.20	92.00
Totals:			6.20	32.80	13.20	252.00
Lunch – Beans, Spinach and Feta Salad						
1	Cup	Black beans, boiled, no salt	15.13	45.05	0.65	240.50
2	Ounces	Cheese, feta	7.96	2.29	11.92	147.84
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:			29.67	57.36	46.07	749.16
PM Snack – Hummus (See Recipe) and Veggies						
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
Totals:			3.52	12.67	5.15	150.20
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
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
Totals:			41.12	41.80	16.09	474.16
Actual Totals for Day 21			100.93	195.64	103.52	2108.26

2100 CALORIE VEGETARIAN MEAL PLAN