

**2400 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      | 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   | Cup, sliced | Avocados                                | 2.92          | 12.45         | 21.40        | 233.60         |
| 1   | Cup         | Black beans, boiled, no salt            | 15.24         | 40.78         | 0.93         | 227.04         |
| 10  | Medium      | Carrots, baby, raw                      | 0.00          | 0.00          | 0.00         | 40.00          |
| 4   | Each        | Egg whites, scrambled/boiled            | 14.00         | 1.20          | 0.00         | 68.00          |
| 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           |
| <b>Totals:</b>  |             |   | <b>29.53</b>  | <b>77.97</b>  | <b>12.37</b> | <b>535.03</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          |
| 2   | Cups        | Cauliflower, steamed                    | 5.80          | 13.50         | 0.79         | 68.40          |
| 6   | Ounces      | Salmon, wild, cooked                    | 43.25         | 0.00          | 13.82        | 309.40         |
| 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>35.33</b>  | <b>63.20</b>  | <b>9.72</b>  | <b>465.95</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>151.46</b> | <b>299.71</b> | <b>75.63</b> | <b>2417.66</b> |

**2400 CALORIE VEGETARIAN MEAL PLAN**

**DAY 2**

| Qty.  | Measure     | Description                           | Protein (gm)  | Carbs (gm)    | Fats (gm)    | Calories       |
|---|-------------|---------------------------------------|---------------|---------------|--------------|----------------|
| <b>Breakfast – Cereal with Milk, Nuts and Fruit and Kefir</b> |             |                                       |               |               |              |                |
| 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   | Ounce       | Walnuts, raw                          | 4.26          | 3.84          | 18.26        | 183.12         |
| 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>38.14</b>  | <b>72.42</b>  | <b>22.46</b> | <b>583.08</b>  |
| <b>AM Snack – Almond Butter, Fresh Orange and Rice Cake</b>   |             |                                       |               |               |              |                |
| 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           |
|   |             | <b>Totals:</b>                        | <b>5.51</b>   | <b>38.80</b>  | <b>9.76</b>  | <b>250.28</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      | 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 – Apple and Raw Walnuts</b>                       |             |                                       |               |               |              |                |
| 1   | Each        | Apple, medium with peel               | 0.30          | 21.00         | 0.50         | 81.00          |
| 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>4.30</b>   | <b>27.00</b>  | <b>15.50</b> | <b>259.00</b>  |
| <b>Dinner – Spaghetti and Medium Salad</b>                    |             |                                       |               |               |              |                |
| 1   | Cup         | Broccoli, steamed                     | 3.71          | 11.20         | 0.64         | 54.60          |
| 2   | Ounces      | Cheese, mozzarella, part skim milk    | 13.59         | 1.55          | 8.92         | 142.24         |
| 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         | Pasta sauce, 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>34.71</b>  | <b>104.19</b> | <b>19.38</b> | <b>704.46</b>  |
| <b>Actual Total for Day 2</b>                                 |             |                                       | <b>139.62</b> | <b>319.94</b> | <b>71.87</b> | <b>2395.17</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 3

| Qty.   | Measure     | Description                          | Protein (gm)  | Carbs (gm)    | Fats (gm)    | Calories       |
|--|-------------|--------------------------------------|---------------|---------------|--------------|----------------|
| <b>Breakfast – English Muffin with Scrambled Egg Whites, Almond Butter 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  | Tablespoon  | 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>37.88</b>  | <b>53.38</b>  | <b>24.72</b> | <b>571.01</b>  |
| <b>AM Snack – Sun Dried Tomato and Basil Hummus (See Recipe) with Crackers</b>       |             |                                      |               |               |              |                |
| 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         |
| 1  | Cup         | Peppers, sweet, green, raw           | 1.28          | 6.91          | 0.25         | 29.80          |
| 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>7.80</b>   | <b>38.59</b>  | <b>5.41</b>  | <b>224.00</b>  |
| <b>Lunch – Veggie Burger in Pita with Salsa, Lettuce, Tomato</b>                     |             |                                      |               |               |              |                |
| 2  | Pita, large | Bread, pita, whole-wheat             | 12.54         | 70.40         | 3.33         | 340.48         |
| 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          |
| 3  | Patties     | Veggie burger                        | 32.97         | 29.97         | 13.23        | 371.70         |
| 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>51.91</b>  | <b>132.74</b> | <b>24.00</b> | <b>938.17</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       | Pumpkin seeds 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         |
| 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          |
|  |             | <b>Totals:</b>                       | <b>11.14</b>  | <b>53.11</b>  | <b>17.95</b> | <b>406.00</b>  |
| <b>Evening Snack</b>   |             |                                      |               |               |              |                |
| 2  | Cups        | Popcorn, air popped                  | 1.34          | 5.34          | 2.00         | 46.00          |
|  |             | <b>Totals:</b>                       | <b>1.34</b>   | <b>5.34</b>   | <b>2.00</b>  | <b>46.00</b>   |
| <b>Actual Totals for Day 3</b>   |             |                                      | <b>117.32</b> | <b>309.20</b> | <b>87.58</b> | <b>2419.55</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 4

| Qty.  | Measure     | Description                       | Protein<br>(gm) | Carbs<br>(gm) | Fats<br>(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       | 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           |
| <b>Totals:</b>  |             |                                   | <b>18.65</b>    | <b>57.14</b>  | <b>33.30</b>  | <b>578.57</b>  |
| <b>AM Snack – Cottage Cheese, Fresh Peach and Almonds</b>   |             |                                   |                 |               |               |                |
| 1/2   | Cup         | Cottage Cheese, Organic Low Fat   | 13.00           | 4.00          | 2.00          | 100.00         |
| 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           |
| <b>Totals:</b>  |             |                                   | <b>17.85</b>    | <b>17.65</b>  | <b>12.23</b>  | <b>252.60</b>  |
| <b>Lunch – Salad Topped with Veggies, Lentils and Beans</b> |             |                                   |                 |               |               |                |
| 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         |
| 2   | Cups        | Lettuce, cos or romaine, raw      | 1.38            | 3.67          | 0.34          | 19.04          |
| 1   | Tablespoon  | Olive oil, extra virgin           | 0.00            | 0.00          | 14.00         | 120.00         |
| 4   | Large       | Olives, ripe, (small-extra large) | 0.13            | 1.00          | 1.71          | 18.40          |
| 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>38.16</b>    | <b>112.93</b> | <b>18.39</b>  | <b>744.34</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         |
| 6   | Large       | Olives, ripe                      | 0.20            | 1.50          | 2.56          | 27.60          |
| 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           |
| <b>Totals:</b>  |             |                                   | <b>8.15</b>     | <b>15.75</b>  | <b>22.16</b>  | <b>291.60</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   | Cup         | Tempeh                            | 30.78           | 15.59         | 17.93         | 320.38         |
| 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>38.80</b>    | <b>45.44</b>  | <b>18.92</b>  | <b>464.70</b>  |
| <b>Evening Snack – Yogurt</b>                               |             |                                   |                 |               |               |                |
| 4   | Ounces      | Yogurt, organic, low fat          | 4.00            | 16.67         | 0.67          | 86.67          |
|   |             |                                   | <b>4.00</b>     | <b>16.67</b>  | <b>0.67</b>   | <b>86.67</b>   |
| <b>Actual Totals for Day 4</b>                              |             |                                   | <b>125.62</b>   | <b>265.57</b> | <b>105.67</b> | <b>2418.47</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 5

| Qty.  | Measure    | Description                       | Protein (gm)  | Carbs (gm)    | Fats (gm)     | Calories       |
|---|------------|-----------------------------------|---------------|---------------|---------------|----------------|
| <b>Breakfast – Cereal with Fruit and Chia and Hemp Seeds</b>  |            |                                   |               |               |               |                |
| 3   | Tablespoon | Hemp seeds                        | 9.00          | 3.00          | 12.00         | 168.00         |
| 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         |
| 2   | Cups       | Unsweetened almond milk           | 2.00          | 4.00          | 8.00          | 80.00          |
| 1   | Cup        | Water                             | 0.00          | 0.00          | 0.00          | 0.00           |
| <b>Totals:</b>  |            |                                   | <b>29.74</b>  | <b>62.16</b>  | <b>30.01</b>  | <b>579.96</b>  |
| <b>AM Snack – Strawberries and Almonds</b>                    |            |                                   |               |               |               |                |
| 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           |
| <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 – Apple, Cheese and Crackers</b>                  |            |                                   |               |               |               |                |
| 1   | Each       | Apple, medium with peel           | 0.30          | 21.00         | 0.50          | 81.00          |
| 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           |
| <b>Totals:</b>  |            |                                   | <b>15.34</b>  | <b>33.05</b>  | <b>7.17</b>   | <b>248.76</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   | Tablespoon | Olive oil, pure                   | 0.00          | 0.00          | 14.00         | 130.00         |
| 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>24.65</b>  | <b>605.96</b>  |
| <b>Evening Snack</b>  |            |                                   |               |               |               |                |
| 1   | Tablespoon | Almond butter, raw                | 2.40          | 3.40          | 9.50          | 101.00         |
| <b>Totals:</b>  |            |                                   | <b>2.40</b>   | <b>3.40</b>   | <b>9.50</b>   | <b>101.00</b>  |
| <b>Actual Totals for Day 5</b>                                |            |                                   | <b>118.33</b> | <b>245.58</b> | <b>116.71</b> | <b>2402.51</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 6

| Qty.   | Measure     | Description   | Protein (gm)  | Carbs (gm)    | Fats (gm)    | Calories       |
|--|-------------|---|---------------|---------------|--------------|----------------|
| <b>Breakfast – Bread, Peanut Butter, Kefir, Peach and Chia Seeds</b> |             |   |               |               |              |                |
| 1  | Slice       | Bread, Ezekiel Sprouted Grain                         | 4.00          | 15.00         | 0.50         | 80.00          |
| 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          |
| 2  | Tablespoons | Peanut butter, all natural                            | 8.00          | 6.00          | 16.00        | 210.00         |
| 1  | Ounce       | Chia seeds, ground                                    | 4.43          | 12.43         | 8.72         | 138.92         |
| <b>Totals:</b>   |             |   | <b>37.03</b>  | <b>58.13</b>  | <b>39.32</b> | <b>743.92</b>  |
| <b>AM Snack – Rice Cakes, Cashew Nut Butter and Grapes</b>           |             |   |               |               |              |                |
| 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           |
| <b>Totals:</b>   |             |   | <b>7.21</b>   | <b>48.61</b>  | <b>8.11</b>  | <b>293.92</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          |
| 2  | Tablespoons | Relish, pickle  | 0.20          | 10.60         | 0.20         | 40.000         |
| 1  | Cup         | Water   | 0.00          | 0.00          | 0.00         | 0.00           |
| <b>Totals:</b>   |             |   | <b>54.07</b>  | <b>80.29</b>  | <b>4.82</b>  | <b>597.45</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  | 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          |
| <b>Totals:</b>   |             |   | <b>23.61</b>  | <b>71.30</b>  | <b>12.10</b> | <b>469.88</b>  |
| <b>Evening Snack – Almond Butter on a Spoon</b>                      |             |   |               |               |              |                |
| 1  | Tablespoon  | 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>137.80</b> | <b>276.41</b> | <b>84.59</b> | <b>2410.41</b> |

## 2400 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           |
| 2  | Packs       | Oatmeal, plain Quaker                    | 8.80          | 35.20         | 4.00         | 190.00         |
| 2  | Scoops      | Protein powder                           | 24.00         | 8.00          | 3.00         | 150.00         |
| 1.5  | Cups        | Unsweetened almond milk                  | 1.50          | 3.00          | 6.00         | 60.00          |
| <b>Totals:</b>   |             |  | <b>35.52</b>  | <b>69.91</b>  | <b>13.58</b> | <b>491.65</b>  |
| <b>AM Snack – Melon and Seeds</b>  |             |  |               |               |              |                |
| 1  | Cup         | Cantaloupe                               | 1.31          | 12.73         | 0.30         | 53.04          |
| 1  | Ounce       | Pumpkin seeds, raw                       | 6.96          | 5.05          | 13.00        | 153.37         |
| 1  | Cup         | Water                                    | 0.00          | 0.00          | 0.00         | 0.00           |
| <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         |
| 6  | Large       | Olives, ripe                             | 0.20          | 1.50          | 2.56         | 27.60          |
| 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>28.15</b>  | <b>75.89</b>  | <b>21.16</b> | <b>604.75</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>5.15</b>  | <b>218.20</b>  |
| <b>Dinner – Bean Stir Fry over Rice</b>                                    |             |  |               |               |              |                |
| 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          |
| <b>Totals:</b>   |             |  | <b>26.99</b>  | <b>117.89</b> | <b>17.64</b> | <b>728.54</b>  |
| <b>Evening Snack – Pistachios</b>  |             |  |               |               |              |                |
| 1  | Ounce       | Pistachio nuts, raw                      | 6.05          | 7.84          | 13.03        | 161.88         |
| <b>Totals:</b>   |             |  | <b>6.05</b>   | <b>7.84</b>   | <b>13.03</b> | <b>161.88</b>  |
| <b>Actual Totals for Day 7</b>   |             |  | <b>113.70</b> | <b>325.18</b> | <b>83.86</b> | <b>2411.43</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 8

| Qty.   | Measure     | Description                             | Protein<br>(gm) | Carbs<br>(gm) | Fats<br>(gm)  | Calories       |
|--|-------------|---|-----------------|---------------|---------------|----------------|
| <b>Breakfast – Quinoa Breakfast Bowl (See Recipe)</b>                    |             |   |                 |               |               |                |
| 1  | Ounce       | Pecans, raw                             | 2.60            | 3.93          | 20.40         | 195.90         |
| 1  | Cup         | Quinoa, cooked                          | 8.14            | 39.41         | 3.55          | 222.00         |
| <b>Totals:</b>   |             |   | <b>10.74</b>    | <b>43.33</b>  | <b>23.96</b>  | <b>417.90</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 and Pear</b>                                  |             |   |                 |               |               |                |
| 1  | Cup         | Avocado, pureed                         | 4.60            | 17.00         | 35.20         | 370.00         |
| 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          |
| 1  | Cup         | Amy's Organic Vegetable Barley Soup     | 2.00            | 13.00         | 1.00          | 70.00          |
| <b>Totals:</b>   |             |   | <b>27.66</b>    | <b>112.61</b> | <b>44.25</b>  | <b>907.52</b>  |
| <b>PM Snack – Kefir, Chia Seeds and Strawberries</b>                     |             |   |                 |               |               |                |
| 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 halves, 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         | Pinto beans, boiled                     | 8.75            | 29.03         | 0.45          | 152.28         |
| 1  | Cup         | Kale, steamed                           | 2.47            | 7.32          | 0.52          | 36.40          |
| 2  | Tablespoons | Tahini, from raw and stone sesame seeds | 5.34            | 7.86          | 14.40         | 171.00         |
| 2  | Each        | Veggie Burgers                          | 20.00           | 6.00          | 8.00          | 180.00         |
| <b>Totals:</b>   |             |   | <b>36.56</b>    | <b>50.20</b>  | <b>23.37</b>  | <b>539.68</b>  |
| <b>Actual Totals for Day 8</b>   |             |   | <b>99.83</b>    | <b>277.97</b> | <b>111.71</b> | <b>2406.84</b> |



## 2400 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          |
| 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          |
| <b>Totals:</b>                                   |             |                                     | <b>33.34</b>  | <b>53.31</b>  | <b>20.55</b>  | <b>487.72</b>  |
| <b>AM Snack – Apple and Walnuts</b>              |             |                                     |               |               |               |                |
| 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         |
| <b>Totals:</b>                                   |             |                                     | <b>4.56</b>   | <b>24.84</b>  | <b>18.76</b>  | <b>264.12</b>  |
| <b>Lunch – Soup, Crackers and Cottage Cheese</b> |             |                                     |               |               |               |                |
| 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         |
| 2  | Each        | Wasa crackers, light rye            | 2.00          | 14.00         | 0.00          | 60.00          |
| <b>Totals:</b>                                   |             |                                     | <b>36.43</b>  | <b>60.43</b>  | <b>14.72</b>  | <b>538.92</b>  |
| <b>PM Snack – Pear and Almonds</b>               |             |                                     |               |               |               |                |
| 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          |
| <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          |
| 2  | Tablespoons | Coconut oil                         | 0.00          | 0.00          | 27.20         | 234.00         |
| 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>35.31</b>  | <b>734.20</b>  |
| <b>Evening Snack – Cocoa Cinnamon Smoothie</b>   |             |                                     |               |               |               |                |
| 1/2  | Tea spoon   | Cinnamon                            | 0.15          | 2.70          | 0.10          | 9.00           |
| 1  | Tablespoon  | Cocoa, dry powder, unsweetened      | 1.06          | 2.93          | 0.74          | 12.37          |
| 1/2  | Cup         | Ice cubes                           | 0.00          | 0.00          | 0.00          | 0.00           |
| 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          |
| <b>Totals:</b>                                   |             |                                     | <b>6.64</b>   | <b>20.06</b>  | <b>13.56</b>  | <b>200.28</b>  |
| <b>Actual Totals for Day 9</b>                   |             |                                     | <b>138.32</b> | <b>242.31</b> | <b>113.02</b> | <b>2438.83</b> |

## 2400 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         |
| 2  | Packs       | Oatmeal, plain                      | 8.00         | 56.00         | 4.00          | 300.00         |
| 2  | Cups        | Unsweetened almond milk             | 2.00         | 4.00          | 8.00          | 80.00          |
| <b>Totals:</b>   |             |                                     | <b>31.07</b> | <b>96.01</b>  | <b>26.48</b>  | <b>740.65</b>  |
| <b>AM Snack – Avocado and Veggies</b>                            |             |                                     |              |               |               |                |
| 1  | Cup         | Avocado, pureed                     | 4.60         | 17.00         | 35.20         | 370.00         |
| 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>6.84</b>  | <b>36.27</b>  | <b>35.65</b>  | <b>452.30</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>  |             |                                     |              |               |               |                |
| 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           |
| <b>Totals:</b>   |             |                                     | <b>28.60</b> | <b>79.14</b>  | <b>25.80</b>  | <b>661.15</b>  |
| <b>Actual Totals for Day 10</b>                                  |             |                                     | <b>86.86</b> | <b>278.05</b> | <b>116.09</b> | <b>2436.87</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 11

| Qty.  | Measure      | Description                       | Protein (gm) | Carbs (gm)    | Fats (gm)     | Calories       |
|---|--------------|-----------------------------------|--------------|---------------|---------------|----------------|
| <b>Breakfast – Grapefruit, Cereal with Chia Seeds</b> |              |                                   |              |               |               |                |
| 1   | Each         | Grapefruit, pink or red, 4" diam. | 1.20         | 23.80         | 0.20          | 92.00          |
| 2   | Table spoons | Hemp deeds                        | 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          |
| <b>Totals:</b>  |              |                                   | <b>25.63</b> | <b>70.23</b>  | <b>21.92</b>  | <b>522.92</b>  |
| <b>AM Snack – Mixed Fruit with Cinnamon and Seeds</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   | Cup          | Cantaloupe                        | 1.49         | 14.44         | 0.34          | 60.18          |
| 2   | Slices       | Pineapple                         | 0.60         | 20.80         | 0.80          | 82.00          |
| 1   | Ounce        | Pumpkin seeds, raw                | 6.96         | 5.05          | 13.00         | 153.37         |
| 1   | Cup          | Strawberry halves, raw            | 1.02         | 11.67         | 0.46          | 48.64          |
| <b>Totals:</b>  |              |                                   | <b>11.29</b> | <b>75.68</b>  | <b>15.17</b>  | <b>435.84</b>  |
| <b>Lunch – Tempeh and Veggie Sir Fry</b>              |              |                                   |              |               |               |                |
| 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         |
| <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>                    |              |                                   |              |               |               |                |
| 2   | Ounces       | Cheese, feta                      | 7.96         | 2.29          | 11.92         | 147.84         |
| 1   | Tablespoon   | Olive oil, extra virgin           | 0.00         | 0.00          | 14.00         | 120.00         |
| 11  | Large        | Olives, ripe                      | 0.37         | 2.75          | 4.70          | 50.60          |
| 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          |
| <b>Totals:</b>  |              |                                   | <b>21.46</b> | <b>65.61</b>  | <b>34.89</b>  | <b>648.52</b>  |
| <b>Actual Totals for Day 11</b>                       |              |                                   | <b>98.18</b> | <b>297.44</b> | <b>109.60</b> | <b>2390.98</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 12

| Qty.   | Measure     | Description                                       | Protein (gm)  | Carbs (gm)    | Fats (gm)    | Calories       |
|--|-------------|---|---------------|---------------|--------------|----------------|
| <b>Breakfast – Bread, Cottage Cheese and Melon</b>           |             |   |               |               |              |                |
| 1  | Slice       | Bread, Ezekiel Sprouted Grain                     | 4.00          | 15.00         | 0.50         | 80.00          |
| 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         |
| 1/2  | Tablespoon  | Tofutti Better Than Cream Cheese                  | 0.00          | 0.00          | 2.00         | 20.00          |
| <b>Totals:</b>   |             |   | <b>37.92</b>  | <b>48.07</b>  | <b>13.85</b> | <b>463.10</b>  |
| <b>AM Snack – Veggie Hand Roll (See Recipe) and Crackers</b> |             |   |               |               |              |                |
| 1  | Cup         | Avocados  | 2.92          | 12.45         | 21.40        | 233.60         |
| 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          |
| <b>Totals:</b>   |             |   | <b>5.72</b>   | <b>29.25</b>  | <b>25.40</b> | <b>347.60</b>  |
| <b>Lunch – Salmon Sandwich with Soup</b>                     |             |   |               |               |              |                |
| 2  | Slices      | Bread, Ezekiel Sprouted Grain                     | 8.00          | 30.00         | 1.00         | 160.00         |
| 6  | Ounces      | 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         |
| <b>Totals:</b>   |             |   | <b>52.29</b>  | <b>72.79</b>  | <b>18.87</b> | <b>682.60</b>  |
| <b>PM Snack – Pear and Walnuts</b>                           |             |   |               |               |              |                |
| 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          |
| <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  | 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         |
| <b>Totals:</b>   |             |   | <b>21.59</b>  | <b>101.99</b> | <b>1.50</b>  | <b>523.85</b>  |
| <b>Evening Snack – Almond Butter on a Spoon</b>              |             |   |               |               |              |                |
| 1  | Tablespoon  | Almond butter, raw                                | 2.40          | 3.40          | 9.50         | 101.00         |
| 1  | Cup         | Water   | 0.00          | 0.00          | 0.00         | 0.00           |
| <b>Totals:</b>   |             |   | <b>2.40</b>   | <b>3.40</b>   | <b>9.50</b>  | <b>101.00</b>  |
| <b>Actual Totals for Day 12</b>                              |             |   | <b>124.88</b> | <b>284.45</b> | <b>87.39</b> | <b>2399.27</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 13

| Qty.   | Measure     | Description                      | Protein (gm)  | Carbs (gm)    | Fats (gm)     | Calories       |
|--|-------------|----------------------------------|---------------|---------------|---------------|----------------|
| <b>Breakfast – Spinach and Mushroom Eggs with Crackers and Almond Butter</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  | 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          |
|  |             | <b>Totals:</b>                   | <b>50.08</b>  | <b>29.92</b>  | <b>42.65</b>  | <b>696.86</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         |
| 2  | Tablespoons | Tofutti Better Than Cream Cheese | 0.00          | 0.00          | 8.00          | 80.00          |
| 4  | Each        | Wasa crackers, light rye         | 4.00          | 28.00         | 0.00          | 120.00         |
| 2  | Cups        | Amy's Organic Minestrone Soup    | 6.00          | 34.00         | 2.00          | 180.00         |
|  |             | <b>Totals:</b>                   | <b>24.53</b>  | <b>106.97</b> | <b>14.25</b>  | <b>648.96</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  | Tablespoon  | Olive oil, extra virgin          | 0.00          | 0.00          | 14.00         | 120.00         |
| 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>20.36</b>  | <b>248.00</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      | 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 and Kefir</b>                                  |             |                                  |               |               |               |                |
| 1/2  | Tablespoon  | Honey, unpasteurized, raw        | 0.03          | 8.65          | 0.00          | 31.92          |
| 1/2  | Cup         | Kefir                            | 5.50          | 6.00          | 1.00          | 55.00          |
| 1  | Ounce       | Pistachio nuts, raw              | 6.05          | 7.84          | 13.03         | 161.88         |
|  |             | <b>Totals:</b>                   | <b>11.58</b>  | <b>22.49</b>  | <b>14.03</b>  | <b>248.80</b>  |
| <b>Actual Totals for Day 13</b>  |             |                                  | <b>150.46</b> | <b>216.15</b> | <b>112.16</b> | <b>2416.42</b> |

## 2400 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 – Apple, Kefir and Seeds</b>                         |             |                                     |              |               |              |                |
| 1  | Each        | Apple, medium with peel             | 0.30         | 21.00         | 0.50         | 81.00          |
| 1  | Cup         | Kefir                               | 11.00        | 12.00         | 2.00         | 110.00         |
| 1  | Ounce       | Pumpkin seeds, raw                  | 6.96         | 5.05          | 13.00        | 153.37         |
| <b>Totals:</b>   |             |                                     | <b>18.26</b> | <b>38.05</b>  | <b>15.50</b> | <b>344.37</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  | 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         |
| <b>Totals:</b>   |             |                                     | <b>15.38</b> | <b>56.07</b>  | <b>28.94</b> | <b>543.64</b>  |
| <b>PM Snack – Pear and Cashew Nut Butter</b>                     |             |                                     |              |               |              |                |
| 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          |
| <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  | Cup         | Kidney beans, boiled                | 16.00        | 39.40         | 0.20         | 218.00         |
| 2  | Tablespoons | Olive oil, extra virgin             | 0.00         | 0.00          | 28.00        | 240.00         |
| 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           |
| <b>Totals:</b>   |             |                                     | <b>34.23</b> | <b>133.97</b> | <b>32.98</b> | <b>935.38</b>  |
| <b>Actual Totals for Day 14</b>                                  |             |                                     | <b>90.60</b> | <b>317.32</b> | <b>95.91</b> | <b>2406.97</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 15

| Qty.   | Measure    | Description  | Protein<br>(gm) | Carbs<br>(gm) | Fats<br>(gm) | Calories       |
|--|------------|--|-----------------|---------------|--------------|----------------|
| <b>Breakfast – Peanut Butter and Banana Yogurt Smoothie Blend and Bread and Butter</b> |            |  |                 |               |              |                |
| 1  | Each       | Banana, med 8"                                     | 1.20            | 26.70         | 0.60         | 105.00         |
| 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         |
| 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>31.32</b>    | <b>66.71</b>  | <b>21.11</b> | <b>571.74</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  | Cup        | Sliced avocados                                    | 2.92            | 12.45         | 21.40        | 233.60         |
| 1/2  | Tablespoon | Dijon mustard                                      | 0.00            | 0.00          | 0.00         | 7.50           |
| 6  | Ounces     | Veggie burger                                      | 18.00           | 51.00         | 0.00         | 300.00         |
| 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         |
| <b>Totals:</b>   |            |  | <b>31.46</b>    | <b>118.10</b> | <b>23.35</b> | <b>838.69</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>   |            |  |                 |               |              |                |
| 3  | Cups       | Popcorn, air popped                                | 2.01            | 8.01          | 3.00         | 69.00          |
| <b>Totals:</b>   |            |  | <b>2.01</b>     | <b>8.01</b>   | <b>3.00</b>  | <b>69.00</b>   |
| <b>Actual Totals for Day 15</b>  |            |  | <b>94.74</b>    | <b>287.62</b> | <b>96.92</b> | <b>2391.31</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 16

| Qty.  | Measure     | Description  | Protein (gm)  | Carbs (gm)    | Fats (gm)     | Calories       |
|---|-------------|--|---------------|---------------|---------------|----------------|
| <b>Breakfast – Grapefruit, Cereal with Chia Seeds</b>                 |             |  |               |               |               |                |
| 1   | Each        | Grapefruit, pink or red, 4" dia.                     | 1.20          | 23.80         | 0.20          | 92.00          |
| 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          |
| <b>Totals:</b>  |             |  | <b>25.63</b>  | <b>70.23</b>  | <b>21.92</b>  | <b>522.92</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   | Cup         | Avocado, pureed                                      | 4.60          | 17.00         | 35.20         | 370.00         |
| 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       | Salad, 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>45.00</b>  | <b>105.13</b> | <b>65.56</b>  | <b>1136.02</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 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           |
| <b>Totals:</b>  |             |  | <b>20.40</b>  | <b>45.50</b>  | <b>12.28</b>  | <b>363.15</b>  |
| <b>Actual Totals for Day 16</b>                                       |             |  | <b>105.79</b> | <b>278.27</b> | <b>112.23</b> | <b>2396.74</b> |



**2400 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         |
| 2   | Packs       | Oatmeal, plain                      | 8.00          | 56.00         | 4.00         | 300.00         |
| 2   | Cups        | Unsweetened almond milk             | 2.00          | 4.00          | 8.00         | 80.00          |
| <b>Totals:</b>  |             |                                     | <b>21.00</b>  | <b>76.84</b>  | <b>24.71</b> | <b>609.92</b>  |
| <b>AM Snack – Apple and Walnuts</b>                       |             |                                     |               |               |              |                |
| 1   | Each        | Apple, medium with peel             | 0.30          | 21.00         | 0.50         | 81.00          |
| 1   | Ounce       | 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>                           |             |                                     |               |               |              |                |
| 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           |
| <b>Totals:</b>  |             |                                     | <b>28.60</b>  | <b>79.14</b>  | <b>32.80</b> | <b>721.15</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          |
| 4   | Large       | Eggs, organic, hard-boiled          | 12.00         | 0.00          | 10.00        | 140.00         |
| 1   | Tablespoon  | Mayo, organic, light                | 0.00          | 1.00          | 3.00         | 35.00          |
| <b>Totals:</b>  |             |                                     | <b>14.77</b>  | <b>18.89</b>  | <b>13.16</b> | <b>257.00</b>  |
| <b>Dinner – Halibut, Greens and Sweet Potato</b>          |             |                                     |               |               |              |                |
| 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   | Large       | Salad, garden with tomato and onion | 2.60          | 19.00         | 0.80         | 98.00          |
| 1   | Tablespoon  | Vinegar, balsamic                   | 0.08          | 2.72          | 0.00         | 14.08          |
| 1   | Cup         | Yam, baked or boiled                | 2.00          | 37.60         | 0.20         | 158.00         |
| <b>Totals:</b>  |             |                                     | <b>52.15</b>  | <b>66.64</b>  | <b>7.52</b>  | <b>546.48</b>  |
| <b>Actual Totals for Day 17</b>                           |             |                                     | <b>121.08</b> | <b>266.35</b> | <b>96.94</b> | <b>2398.67</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 18

| Qty.  | Measure     | Description                                    | Protein (gm)  | Carbs (gm)    | Fats (gm)     | Calories       |
|---|-------------|--|---------------|---------------|---------------|----------------|
| <b>Breakfast – Mixed Berry Smoothie, Crackers and Cashew Butter</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           |
| 1   | Tablespoon  | Cashew butter, raw                             | 2.81          | 4.41          | 7.91          | 93.92          |
| 2   | Scoops      | Protein powder                                 | 24.00         | 8.00          | 3.00          | 150.00         |
| 1   | Cup         | Strawberry halves, raw                         | 1.02          | 11.67         | 0.46          | 48.64          |
| 2   | Cups        | 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          |
| <b>Totals:</b>  |             |  | <b>33.98</b>  | <b>58.62</b>  | <b>20.17</b>  | <b>503.48</b>  |
| <b>AM Snack – Celery and Walnuts</b>                                |             |  |               |               |               |                |
| 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         |
| <b>Totals:</b>  |             |  | <b>7.26</b>   | <b>15.84</b>  | <b>18.26</b>  | <b>243.12</b>  |
| <b>Lunch – Cottage Cheese, Kale and Pinto Bean Soup</b>             |             |  |               |               |               |                |
| 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          |
| <b>Totals:</b>  |             |  | <b>45.69</b>  | <b>72.40</b>  | <b>19.44</b>  | <b>661.00</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          |
| 1   | Tablespoon  | Olive oil, extra virgin                        | 0.00          | 0.00          | 14.00         | 120.00         |
| 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>20.76</b>  | <b>281.00</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       | 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>122.38</b> | <b>276.40</b> | <b>102.12</b> | <b>2391.14</b> |

## 2400 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 | Jams, no sugar added                      | 0.07          | 13.77         | 0.01         | 55.60          |
| 1   | Tablespoon | Peanut butter, natural                    | 4.00          | 3.00          | 8.00         | 105.00         |
| <b>Totals:</b>  |            |   | <b>12.37</b>  | <b>67.77</b>  | <b>9.51</b>  | <b>401.60</b>  |
| <b>AM Snack – Yogurt and Chia Seeds</b>                         |            |   |               |               |              |                |
| 1/2   | Teaspoon   | Cinnamon                                  | 0.15          | 2.70          | 0.10         | 9.00           |
| 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         |
| <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 | 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        | Black beans, boiled, no salt              | 15.13         | 45.05         | 0.65         | 240.50         |
| 1   | Tablespoon | Sesame oil, cooking                       | 0.00          | 0.00          | 13.60        | 120.22         |
| 1.5   | Cups       | Tempeh                                    | 46.16         | 23.38         | 26.89        | 480.57         |
| 2   | Cups       | Vegetables, mixed, frozen, steamed        | 10.40         | 47.60         | 0.40         | 216.00         |
| <b>Totals:</b>  |            |   | <b>71.70</b>  | <b>116.03</b> | <b>41.54</b> | <b>1057.29</b> |
| <b>Actual Totals for Day 19</b>                                 |            |   | <b>148.91</b> | <b>295.96</b> | <b>82.37</b> | <b>2406.14</b> |

## 2400 CALORIE VEGETARIAN MEAL PLAN

### DAY 20

| Qty.   | Measure     | Description                        | Protein (gm)  | Carbs (gm)    | Fats (gm)     | Calories       |
|--|-------------|------------------------------------|---------------|---------------|---------------|----------------|
| <b>Breakfast – Cottage Cheese, Peach and Almond Butter</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  | 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          |
| <b>Totals:</b>   |             |                                    | <b>33.16</b>  | <b>36.00</b>  | <b>11.96</b>  | <b>371.28</b>  |
| <b>AM Snack – Crackers, Peppers and Avocado</b>            |             |                                    |               |               |               |                |
| 1  | Cup         | Avocado, pureed                    | 4.60          | 17.00         | 35.20         | 370.00         |
| 1  | Cup         | Peppers, sweet, green, raw         | 1.28          | 6.91          | 0.25          | 29.80          |
| 2  | Each        | Wasa crackers, light rye           | 2.00          | 14.00         | 0.00          | 60.00          |
| <b>Totals:</b>   |             |                                    | <b>7.88</b>   | <b>37.91</b>  | <b>35.45</b>  | <b>459.80</b>  |
| <b>Lunch – Leftovers, Bean Stir Fry with Rice</b>          |             |                                    |               |               |               |                |
| 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          |
| 1  | Tablespoon  | Sesame oil, cooking                | 0.00          | 0.00          | 13.60         | 120.22         |
| 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>16.42</b>  | <b>736.69</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 – White Bean Ratatouille (See Recipe)</b>        |             |                                    |               |               |               |                |
| 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          |
| 1.5  | Tablespoons | Olive oil, pure                    | 0.00          | 0.00          | 21.00         | 195.00         |
| 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>22.13</b>  | <b>518.54</b>  |
| <b>Evening Snack – Pistachios</b>                          |             |                                    |               |               |               |                |
| 1  | Ounce       | Pistachio nuts, raw                | 6.05          | 7.84          | 13.03         | 161.88         |
| <b>Totals:</b>   |             |                                    | <b>6.05</b>   | <b>7.84</b>   | <b>13.03</b>  | <b>161.88</b>  |
| <b>Actual Totals for Day 20</b>                            |             |                                    | <b>100.67</b> | <b>292.57</b> | <b>108.95</b> | <b>2430.47</b> |

## 2400 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) and Grapefruit</b> |             |                               |               |               |               |                |
| 1  | Ounce       | Cashews, raw                  | 5.00          | 9.00          | 13.00         | 160.00         |
| 1  | Each        | Grapefruit, pink              | 1.20          | 23.80         | 0.20          | 92.00          |
| <b>Totals:</b>   |             |                               | <b>6.20</b>   | <b>32.80</b>  | <b>13.20</b>  | <b>252.00</b>  |
| <b>Lunch – Beans, Spinach, Tuna and Feta Salad</b>           |             |                               |               |               |               |                |
| 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          |
| 4  | Ounces      | Tuna, solid, white            | 30.00         | 2.00          | 2.00          | 140.00         |
| 1  | Tablespoon  | Vinegar, balsamic             | 0.08          | 2.72          | 0.00          | 14.08          |
| <b>Totals:</b>   |             |                               | <b>59.67</b>  | <b>59.36</b>  | <b>48.07</b>  | <b>889.16</b>  |
| <b>PM Snack – Hummus (See Recipe), Crackers 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  | Each        | Wasa crackers, light rye      | 2.00          | 14.00         | 0.00          | 60.00          |
| 1  | Medium      | Zucchini, sliced              | 0.60          | 0.60          | 0.00          | 4.00           |
| <b>Totals:</b>   |             |                               | <b>5.52</b>   | <b>26.67</b>  | <b>5.15</b>   | <b>210.20</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 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          |
| <b>Totals:</b>   |             |                               | <b>41.12</b>  | <b>41.80</b>  | <b>16.09</b>  | <b>474.16</b>  |
| <b>Evening Snack – Almond Butter on Spoon</b>                |             |                               |               |               |               |                |
| 1  | Tablespoon  | Almond butter, raw            | 2.40          | 3.40          | 9.50          | 101.00         |
| <b>Totals:</b>   |             |                               | <b>2.40</b>   | <b>3.40</b>   | <b>9.50</b>   | <b>101.00</b>  |
| <b>Actual Totals for Day 21</b>                              |             |                               | <b>135.33</b> | <b>215.04</b> | <b>115.02</b> | <b>2409.26</b> |