



DIET MEAL PLAN

Balanced 1800 Diet with Calories Plan

LET'S TAKE YOUR RESULTS TO THE NEXT LEVEL!

BALANCED 1800 (+/-150) CALORIES



"Stronger, Healthier, Happier – Your Journey to Confidence Starts Here."

Breakfast	AM Snack	Lunch	PM Snack	Dinner	Nutrition Info
2 Scrambled Eggs 2 Slices Wheat Bread ½ Tbsp Butter 1 Grapefruit	1 C Plain Greek Yogurt 1 C Strawberries 1 Tbsp Chia Seeds	Grilled Chicken Pita 4 oz Grilled Chicken Breast ½ C Cucumbers ½ C Tomatoes ¼ Tzatziki Sauce 1 Whole Wheat Pita	1 oz Provolone Cheese 4 oz Deli Turkey	4 oz Salmon ½ C Brussels Sprouts ½ C Potatoes 1 Tbsp Olive Oil 1 oz Dark Chocolate	Calories: 1850 CHO: 156g Pro: 131g Fat: 79g
Tropical Fruit Smoothie 1 C Spinach ½ Banana ½ C Frozen Pineapple ½ C Frozen Mango ½ C Frozen Strawberries 1 C Unsweetened Almond Milk 1 Tbsp Ground Flax Seeds 1 Scoop Unflavored Whey	1 oz Raw Cashews ½ C Mangoes	1 C Quinoa ½ C Chickpeas ¼ C Cucumbers ¼ C Tomatoes ¼ C Green Bell Peppers 1 oz Feta Cheese ½ Tbsp Olive Oil ½ Tbsp Red Wine Vinegar	¾ C Cottage Cheese ½ C Pineapple	6 oz Turkey Breast ½ C Brown Rice 1 C Green Beans ½ C Carrots 1 Tbsp Olive Oil	Calories: 1805 CHO: 193g Pro: 133g Fat: 61g
Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Plain Greek Yogurt	1 Medium Apple 1 oz Beef Jerky	1 Whole Wheat Wrap 6 oz Shrimp 1 C Arugula ½ C Cherry Tomatoes ¼ C Red Onion ½ Tbsp Olive Oil ½ Tbsp Balsamic Vinegar	1/3 C Dry Roasted Edamame	6 oz Pork Tenderloin 1 C Brown Rice 1 C Broccoli 1 Tbsp Olive Oil 1 oz Dark Chocolate	Calories: 1830 CHO: 175g Pro: 131g Fat: 68g

<p>6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes</p>					
<p>Avocado Toast 2 Slices Wheat Bread 2 Large Eggs 1 Tbsp Butter ½ Avocado ½ tsp Lime Juice Salt and Pepper to Taste</p>	<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>4 oz Chicken Breast 1 C Arugula ¼ C Shredded Carrots ¼ C Red Bell Pepper ¼ C Edamame ¼ C Shredded Red Cabbage 1 Tbsp Sliced Almonds ½ Tbsp Olive Oil ½ Tbsp Red Wine Vinegar</p>	<p>1 C Plain Greek Yogurt 1 Tbsp Hemp Seeds ½ C Blueberries</p>	<p>4 oz Cod ½ C Potatoes ½ C Asparagus 1 Tbsp Olive Oil</p>	<p>Calories: 1780 CHO: 117g Pro: 131g Fat: 97g</p>
<p>Vegetable Omelet 2 Large Eggs ¼ C Red Bell Peppers, chopped ¼ C Mushrooms, chopped ¼ C Broccoli, chopped 1 oz Cheddar Cheese ½ Tbsp Butter</p>	<p>¾ C Cottage Cheese 1 Tbsp Hemp Seeds ½ C Peaches</p>	<p>Turkey Wrap 4 oz Deli Turkey 1 oz Provolone Cheese 2 Tbsp Hummus ¼ C Cucumber Thinly Sliced ½ Tomato Thinly Sliced 1 Whole Wheat Wrap 1 oz Wheat Crackers</p>	<p>1 C Watermelon 1 oz Feta Cheese</p>	<p>5 oz Sirloin Steak 1 C Peas ½ C Carrots ½ Tbsp Olive Oil</p>	<p>Calories: 1850 CHO: 119g Pro: 126g Fat: 90.5g</p>
<p>Banana Coffee Smoothie 1 Banana 4 oz Cold Brew Coffee</p>	<p>1 C Plain Greek Yogurt 1 Tbsp Chia Seeds ½ C Blueberries</p>	<p>1 C Quinoa ½ C Black Beans ½ C Bell Pepper ½ C Cherry Tomatoes ½ Avocado</p>	<p>⅓ C Dry Roasted Edamame</p>	<p>6 oz Tofu ½ C Quinoa ½ C Broccoli ½ C Red Bell Pepper 1 Tbsp Olive Oil</p>	<p>Calories: 1805 CHO: 178g Pro: 107g Fat: 84.5g</p>

<p>4 oz Vanilla Almond Milk</p> <p>1 Scoop Vegan Protein Powder</p> <p>1 Tbsp Almond Butter</p> <p>½ Tbsp Cacao Powder</p> <p>1 Tbsp Cacao Nibs</p>		<p>1 oz Goat Cheese</p> <p>½ Tbsp Olive Oil</p>		<p>1 Tbsp Soy Sauce</p>	
<p>Blueberry Overnight Oats ½ C Rolled Oats ½ C Plain Greek Yogurt ½ C Milk 1 Tbsp Chia Seeds ½ C Blueberries</p>	<p>1 oz Raw Almonds</p> <p>1 C Strawberries</p>	<p>4 oz Chicken Breast ½ C Black Beans 1 C Arugula ½ C Tomatoes ½ Avocado ¼ C Corn ½ Tbsp Olive Oil ½ Tbsp Lemon Juice</p>	<p>1 oz Cheddar Cheese</p> <p>1 Medium Apple</p>	<p>6 oz Shrimp ¼ C Chickpea Pasta ½ C Cherry Tomatoes ¼ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Calories:</p> <p>1825 CHO:</p> <p>168g Pro:</p> <p>127g Fat: 78g</p>
<p>2 Scrambled Eggs</p> <p>2 Slices Wheat Bread</p> <p>½ Tbsp Butter</p> <p>1 Grapefruit</p>	<p>1 C Plain Greek Yogurt</p> <p>1 C Strawberries</p> <p>1 Tbsp Chia Seeds</p>	<p>Grilled Chicken Pita</p> <p>4 oz Grilled Chicken Breast</p> <p>½ C Cucumbers</p> <p>½ C Tomatoes</p> <p>¼ Tzatziki Sauce</p> <p>1 Whole Wheat Pita</p>	<p>1 oz Provolone Cheese</p> <p>4 oz Deli Turkey</p>	<p>4 oz Salmon</p> <p>½ C Brussels Sprouts</p> <p>½ C Potatoes</p> <p>1 Tbsp Olive Oil</p> <p>1 oz Dark Chocolate</p>	<p>Calories: 1850</p> <p>CHO: 156g</p> <p>Pro: 131g</p> <p>Fat: 79g</p>
<p>Tropical Fruit Smoothie</p> <p>1 C Spinach</p> <p>½ Banana</p> <p>½ C Frozen Pineapple</p> <p>½ C Frozen Mango ½ C Frozen Strawberries</p> <p>1 C Unsweetened Almond Milk</p>	<p>1 oz Raw Cashews</p> <p>½ C Mangoes</p>	<p>1 C Quinoa ½ C Chickpeas ¼ C Cucumbers ¼ C Tomatoes ¼ C Green Bell Peppers 1 oz Feta Cheese ½ Tbsp Olive Oil ½ Tbsp Red Wine Vinegar</p>	<p>¾ C Cottage Cheese</p> <p>½ C Pineapple</p>	<p>6 oz Turkey Breast</p> <p>½ C Brown Rice 1 C Green Beans ½ C Carrots 1 Tbsp Olive Oil</p>	<p>Calories:</p> <p>1805 CHO:</p> <p>193g Pro:</p> <p>133g Fat: 61g</p>

<p>1 Tbsp Ground Flax Seeds 1 Scoop Unflavored Whey</p>					
<p>Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Plain Greek Yogurt 6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes</p>	<p>1 Medium Apple 1 oz Beef Jerky</p>	<p>1 Whole Wheat Wrap 6 oz Shrimp 1 C Arugula ½ C Cherry Tomatoes ¼ C Red Onion ½ Tbsp Olive Oil ½ Tbsp Balsamic Vinegar</p>	<p>1/3 C Dry Roasted Edamame</p>	<p>6 oz Pork Tenderloin 1 C Brown Rice 1 C Broccoli 1 Tbsp Olive Oil 1 oz Dark Chocolate</p>	<p>Calories: 1830 CHO: 175g Pro: 131g Fat: 68g</p>
<p>2 Slices Wheat Bread 2 Large Eggs 1 Tbsp Butter ½ Avocado ½ tsp Lime Juice Salt and Pepper to Taste</p>	<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>4 oz Chicken Breast 1 C Arugula ¼ C Shredded Carrots ¼ C Red Bell Pepper ¼ C Edamame ¼ C Shredded Red Cabbage 1 Tbsp Sliced Almonds ½ Tbsp Olive Oil ½ Tbsp Red Wine Vinegar</p>	<p>1 C Plain Greek Yogurt 1 Tbsp Hemp Seeds ½ C Blueberries</p>	<p>4 oz Cod ½ C Potatoes ½ C Asparagus 1 Tbsp Olive Oil</p>	<p>Calories: 1780 CHO: 117g Pro: 131g Fat: 97g</p>
<p>Vegetable Omelet 2 Large Eggs ¼ C Red Bell Peppers, chopped ¼ C Mushrooms, chopped</p>	<p>¾ C Cottage Cheese 1 Tbsp Hemp Seeds ½ C Peaches</p>	<p>Turkey Wrap 4 oz Deli Turkey 1 oz Provolone Cheese 2 Tbsp Hummus</p>	<p>1 C Watermelon 1 oz Feta Cheese</p>	<p>5 oz Sirloin Steak 1 C Peas ½ C Carrots ½ Tbsp Olive Oil</p>	<p>Calories: 1850 CHO: 119g Pro: 126g Fat: 90.5g</p>

<p>¼ C Broccoli, chopped 1 oz Cheddar Cheese ½ Tbsp Butter</p>		<p>¼ C Cucumber Thinly Sliced ½ Tomato Thinly Sliced 1 Whole Wheat Wrap 1 oz Wheat Crackers</p>			
<p>Banana Coffee Smoothie 1 Banana 4 oz Cold Brew Coffee 4 oz Vanilla Almond Milk 1 Scoop Vegan Protein Powder 1 Tbsp Almond Butter ½ Tbsp Cacao Powder 1 Tbsp Cacao Nibs</p>	<p>1 C Plain Greek Yogurt 1 Tbsp Chia Seeds ½ C Blueberries</p>	<p>1 C Quinoa ½ C Black Beans ½ C Bell Pepper ½ C Cherry Tomatoes ½ Avocado 1 oz Goat Cheese ½ Tbsp Olive Oil</p>	<p>1/3 C Dry Roasted Edamame</p>	<p>6 oz Tofu ½ C Quinoa ½ C Broccoli ½ C Red Bell Pepper 1 Tbsp Olive Oil 1 Tbsp Soy Sauce</p>	<p>Calories: 1805 CHO: 178g Pro: 107g Fat: 84.5g</p>
<p>Blueberry Overnight Oats ½ C Rolled Oats ½ C Plain Greek Yogurt ½ C Milk 1 Tbsp Chia Seeds ½ C Blueberries</p>	<p>1 oz Raw Almonds 1 C Strawberries</p>	<p>4 oz Chicken Breast ½ C Black Beans 1 C Arugula ½ C Tomatoes ½ Avocado ¼ C Corn ½ Tbsp Olive Oil ½ Tbsp Lemon Juice</p>	<p>1 oz Cheddar Cheese 1 Medium Apple</p>	<p>6 oz Shrimp ¼ C Chickpea Pasta ½ C Cherry Tomatoes ¼ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Calories: 1825 CHO: 168g Pro: 127g Fat: 78g</p>
<p>2 Scrambled Eggs 2 Slices Wheat Bread ½ Tbsp Butter 1 Grapefruit</p>	<p>1 C Plain Greek Yogurt 1 C Strawberries 1 Tbsp Chia Seeds</p>	<p>Grilled Chicken Pita 4 oz Grilled Chicken Breast ½ C Cucumbers ½ C Tomatoes ¼ Tzatziki Sauce</p>	<p>1 oz Provolone Cheese 4 oz Deli Turkey</p>	<p>4 oz Salmon ½ C Brussels Sprouts ½ C Potatoes 1 Tbsp Olive Oil 1 oz Dark Chocolate</p>	<p>Calories: 1850 CHO: 156g Pro: 131g Fat: 79g</p>

		1 Whole Wheat Pita			
Tropical Fruit Smoothie 1 C Spinach ½ Banana ½ C Frozen Pineapple ½ C Frozen Mango ½ C Frozen Strawberries 1 C Unsweetened Almond Milk 1 Tbsp Ground Flax Seeds 1 Scoop Unflavored Whey	1 oz Raw Cashews ½ C Mangoes	1 C Quinoa ½ C Chickpeas ¼ C Cucumbers ¼ C Tomatoes ¼ C Green Bell Peppers 1 oz Feta Cheese ½ Tbsp Olive Oil ½ Tbsp Red Wine Vinegar	¾ C Cottage Cheese ½ C Pineapple	6 oz Turkey Breast ½ C Brown Rice 1 C Green Beans ½ C Carrots 1 Tbsp Olive Oil	Calories: 1805 CHO: 193g Pro: 133g Fat: 61g
Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Plain Greek Yogurt 6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes	1 Medium Apple 1 oz Beef Jerky	1 Whole Wheat Wrap 6 oz Shrimp 1 C Arugula ½ C Cherry Tomatoes ¼ C Red Onion ½ Tbsp Olive Oil ½ Tbsp Balsamic Vinegar	1/3 C Dry Roasted Edamame	6 oz Pork Tenderloin 1 C Brown Rice 1 C Broccoli 1 Tbsp Olive Oil 1 oz Dark Chocolate	Calories: 1830 CHO: 175g Pro: 131g Fat: 68g
Avocado Toast 2 Slices Wheat Bread 2 Large Eggs 1 Tbsp Butter ½ Avocado ½ tsp Lime Juice	Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple	4 oz Chicken Breast 1 C Arugula ¼ C Shredded Carrots ¼ C Red Bell Pepper ¼ C Edamame	1 C Plain Greek Yogurt 1 Tbsp Hemp Seeds ½ C Blueberries	4 oz Cod ½ C Potatoes ½ C Asparagus 1 Tbsp Olive Oil	Calories: 1780 CHO: 117g Pro: 131g Fat: 97g

<p>Salt and Pepper to Taste</p>	<p>¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>¼ C Shredded Red Cabbage 1 Tbsp Sliced Almonds ½ Tbsp Olive Oil ½ Tbsp Red Wine Vinegar</p>			
<p>Vegetable Omelet 2 Large Eggs ¼ C Red Bell Peppers, chopped ¼ C Mushrooms, chopped ¼ C Broccoli, chopped 1 oz Cheddar Cheese ½ Tbsp Butter</p>	<p>¾ C Cottage Cheese 1 Tbsp Hemp Seeds ½ C Peaches</p>	<p>Turkey Wrap 4 oz Deli Turkey 1 oz Provolone Cheese 2 Tbsp Hummus ¼ C Cucumber Thinly Sliced ½ Tomato Thinly Sliced 1 Whole Wheat Wrap 1 oz Wheat Crackers</p>	<p>1 C Watermelon 1 oz Feta Cheese</p>	<p>5 oz Sirloin Steak 1 C Peas ½ C Carrots ½ Tbsp Olive Oil</p>	<p>Calories: 1850 CHO: 119g Pro: 126g Fat: 90.5g</p>
<p>Banana Coffee Smoothie 1 Banana 4 oz Cold Brew Coffee 4 oz Vanilla Almond Milk 1 Scoop Vegan Protein Powder 1 Tbsp Almond Butter ½ Tbsp Cacao Powder 1 Tbsp Cacao Nibs</p>	<p>1 C Plain Greek Yogurt 1 Tbsp Chia Seeds ½ C Blueberries</p>	<p>1 C Quinoa ½ C Black Beans ½ C Bell Pepper ½ C Cherry Tomatoes ½ Avocado 1 oz Goat Cheese ½ Tbsp Olive Oil</p>	<p>1/3 C Dry Roasted Edamame</p>	<p>6 oz Tofu ½ C Quinoa ½ C Broccoli ½ C Red Bell Pepper 1 Tbsp Olive Oil 1 Tbsp Soy Sauce</p>	<p>Calories: 1805 CHO: 178g Pro: 107g Fat: 84.5g</p>
<p>Blueberry Overnight Oats</p>	<p>1 oz Raw Almonds 1 C Strawberries</p>	<p>4 oz Chicken Breast ½ C Black Beans</p>	<p>1 oz Cheddar Cheese 1 Medium Apple</p>	<p>6 oz Shrimp ¼ C Chickpea Pasta</p>	<p>Calories: 1825 CHO: 168g</p>

<p>½ C Rolled Oats ½ C Plain Greek Yogurt ½ C Milk 1 Tbsp Chia Seeds ½ C Blueberries</p>		<p>1 C Arugula ½ C Tomatoes ½ Avocado ¼ C Corn ½ Tbsp Olive Oil ½ Tbsp Lemon Juice</p>		<p>½ C Cherry Tomatoes ¼ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Pro: 127g Fat: 78g</p>
<p>2 Scrambled Eggs 2 Slices Wheat Bread ½ Tbsp Butter 1 Grapefruit</p>	<p>1 C Plain Greek Yogurt 1 C Strawberries 1 Tbsp Chia Seeds</p>	<p>Grilled Chicken Pita 4 oz Grilled Chicken Breast ½ C Cucumbers ½ C Tomatoes ¼ Tzatziki Sauce 1 Whole Wheat Pita</p>	<p>1 oz Provolone Cheese 4 oz Deli Turkey</p>	<p>4 oz Salmon ½ C Brussels Sprouts ½ C Potatoes 1 Tbsp Olive Oil 1 oz Dark Chocolate</p>	<p>Calories: 1850 CHO: 156g Pro: 131g Fat: 79g</p>
<p>Tropical Fruit Smoothie 1 C Spinach ½ Banana ½ C Frozen Pineapple ½ C Frozen Mango ½ C Frozen Strawberries 1 C Unsweetened Almond Milk 1 Tbsp Ground Flax Seeds 1 Scoop Unflavored Whey</p>	<p>1 oz Raw Cashews ½ C Mangoes</p>	<p>1 C Quinoa ½ C Chickpeas ¼ C Cucumbers ¼ C Tomatoes ¼ C Green Bell Peppers 1 oz Feta Cheese ½ Tbsp Olive Oil ½ Tbsp Red Wine Vinegar</p>	<p>¾ C Cottage Cheese ½ C Pineapple</p>	<p>6 oz Turkey Breast ½ C Brown Rice 1 C Green Beans ½ C Carrots 1 Tbsp Olive Oil</p>	<p>Calories: 1805 CHO: 193g Pro: 133g Fat: 61g</p>
<p>Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder</p>	<p>1 Medium Apple 1 oz Beef Jerky</p>	<p>1 Whole Wheat Wrap 6 oz Shrimp 1 C Arugula ½ C Cherry Tomatoes ¼ C Red Onion ½ Tbsp Olive Oil</p>	<p>⅓ C Dry Roasted Edamame</p>	<p>6 oz Pork Tenderloin 1 C Brown Rice 1 C Broccoli 1 Tbsp Olive Oil 1 oz Dark Chocolate</p>	<p>Calories: 1830 CHO: 175g Pro: 131g Fat: 68g</p>

<p>4 oz Plain Greek Yogurt 6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes</p>		<p>½ Tbsp Balsamic Vinegar</p>			
<p>Avocado Toast 2 Slices Wheat Bread 2 Large Eggs 1 Tbsp Butter ½ Avocado ½ tsp Lime Juice Salt and Pepper to Taste</p>	<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>4 oz Chicken Breast 1 C Arugula ¼ C Shredded Carrots ¼ C Red Bell Pepper ¼ C Edamame ¼ C Shredded Red Cabbage 1 Tbsp Sliced Almonds ½ Tbsp Olive Oil ½ Tbsp Red Wine Vinegar</p>	<p>1 C Plain Greek Yogurt 1 Tbsp Hemp Seeds ½ C Blueberries</p>	<p>4 oz Cod ½ C Potatoes ½ C Asparagus 1 Tbsp Olive Oil</p>	<p>Calories: 1780 CHO: 117g Pro: 131g Fat: 97g</p>
<p>Vegetable Omelet 2 Large Eggs ¼ C Red Bell Peppers, chopped ¼ C Mushrooms, chopped ¼ C Broccoli, chopped 1 oz Cheddar Cheese ½ Tbsp Butter</p>	<p>¾ C Cottage Cheese 1 Tbsp Hemp Seeds ½ C Peaches</p>	<p>Turkey Wrap 4 oz Deli Turkey 1 oz Provolone Cheese 2 Tbsp Hummus ¼ C Cucumber Thinly Sliced ½ Tomato Thinly Sliced 1 Whole Wheat Wrap 1 oz Wheat Crackers</p>	<p>1 C Watermelon 1 oz Feta Cheese</p>	<p>5 oz Sirloin Steak 1 C Peas ½ C Carrots ½ Tbsp Olive Oil</p>	<p>Calories: 1850 CHO: 119g Pro: 126g Fat: 90.5g</p>
<p>Banana Coffee Smoothie 1 Banana</p>	<p>1 C Plain Greek Yogurt 1 Tbsp Chia Seeds</p>	<p>1 C Quinoa ½ C Black Beans ½ C Bell Pepper</p>	<p>1/3 C Dry Roasted Edamame</p>	<p>6 oz Tofu ½ C Quinoa ½ C Broccoli</p>	<p>Calories: 1805 CHO: 178g Pro: 107g</p>



4 oz Cold Brew Coffee 4 oz Vanilla Almond Milk 1 Scoop Vegan Protein Powder 1 Tbsp Almond Butter ½ Tbsp Cacao Powder 1 Tbsp Cacao Nibs	½ C Blueberries	½ C Cherry Tomatoes ½ Avocado 1 oz Goat Cheese ½ Tbsp Olive Oil		½ C Red Bell Pepper 1 Tbsp Olive Oil 1 Tbsp Soy Sauce	Fat: 84.5g
Blueberry Overnight Oats ½ C Rolled Oats ½ C Plain Greek Yogurt ½ C Milk 1 Tbsp Chia Seeds ½ C Blueberries	1 oz Raw Almonds 1 C Strawberries	4 oz Chicken Breast ½ C Black Beans 1 C Arugula ½ C Tomatoes ½ Avocado ¼ C Corn ½ Tbsp Olive Oil ½ Tbsp Lemon Juice	1 oz Cheddar Cheese 1 Medium Apple	6 oz Shrimp ¼ C Chickpea Pasta ½ C Cherry Tomatoes ¼ C Mushrooms 1 Tbsp Olive Oil	Calories: 1825 CHO: 168g Pro: 127g Fat: 78g



VEGAN 1800 (+/- 150) Calories

Breakfast	AM Snack	Lunch	PM Snack	Dinner	Nutrition Info
<p>Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Soy Yogurt 6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes</p>	<p>1 Banana 1 Tbsp Peanut Butter 1 Tbsp Hemp Seeds</p>	<p>¾ C Lentils ½ C Quinoa ½ C Butternut Squash ½ C Broccoli 1 Tbsp Olive Oil</p>	<p>1 C Soy Yogurt 1 Tbsp Hemp Seeds</p>	<p>6 oz Tempeh ½ C Farro 1 Medium Zucchini ½ Tbsp Olive Oil</p>	<p>Calories: 1820 CHO: 191g Pro: 100g Fat: 82.5g</p>
<p>Tropical Fruit Smoothie 1 C Spinach ½ Banana ½ C Frozen Pineapple ½ C Frozen Mango ½ C Frozen Strawberries 1 C Unsweetened Ripple Pea Milk 1 Tbsp Ground Flax Seeds 2 Scoops Vegan Protein Powder</p>	<p>1 oz Raw Almonds 1 C Soy Yogurt</p>	<p>1 C Kale 6 oz Tofu ¼ C Shredded Red Cabbage 1 Tbsp Sesame Seeds 1 Tbsp Tahini</p>	<p>Chia Pudding 2 Tbsp Chia Seeds ½ C Almond Milk ¼ tsp Vanilla Extract ½ tsp Maple Syrup ½ C Blueberries</p>	<p>4 oz Gardein Beefless Ground ¼ C Chickpea Pasta ¼ Onion ¼ C Pasta Sauce ½ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Calories: 1785 CHO: 154g Pro: 130g Fat: 86.5g</p>
<p>1 Slice Wheat Bread ½ Avocado ½ Tbsp Lime Juice ¼ tsp Garlic Powder</p>	<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango</p>	<p>½ C Brown Rice ½ C Red Kidney Beans ½ C Tomatoes, diced ¼ Red Onion, diced ¼ C Corn</p>	<p>1/3 Dry Roasted Edamame</p>	<p>5 oz Tempeh 1 C Brussels Sprouts 1 C Sweet Potatoes 1 Tbsp Olive Oil</p>	<p>Calories: 1755 CHO: 192g Pro: 98g Fat: 98.5g</p>

<p>Pinch Red Pepper Flakes 1 Tbsp Nutritional Yeast</p>	<p>¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>½ Avocado ½ Tbsp Olive Oil ½ Tbsp Lime Juice 2 Tbsp Cilantro</p>			
<p>Matcha Smoothie 1 C Unsweetened Ripple Pea Milk 1 Scoop Vegan Protein Powder 1 C Spinach 1 C Kale 1 Frozen Banana 1 Tbsp Hemp Seeds 1 tsp Matcha Powder 1 Tbsp Agave Syrup</p>	<p>1 oz Raw Cashews</p>	<p>6 oz Tofu 1 C Broccoli 1 C Sweet Potatoes 1 Tbsp Olive Oil</p>	<p>1 C Soy Yogurt 2 Tbsp Ground Flax Seeds 1 C Cherries</p>	<p>5 oz Gardein Beefless Ground ¾ C Brown Rice ½ C Tomatoes ½ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Calories: 1795 CHO: 185g Pro: 111g Fat: 71g</p>
<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>1 oz Raw Almonds 1 oz Vegan Chocolate</p>	<p>¾ C Lentils ¼ C Carrots ¼ C Cucumbers 1 C Quinoa ½ Tbsp Olive Oil 1 tsp Lemon Juice 1 tsp Red Wine Vinegar</p>	<p>1 C Ripple Pea Milk, unsweetened 2 Scoops Vegan Protein Powder ½ Banana</p>	<p>6 oz Tofu ½ C Farro ¼ Artichoke Hearts ¼ C Sun Dried Tomatoes ½ Tbsp Olive Oil</p>	<p>Calories: 1845 CHO: 204g Pro: 122g Fat: 65.5g</p>
<p>Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Soy Yogurt</p>	<p>1/3 C Dry Roasted Edamame</p>	<p>Tofu and Spinach Salad 6 oz Tofu 2 C Spinach ¼ C Red Cabbage 1 Tbsp Pumpkin Seeds ½ Tbsp Olive Oil</p>	<p>1 C Soy Yogurt ½ C Blue berries 1 Tbsp Chia Seeds</p>	<p>6 oz Tempeh 1 C Brussels Sprouts 1 C Sweet Potatoes 2 Tbsp Sesame Seeds 1 Tbsp Olive Oil</p>	<p>Calories: 1755 CHO: 133g Pro: 107g Fat: 95.5g</p>



<p>6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes</p>		<p>½ Tbsp Sherry Vinegar 1 tsp Dijon Mustard</p>			
<p>1 Slice Wheat Bread 4 oz Plant-Based Vegan Egg ½ Avocado 2 Tbsp Nutritional Yeast 1 C Strawberries</p>	<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>1 C Kale 6 oz Tofu ¼ C Shredded Red Cabbage 1 Tbsp Sesame Seeds 1 Tbsp Tahini</p>	<p>4 oz Spicy Chickpeas 4 oz Canned Chickpeas ¼ Tbsp Olive Oil 1/8 tsp Cumin 1/8 tsp Chili Powder</p>	<p>1 C Quinoa ½ C Chickpeas ¼ C Edamame ¼ C Carrots ¼ C Cucumber 1 oz Pine Nuts ½ Tbsp Olive Oil ½ Tbsp Lemon Juice</p>	<p>Calories: 1865 CHO: 191g Pro: 99g Fat: 96g</p>
<p>Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Soy Yogurt 6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes</p>	<p>1 Banana 1 Tbsp Peanut Butter 1 Tbsp Hemp Seeds</p>	<p>¾ C Lentils ½ C Quinoa ½ C Butternut Squash ½ C Broccoli 1 Tbsp Olive Oil</p>	<p>1 C Soy Yogurt 1 Tbsp Hemp Seeds</p>	<p>6 oz Tempeh ½ C Farro 1 Medium Zucchini ½ Tbsp Olive Oil</p>	<p>Calories: 1820 CHO: 191g Pro: 100g Fat: 82.5g</p>
<p>Tropical Fruit Smoothie 1 C Spinach ½ Banana ½ C Frozen Pineapple ½ C Frozen Mango ½ C Frozen Strawberries</p>	<p>1 oz Raw Almonds 1 C Soy Yogurt</p>	<p>1 C Kale 6 oz Tofu ¼ C Shredded Red Cabbage 1 Tbsp Sesame Seeds 1 Tbsp Tahini</p>	<p>Chia Pudding 2 Tbsp Chia Seeds ½ C Almond Milk ¼ tsp Vanilla Extract ½ tsp Maple Syrup ½ C Blueberries</p>	<p>4 oz Gardein Beefless Ground ¼ C Chickpea Pasta ¼ Onion ¼ C Pasta Sauce ½ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Calories: 1785 CHO: 154g Pro: 130g Fat: 86.5g</p>



<p>1 C Unsweetened Ripple Pea Milk 1 Tbsp Ground Flax Seeds 2 Scoops Vegan Protein Powder</p>					
<p>1 Slice Wheat Bread ½ Avocado ½ Tbsp Lime Juice ¼ tsp Garlic Powder Pinch Red Pepper Flakes 1 Tbsp Nutritional Yeast</p>	<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>½ C Brown Rice ½ C Red Kidney Beans ½ C Tomatoes, diced ¼ Red Onion, diced ¼ C Corn ½ Avocado ½ Tbsp Olive Oil ½ Tbsp Lime Juice 2 Tbsp Cilantro</p>	<p>1/3 Dry Roasted Edamame</p>	<p>5 oz Tempeh 1 C Brussels Sprouts 1 C Sweet Potatoes 1 Tbsp Olive Oil</p>	<p>Calories: 1755 CHO: 192g Pro: 98g Fat: 98.5g</p>
<p>Matcha Smoothie 1 C Unsweetened Ripple Pea Milk 1 Scoop Vegan Protein Powder 1 C Spinach 1 C Kale 1 Frozen Banana 1 Tbsp Hemp Seeds 1 tsp Matcha Powder 1 Tbsp Agave Syrup</p>	<p>1 oz Raw Cashews</p>	<p>6 oz Tofu 1 C Broccoli 1 C Sweet Potatoes 1 Tbsp Olive Oil</p>	<p>1 C Soy Yogurt 2 Tbsp Ground Flax Seeds 1 C Cherries</p>	<p>5 oz Gardein Beefless Ground ¾ C Brown Rice ½ C Tomatoes ½ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Calories: 1795 CHO: 185g Pro: 111g Fat: 71g</p>
<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango</p>	<p>1 oz Raw Almonds 1 oz Vegan Chocolate</p>	<p>¾ C Lentils ¼ C Carrots ¼ C Cucumbers 1 C Quinoa ½ Tbsp Olive Oil</p>	<p>1 C Ripple Pea Milk, unsweetened 2 Scoops Vegan Protein Powder ½ Banana</p>	<p>6 oz Tofu ½ C Farro ¼ Artichoke Hearts ¼ C Sun Dried Tomatoes</p>	<p>Calories: 1845 CHO: 204g Pro: 122g Fat: 65.5g</p>

<p>¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>		<p>1 tsp Lemon Juice 1 tsp Red Wine Vinegar</p>		<p>½ Tbsp Olive Oil</p>	
<p>Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Soy Yogurt 6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes</p>	<p>1/3 C Dry Roasted Edamame</p>	<p>Tofu and Spinach Salad 6 oz Tofu 2 C Spinach ¼ C Red Cabbage 1 Tbsp Pumpkin Seeds ½ Tbsp Olive Oil ½ Tbsp Sherry Vinegar 1 tsp Dijon Mustard</p>	<p>1 C Soy Yogurt ½ C Blue berries 1 Tbsp Chia Seeds</p>	<p>6 oz Tempeh 1 C Brussels Sprouts 1 C Sweet Potatoes 2 Tbsp Sesame Seeds 1 Tbsp Olive Oil</p>	<p>Calories: 1755 CHO: 133g Pro: 107g Fat: 95.5g</p>
<p>1 Slice Wheat Bread 4 oz Plant-Based Vegan Egg ½ Avocado 2 Tbsp Nutritional Yeast 1 C Strawberries</p>	<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>1 C Kale 6 oz Tofu ¼ C Shredded Red Cabbage 1 Tbsp Sesame Seeds 1 Tbsp Tahini</p>	<p>4 oz Spicy Chickpeas 4 oz Canned Chickpeas ¼ Tbsp Olive Oil 1/8 tsp Cumin 1/8 tsp Chili Powder</p>	<p>1 C Quinoa ½ C Chickpeas ¼ C Edamame ¼ C Carrots ¼ C Cucumber 1 oz Pine Nuts ½ Tbsp Olive Oil ½ Tbsp Lemon Juice</p>	<p>Calories: 1865 CHO: 191g Pro: 99g Fat: 96g</p>
<p>Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Soy Yogurt 6 oz Unsweetened Almond Milk</p>	<p>1 Banana 1 Tbsp Peanut Butter 1 Tbsp Hemp Seeds</p>	<p>¾ C Lentils ½ C Quinoa ½ C Butternut Squash ½ C Broccoli 1 Tbsp Olive Oil</p>	<p>1 C Soy Yogurt 1 Tbsp Hemp Seeds</p>	<p>6 oz Tempeh ½ C Farro 1 Medium Zucchini ½ Tbsp Olive Oil</p>	<p>Calories: 1820 CHO: 191g Pro: 100g Fat: 82.5g</p>

<p>¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes</p>					
<p>Tropical Fruit Smoothie 1 C Spinach ½ Banana ½ C Frozen Pineapple ½ C Frozen Mango ½ C Frozen Strawberries 1 C Unsweetened Ripple Pea Milk 1 Tbsp Ground Flax Seeds 2 Scoops Vegan Protein Powder</p>	<p>1 oz Raw Almonds 1 C Soy Yogurt</p>	<p>1 C Kale 6 oz Tofu ¼ C Shredded Red Cabbage 1 Tbsp Sesame Seeds 1 Tbsp Tahini</p>	<p>Chia Pudding 2 Tbsp Chia Seeds ½ C Almond Milk ¼ tsp Vanilla Extract ½ tsp Maple Syrup ½ C Blueberries</p>	<p>4 oz Gardein Beefless Ground ¼ C Chickpea Pasta ¼ Onion ¼ C Pasta Sauce ½ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Calories: 1785 CHO: 154g Pro: 130g Fat: 86.5g</p>
<p>1 Slice Wheat Bread ½ Avocado ½ Tbsp Lime Juice ¼ tsp Garlic Powder Pinch Red Pepper Flakes 1 Tbsp Nutritional Yeast</p>	<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>½ C Brown Rice ½ C Red Kidney Beans ½ C Tomatoes, diced ¼ C Red Onion, diced ¼ C Corn ½ Avocado ½ Tbsp Olive Oil ½ Tbsp Lime Juice 2 Tbsp Cilantro</p>	<p>1/3 Dry Roasted Edamame</p>	<p>5 oz Tempeh 1 C Brussels Sprouts 1 C Sweet Potatoes 1 Tbsp Olive Oil</p>	<p>Calories: 1755 CHO: 192g Pro: 98g Fat: 98.5g</p>
<p>Matcha Smoothie 1 C Unsweetened Ripple Pea Milk 1 Scoop Vegan Protein Powder 1 C Spinach</p>	<p>1 oz Raw Cashews</p>	<p>6 oz Tofu 1 C Broccoli 1 C Sweet Potatoes 1 Tbsp Olive Oil</p>	<p>1 C Soy Yogurt 2 Tbsp Ground Flax Seeds 1 C Cherries</p>	<p>5 oz Gardein Beefless Ground ¾ C Brown Rice ½ C Tomatoes ½ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Calories: 1795 CHO: 185g Pro: 111g Fat: 71g</p>



<p>1 C Kale 1 Frozen Banana 1 Tbsp Hemp Seeds 1 tsp Matcha Powder 1 Tbsp Agave Syrup</p>					
<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>1 oz Raw Almonds 1 oz Vegan Chocolate</p>	<p>¾ C Lentils ¼ C Carrots ¼ C Cucumbers 1 C Quinoa ½ Tbsp Olive Oil 1 tsp Lemon Juice 1 tsp Red Wine Vinegar</p>	<p>1 C Ripple Pea Milk, unsweetened 2 Scoops Vegan Protein Powder ½ Banana</p>	<p>6 oz Tofu ½ C Farro ¼ Artichoke Hearts ¼ C Sun Dried Tomatoes ½ Tbsp Olive Oil</p>	<p>Calories: 1845 CHO: 204g Pro: 122g Fat: 65.5g</p>
<p>Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Soy Yogurt 6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes</p>	<p>1/3 C Dry Roasted Edamame</p>	<p>Tofu and Spinach Salad 6 oz Tofu 2 C Spinach ¼ C Red Cabbage 1 Tbsp Pumpkin Seeds ½ Tbsp Olive Oil ½ Tbsp Sherry Vinegar 1 tsp Dijon Mustard</p>	<p>1 C Soy Yogurt ½ C Blue berries 1 Tbsp Chia Seeds</p>	<p>6 oz Tempeh 1 C Brussels Sprouts 1 C Sweet Potatoes 2 Tbsp Sesame Seeds 1 Tbsp Olive Oil</p>	<p>Calories: 1755 CHO: 133g Pro: 107g Fat: 95.5g</p>
<p>1 Slice Wheat Bread 4 oz Plant-Based VeganEgg ½ Avocado 2 Tbsp Nutritional Yeast</p>	<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado</p>	<p>1 C Kale 6 oz Tofu ¼ C Shredded Red Cabbage 1 Tbsp Sesame Seeds 1 Tbsp Tahini</p>	<p>4 oz Spicy Chickpeas 4 oz Canned Chickpeas ¼ Tbsp Olive Oil 1/8 tsp Cumin 1/8 tsp Chili Powder</p>	<p>1 C Quinoa ½ C Chickpeas ¼ C Edamame ¼ C Carrots ¼ C Cucumber 1 oz Pine Nuts ½ Tbsp Olive Oil</p>	<p>Calories: 1865 CHO: 191g Pro: 99g Fat: 96g</p>

1 C Strawberries	1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds			½ Tbsp Lemon Juice	
Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Soy Yogurt 6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes	1 Banana 1 Tbsp Peanut Butter 1 Tbsp Hemp Seeds	¾ C Lentils ½ C Quinoa ½ C Butternut Squash ½ C Broccoli 1 Tbsp Olive Oil	1 C Soy Yogurt 1 Tbsp Hemp Seeds	6 oz Tempeh ½ C Farro 1 Medium Zucchini ½ Tbsp Olive Oil	Calories: 1820 CHO: 191g Pro: 100g Fat: 82.5g
Tropical Fruit Smoothie 1 C Spinach ½ Banana ½ C Frozen Pineapple ½ C Frozen Mango ½ C Frozen Strawberries 1 C Unsweetened Ripple Pea Milk 1 Tbsp Ground Flax Seeds 2 Scoops Vegan Protein Powder	1 oz Raw Almonds 1 C Soy Yogurt	1 C Kale 6 oz Tofu ¼ C Shredded Red Cabbage 1 Tbsp Sesame Seeds 1 Tbsp Tahini	Chia Pudding 2 Tbsp Chia Seeds ½ C Almond Milk ¼ tsp Vanilla Extract ½ tsp Maple Syrup ½ C Blueberries	4 oz Gardein Beefless Ground ¼ C Chickpea Pasta ¼ Onion ¼ C Pasta Sauce ½ C Mushrooms 1 Tbsp Olive Oil	Calories: 1785 CHO: 154g Pro: 130g Fat: 86.5g
1 Slice Wheat Bread ½ Avocado ½ Tbsp Lime Juice ¼ tsp Garlic Powder	Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango	½ C Brown Rice ½ C Red Kidney Beans ½ C Tomatoes, diced ¼ Red Onion, diced ¼ C Corn	1/3 Dry Roasted Edamame	5 oz Tempeh 1 C Brussels Sprouts 1 C Sweet Potatoes 1 Tbsp Olive Oil	Calories: 1755 CHO: 192g Pro: 98g Fat: 98.5g



<p>Pinch Red Pepper Flakes 1 Tbsp Nutritional Yeast</p>	<p>¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>½ Avocado ½ Tbsp Olive Oil ½ Tbsp Lime Juice 2 Tbsp Cilantro</p>			
<p>Matcha Smoothie 1 C Unsweetened Ripple Pea Milk 1 Scoop Vegan Protein Powder 1 C Spinach 1 C Kale 1 Frozen Banana 1 Tbsp Hemp Seeds 1 tsp Matcha Powder 1 Tbsp Agave Syrup</p>	<p>1 oz Raw Cashews</p>	<p>6 oz Tofu 1 C Broccoli 1 C Sweet Potatoes 1 Tbsp Olive Oil</p>	<p>1 C Soy Yogurt 2 Tbsp Ground Flax Seeds 1 C Cherries</p>	<p>5 oz Gardein Beefless Ground ¾ C Brown Rice ½ C Tomatoes ½ C Mushrooms 1 Tbsp Olive Oil</p>	<p>Calories: 1795 CHO: 185g Pro: 111g Fat: 71g</p>
<p>Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds</p>	<p>1 oz Raw Almonds 1 oz Vegan Chocolate</p>	<p>¾ C Lentils ¼ C Carrots ¼ C Cucumbers 1 C Quinoa ½ Tbsp Olive Oil 1 tsp Lemon Juice 1 tsp Red Wine Vinegar</p>	<p>1 C Ripple Pea Milk, unsweetened 2 Scoops Vegan Protein Powder ½ Banana</p>	<p>6 oz Tofu ½ C Farro ¼ Artichoke Hearts ¼ C Sun Dried Tomatoes ½ Tbsp Olive Oil</p>	<p>Calories: 1845 CHO: 204g Pro: 122g Fat: 65.5g</p>
<p>Matcha Overnight Oats ½ C Rolled Oats 1 Tbsp Chia Seeds 1 tsp Matcha Powder 4 oz Soy Yogurt</p>	<p>1/3 C Dry Roasted Edamame</p>	<p>Tofu and Spinach Salad 6 oz Tofu 2 C Spinach ¼ C Red Cabbage 1 Tbsp Pumpkin Seeds ½ Tbsp Olive Oil</p>	<p>1 C Soy Yogurt ½ C Blue berries 1 Tbsp Chia Seeds</p>	<p>6 oz Tempeh 1 C Brussels Sprouts 1 C Sweet Potatoes 2 Tbsp Sesame Seeds 1 Tbsp Olive Oil</p>	<p>Calories: 1755 CHO: 133g Pro: 107g Fat: 95.5g</p>



6 oz Unsweetened Almond Milk ¼ tsp Vanilla Extract 1 Tbsp Shredded Coconut Flakes		½ Tbsp Sherry Vinegar 1 tsp Dijon Mustard			
1 Slice Wheat Bread 4 oz Plant-Based VeganEgg ½ Avocado 2 Tbsp Nutritional Yeast 1 C Strawberries	Green Smoothie 6 oz Almond Milk 1 C Frozen Spinach ½ Frozen Banana ¼ C Frozen Mango ¼ C Frozen Pineapple ¼ Avocado 1 Scoop Vegan Protein Powder ½ Tbsp Hemp Seeds	1 C Kale 6 oz Tofu ¼ C Shredded Red Cabbage 1 Tbsp Sesame Seeds 1 Tbsp Tahini	4 oz Spicy Chickpeas 4 oz Canned Chickpeas ¼ Tbsp Olive Oil 1/8 tsp Cumin 1/8 tsp Chili Powder	1 C Quinoa ½ C Chickpeas ¼ C Edamame ¼ C Carrots ¼ C Cucumber 1 oz Pine Nuts ½ Tbsp Olive Oil ½ Tbsp Lemon Juice	Calories: 1865 CHO: 191g Pro: 99g Fat: 96g

BALANCED MEAL PLAN SHOPPING LIST

- Produce (Weekly)
 - o 1 Grapefruit
 - o 1 Mango
 - o 2 Bananas
 - o 1 Lemon
 - o 1 Lime
 - o 2 Apples
 - o 16 oz Strawberries
 - o 16 oz Watermelon
 - o 12 oz Blueberries
 - o 8 oz Cherries
 - o 8 oz Cantaloupe
 - o 4 oz Peaches
 - o 4 oz Pineapple
 - o 8 oz Cucumbers
 - o 24 oz Tomatoes
 - o 3 Bell Peppers
 - o 1 Red Onion
 - o 2 Avocadoes
 - o 8 oz Brussels Sprouts
 - o 4 oz Asparagus
 - o 14 oz Broccoli
 - o 2 oz Spinach
 - o 3 oz Arugula
 - o 12 oz Potatoes
 - o 8 oz Peas
 - o 10 oz Carrots
- Dairy (Weekly)
 - o ½ Dozen Eggs

VEGAN MEAL PLAN SHOPPING LIST

- Produce (Weekly)
 - o 5 Bananas
 - o 16 oz Strawberries
 - o 4 oz Blueberries
 - o 4 oz Raspberries
 - o 16 oz Cherries
 - o 1 Lime
 - o 1 Lemon
 - o 1 Grapefruit
 - o 4 oz Butternut Squash
 - o 12 oz Broccoli
 - o 1 Medium Zucchini
 - o 7 oz Spinach
 - o 13 oz Kale
 - o 4 oz Carrots
 - o 4 oz Cucumbers
 - o 16 oz Brussels Sprouts
 - o 1.5 lbs Sweet Potatoes
 - o ½ C Shredded Red Cabbage
 - o 1 Yellow Onion
 - o 1 Red Onion
 - o 8 oz Mushrooms
 - o 8 oz Cherry Tomatoes
 - o 3 Avocadoes
- Dairy (Weekly)
 - o 40 oz Soy Yogurt
 - o 40 oz Unsweetened Almond Milk
 - o 24 oz Ripple Pea Milk
 - o 8 oz Plant-Based VeganEgg

- o 32 oz Plain Greek Yogurt
- o 4 oz Tzatziki
- o 4 oz Hummus
- o 2 oz Provolone
- o 1 oz Goat Cheese
- o 3 oz Feta Cheese
- o 3 oz Cheddar Cheese
- o 12 oz Cottage Cheese
- o 28 oz Almond Milk
- Meat/Sea Food (Weekly)
 - o 14 oz Chicken Breast
 - o 6 oz Salmon
 - o 6 oz Turkey Breast
 - o 6 oz Sirloin Steak
 - o 6 oz Pork Tenderloin
 - o 12 oz Shrimp
 - o 8 oz Deli Turkey
- Frozen Foods
 - o 16 oz Frozen Strawberries
 - o 40 oz Frozen Pineapple
 - o 40 oz Frozen Mango
 - o 16 oz Vanilla Non-fat Frozen Yogurt
 - o 16 oz Frozen Edamame
- Dry Goods
 - o 16 oz Rolled Oats
 - o 1 Loaf Whole Wheat Bread
 - o 26 oz Quinoa
 - o 32 oz Brown Rice
 - o 8 oz Chickpea Pasta
 - o 1 – 4 Pack Whole Wheat Pitas
 - o 1 – 8 Pack Whole Wheat Wraps
- Meat/Seafood (Weekly)
 - o 18 oz Tempeh
 - o 30 oz Tofu
- Frozen Foods
 - o 40 oz Frozen Pineapple
 - o 40 oz Frozen Mango
 - o 48 oz Frozen Strawberries
 - o 40 oz Gardein Beefless Ground
 - o ½ Gallon Vanilla Cashewmilk Frozen Dessert
 - o 16 oz Frozen Edamame
- Dry Goods
 - o 16 oz Rolled Oats
 - o 1 Loaf Whole Wheat Bread
 - o 1 - 4 Pack Whole Wheat Wraps
 - o 32 oz Quinoa
 - o 16 oz Brown Rice
 - o 14 oz Farro
 - o 8 oz Chickpea Pasta
 - o 8 oz Chia Seeds
 - o 8 oz Flax Seeds
 - o 8 oz Hemp Seeds
 - o 4 oz Pine Nuts
 - o 10 oz Sesame Seeds
 - o 4 oz Pumpkin Seeds
 - o 20 oz Dry Roasted Edamame
 - o 4 oz Baked Pita Chips
 - o 2 Cans Kidney Beans
 - o 3 Cans Chickpeas
 - o 4 oz Matcha Powder
 - o 5 oz Nutritional Yeast
 - o 12 oz Shredded Unsweetened Coconut

- 8 oz Chia Seeds
 - 8 oz Flax Seeds
 - 4 oz Sesame Seeds
 - 12 oz Hemp Seeds
 - 4 oz Raw Cashews
 - 2 Cans Chickpeas
 - 8 oz Dark Chocolate
 - 16 oz Tub Vegan Protein Powder
 - 16 oz Whey Protein Powder
 - 4 oz Matcha Powder
 - 12 oz Shredded Unsweetened Coconut
 - 4 oz Beef Jerky
 - 4 oz Wheat Crackers
 - 4 oz Baked Pita Chips
 - 20 oz Dry Roasted Edamame
 - Pantry Staples
 - 16 oz Olive Oil
 - 1 oz Vanilla Extract
 - 8 oz Maple Syrup
 - 8 oz Honey
 - 12 oz Cacao Powder
 - 8 oz Cacao Nibs
- 1- 28 oz Tub Vegan Protein Powder
 - 8 oz Raw Almonds
 - 1 – 16 oz Jar Peanut Butter
 - 12 oz Lentils
 - 1 – 8 oz Can Pasta Sauce
 - 1 – 8 oz Can Artichoke Hearts
 - 1 – 8 oz Can Corn
 - 3 oz Sun Dried Tomatoes
 - 16 oz Vegan Chocolate
 - Pantry Staples
 - 16 oz Olive Oil
 - 4 oz Tahini
 - 1 oz Vanilla Extract
 - 8 oz Maple Syrup

NUTRIENT DATABASE



FOOD	Calories	Carbohydrates (g)	Protein (g)	Fat (g)
1 Slice Wheat Bread	80	14	3	2
½ Whole Wheat Bagel	120	24	5	1
1 Whole Wheat English Muffin	130	26	5	1
1 Whole Wheat Wrap	130	19	4	4
1 Wheat Pita	140	27	5	1
1 Medium Whole Wheat Tortilla	110	22	4	2
1 Corn Tortilla	50	11	1	0.5
½ C Rolled Oats	150	27	5	2.5
1 C Special K Protein Plus	150	26	13	1
1 C Kashi GoLean	145	32	10	1.5
1 C Whole Wheat Pasta, cooked	240	48	10	3
¾ C Chickpea Pasta, uncooked	190	32	14	3.5
1 C Quinoa	210	40	8	4
1 C Brown Rice, cooked	215	45	5	2
1 C Farro	335	71	15	2
1 oz Wheat crackers	140	22	2	5
1 oz Baked Pita Chips	130	19	3	5
1 oz Baked Tortilla Chips	120	22	2	3
2/3 C Whole Wheat Bread Crumbs	215	42	7	0.5
1 C Low-Fat Plain Greek Yogurt	130	7	17	3.5
1 C Almond Milk, unsweetened	25	1	0.5	2
1 C Low Fat (1%) Milk	100	12	8	2
1 C Soy Milk	100	8	7	4
1 C Ripple Pea Milk, unsweetened	80	1	8	4.5
1 C Lite Coconut Milk	150	2	2	16
1 C Cashew Milk	60	8	1	2.5



1 oz Fresh Mozzarella	70	0	5	5
1 C Shredded Mozzarella	260	7	20	17
1 oz Provolone	100	0	7	7.5
1 oz Cheddar Cheese	110	0	7	9
1 oz Feta Cheese	75	1	4	6
1 oz Goat Cheese	75	0	5	6
¾ C Cottage Cheese	160	6	18	7
½ C Ricotta Cheese	170	6	14	10
1 oz Daiya Vegan Cheese	80	7	1	5
1 C Plain Soy Yogurt	130	7	10	6
½ Vanilla Non-fat Frozen Yogurt	100	20	3	0
½ C Vanilla Cashewmilk Frozen Dessert	140	18	2	7.5
4 oz Salmon	210	0	28	10
4 oz Sirloin Steak	275	0	31	16
4 oz Grilled Shrimp	135	2	25	2
4 oz Cod	120	0	26	1
4 oz Pork Tenderloin	120	1	23	2.5
4 oz Chicken Breast	140	0	27	3
4 oz Turkey Breast	165	0	35	2.5
4 oz 93% Ground Turkey	290	0	29	20
4 oz Gardein Beefless Ground	145	12	24	2.5
6 oz Trout	320	0	45	14
4 oz Deli Turkey	130	8	16	4
4 oz Deli Ham	115	0	19	4
1 oz Turkey Meatballs	75	2	8	4
1 oz Beef Jerky	115	3	9	7
1 Large Egg	70	0	6	5
4 oz Tofurky	210	12	28	8
6 oz Tofu	140	2	17	9
4 oz Tempeh	220	9	23	13
4 oz Plant-Based VeganEgg	70	10	6	2
1 15 oz Canned Black Beans	385	70	26	1

1 15 oz Canned Chickpeas	350	57	18	7
½ C Canned Red Beans	110	19	7	1
½ C Canned Cannellini Beans	125	20	10	1
½ C Edamame (shelled)	90	7	9	4
½ C Cooked Lentils	115	20	9	0.5
½ C Dry Red Lentils	115	19	9	0.5
1 Scoop Unflavored Whey	110	2	25	0.5
2 Scoops Vegan Protein Powder	160	7	30	3
1 oz Raw Almonds	160	6	6	14
1 oz Raw Cashews	160	9	5	12
1 oz Chopped Walnuts	180	4	4	18
1 oz Raw Pumpkin Seeds	125	15	5	5.5
1 oz Pine Nuts	190	4	4	19
1 oz Pistachios	160	8	6	13
1 Tbsp Chia Seeds	65	5	3	3.5
2 Tbsp Ground Flaxseeds	70	4	3	4.5
1 Tbsp Flax Seeds	55	3	2	4.5
1 Tbsp Shelled Hemp Seeds	60	0	3	5
2 Tbsp Sesame Seeds	160	7	5	14
1/3 C Dry Roasted Edamame	130	9	14	5
1 C Sweet Potatoes	115	27	2	0
1 Medium Baked Potato	160	37	4	0
½ Avocado	160	9	2	14.5
1 C Brussels Sprouts	40	8	3	0
½ C Cherry Tomatoes	30	6	2	0
1 Medium Tomato	20	4	1	0
½ C Broccoli	15	2	2	0
½ C Beets, sliced	35	9	1	0
1 Medium Radish	1	0	0	0
1 C Green Beans	45	10	2	0
½ Small Red Onion	13	3	.5	0
¾ C Canned Corn	30	6	1	.5



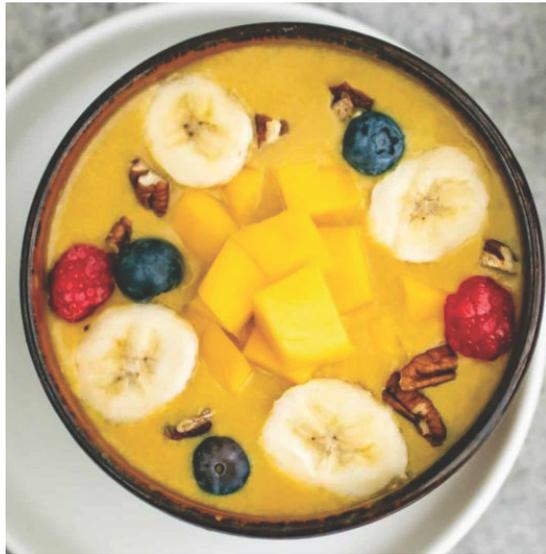
½ C Parsley, Chopped	10	2	1	0
½ C Cilantro, Chopped	2	0	0	0
½ C Basil, Chopped	5	0	0.5	0
½ C Carrots, chopped	30	6	.5	0
3 oz Baby Carrots	30	7	1	0
½ C Bell Peppers	20	4	1	0
1 Small Onion, chopped	25	6	1	0
1 C Celery, diced	15	3	1	0
½ C Cucumber	10	2	0	0
1 C Eggplant	35	9	1	0
1 Spaghetti Squash	260	62	6	2.5
½ C Butternut Squash	40	11	1	0
2 Medium Zucchini	65	11	5	1.5
½ C Asparagus	20	3	2	0
½ Medium Head Cauliflower	65	12	5	1.5
½ Jalapeno	2	0	0	0
¼ C Bean Sprouts	6	1	0	0
½ C Peas	65	13	4	0
1 C Romaine Lettuce	10	2	0	0
1 C Kale	35	6	3	0.5
1 C Mixed Greens	20	3	2	0
1 C Arugula	5	1	0.5	0
1 C Spinach	10	1	1	0
1 C Red Cabbage	45	10	2	0
¼ C Mushrooms	10	1	1	0
2 Portabella Mushroom Caps	30	4	3	0.5
1 Clove Garlic	5	1	0	0
1 Green Onion	5	1	0	0
2 tsp Fresh Ginger	3	0	0	0
10 oz Frozen Spinach	75	11	9	2
12 oz Frozen Whole Pod Edamame	430	45	41	10
14 oz Artichoke Hearts	210	47	11	1
1 10oz Can Diced Tomatoes	60	13	4	0

1 15oz Can Corn	210	32	4	2
1 8oz Can Tomato Sauce	70	14	4	0
28 oz Can Diced Tomatoes	180	36	6	0
1 14 oz Can Crushed Tomatoes	125	29	6.5	1
¾ C Sun-Dried Tomatoes	60	12	2	0
½ C Pasta Sauce	65	10	2	2
1 C Watermelon, diced	45	11	1	0
1 C Cantaloupe	55	13	1	0
½ C Blueberries	40	8	1	1
½ C Pineapple	40	11	1	0
1 C Strawberries	45	11	1	0
½ C Raspberries	30	7	1	0.5
½ C Mangoes	50	12	1	0
½ C Peaches	35	9	1	0
1 Medium Apple	95	25	1	0
1 Medium Pear	100	27	1	0
1 C Green Grapes	105	27	1	0
1 Grapefruit	105	26	2	0
1 Banana	105	27	1	0
1 C Cherries	90	23	2	0
1 C Orange	80	21	2	0
1 oz Raisins	85	22	1	0
¾ C Dried Cherries	135	32	1	0.5
1 C Dried Cranberries	490	132	0	2
1 C Pitted Dates	415	110	4	0.5
1 C Pumpkin Puree	85	20	3	1
½ C Orange Juice	55	13	1	0
2 Tbsp Lime Juice	8	2	0	0
3 Tbsp Lemon Juice	8	2	0	0
¾ C Unsweetened Applesauce	30	8	0	0
1 Packet Frozen Acai, unsweetened (100g)	75	5	1	6.5

½ C Frozen Mixed Berries	35	8	1	0.5
1 C Chicken Broth	15	1	2	0.5
1 C Vegetable Broth	15	2	1	0
1 Tbsp Honey	65	17	0	0
1 Tbsp Maple Syrup	50	13	0	0
1 Tbsp Agave	55	13	0	0
1 tsp Vanilla Extract	10	0	0	0
1 C Whole Wheat Flour	410	86	16	3
1 C All-Purpose Flour	455	95	13	1
1 C Almond Flour	650	24	24	56
1 C Oat Flour	420	68	15	9.5
1/3 C Dark Chocolate Chips	370	48	3	24
1 oz Dark Chocolate	155	17	1	9
1 oz Vegan Chocolate	160	12	2	12
1/3 C Vegan Dark Chocolate Morsels	370	42	5	32
1 Tbsp Cacao Powder	30	4	1	1
½ C Brown Sugar	345	90	0	0
½ C White Sugar	385	100	0	0
3 tsp Matcha Powder	0	0	0	0
1 C Unsweetened Coconut Flakes	560	20	6	56
1 Tbsp Cacao Powder	25	3	2	0.5
2 Tbsp Nutritional Yeast	55	6	8	1
1 Tbsp Peanut Butter	95	4	4	8
1 Tbsp Almond Butter	95	4	4	9
1 Tbsp Cashew Butter	95	5	2	8.5
1 Tbsp Olive Oil	120	0	0	14
1 Tbsp Coconut Oil	120	0	0	13
1 Tbsp Avocado Oil	120	0	0	14
1 Tbsp Sesame Oil	120	0	0	14
1 Tbsp Butter	100	0	0	12

1 Tbsp Mayonnaise	95	0	0	10
¼ C Tzatziki Sauce	45	2	1	3.5
¼ C Tahini	355	13	10	32
2 Tbsp Hummus	70	4	2	5
1 Tbsp Soy Sauce	10	1	1	0
1 Tbsp Coconut Aminos	10	3	0	0
1 tsp Dijon Mustard	3	0	0	0
1 Tbsp Vegan Avocado Oil Mayo	90	0	1	10
2 Tbsp Plain Cream Cheeze Style Spread	80	4	0	7

Mango Pineapple Smoothie Bowl



○ Nutrient Summary

- Yields 1
- Approximately 320 Calories; 51g CHO, 14g Pro, 7.5g Fat

○ Ingredients

- 1 C Frozen Mango
- ½ Frozen Banana
- ½ C Frozen Pineapple
- ½ C Plain Greek Yogurt
- ¼ C Unsweetened Almond Milk
- 1 Tbsp Hemp Seeds

○ Directions

- Place all ingredients in high-speed blender and blend until smooth and creamy. Add more almond milk if you prefer a thinner consistency.
- Top with toppings of your choice (sliced almonds, fresh fruit, chia seeds, shredded coconut).



Kale and Apple Salad

○ Nutrient Summary

- Yields 4
- Approximately 290 Calories; 23g CHO, 7g Pro, 21g Fat)

○ Ingredients

- 4 C Kale
- 2 Tbsp Sliced Almonds
- 1 Apple, thinly sliced
- ¼ C Dried Cranberries
- 2 oz. Goat Cheese
- 4 Tbsp Olive Oil
- 2 Tbsp Lemon Juice
- 1 Clove Garlic, minced
- ¼ tsp Salt
- ¼ tsp Pepper

○ Directions

- Place the kale, almonds, apple, cranberries, and goat cheese in a large bowl and toss to combine.
- Whisk together the olive oil, lemon juice, garlic, salt, and pepper. Pour the dressing over the salad and serve immediately.

Thai Chicken Salad



○ Nutrient Summary

- Yields 4
- Approximately 340 Calories; 22g CHO, 20g Pro, 19g Fat

○ Ingredients

- 4 C Cabbage, shredded
- 2 C Matchstick Carrots
- 1 Red Bell Pepper, julienned
- ½ C Scallions, diced
- ½ C Cilantro, chopped
- 8 oz. Cooked Chicken Breast, shredded
- 2 oz. Dry-Roasted Peanuts
- 3 Tbsp Sesame Oil
- 3 Tbsp Low-Sodium Soy Sauce
- 2 Tbsp Rice Wine Vinegar
- 1 Clove Garlic, minced
- 1 Tbsp Fresh Ginger, minced

○ Directions

- Place cabbage, carrots, bell pepper, scallions, cilantro, chicken, and peanuts in a large bowl and toss to combine.
- Whisk the sesame oil, soy sauce, rice wine vinegar, minced garlic and ginger and drizzle over the dressing and toss well to combine.
- Serve immediately.



Roasted Cauliflower Florets

o Nutrient Summary

- Yields 4
- Approximately 160 Calories; 13g CHO, 5g Pro, 12g Fat

o

Ingredients

1 Medium Cauliflower Heads, cut into 1/2-inch slices

3 Tbsp Olive Oil

4 Cloves Garlic, minced

1 tsp Kosher Salt

½ tsp Pepper

1 tsp Paprika

1 tsp Coriander

o Directions

Preheat oven to 400F. Lightly oil a baking sheet.

Combine olive oil, garlic, salt, pepper, paprika, and coriander in a small bowl.

Place the sliced cauliflower in a single layer on the baking sheet and brush each slice with the olive oil mixture on both sides.

Bake for 15 minutes, flip slices over and bake for another 10-15 minutes, until golden brown. Serve immediately.

Cashew Butter Bars

o Nutrient Summary

- Yields 10
- Approximately 325 Calories; 26g CHO, 6g Pro, 25g Fat

o Ingredients

- 1 C Cashew Butter (unsweetened and no salt added)
- 1 C Almond Flour
- $\frac{3}{4}$ C Dark Chocolate Chips
- $\frac{1}{4}$ C Maple Syrup
- 1 tsp Vanilla Extract
- 1 tsp Coconut Oil
- 1 tsp Sea Salt

o Directions

Line an 8x8 baking dish with parchment paper and set aside.

In a large bowl, mix together the cashew butter, maple syrup, and vanilla extract. Stir in the almond flour until well-combined. Fold in $\frac{1}{4}$ C of the chocolate chips.

Press mixture into prepared baking dish and place in freezer for one hour.

Melt the remaining $\frac{1}{2}$ C chocolate chips with the coconut oil.

Remove the baking dish from the freezer and spread the melted chocolate and coconut oil mixture on top of the frozen dish. Top with 1 tsp Sea Salt and place back in freezer for about 10 minutes.

Slice into ten equal slices, serve or keep stored in the freezer.





Avocado Smoothie

Nutrient Summary

- Yields 2
- Approximately 270 Calories; 25g CHO, 20g Pro, 12.5g Fat

Ingredients

- ½ Avocado
- 1 C Kale
- 1 Frozen Banana
- 2 Scoops Vegan Protein Powder
- 1 Tbsp Hemp Seeds
- 1 C Unsweetened Almond Milk or plant-based milk of your choice

o Directions

- Place all ingredients in a high-powered blender and blend until smooth and creamy. Add more milk if smoothie is too thick.



Broccoli Melt

o Nutrient Summary

- Yields 8
- Approximately 335 Calories; 16g CHO, 19g Pro, 22g Fat

o Ingredients

- 3.5 C Broccoli Florets, finely chopped
- 8 Slices Whole Wheat Bread
- 2 Tbsp Olive Oil, separated
- 3 Cloves Garlic, minced
- Juice and zest of ½ Lemon
- 1 C Shredded Cheddar Cheese
- 8 oz Provolone Cheese Slices
- ½ tsp Kosher Salt
- ¼ tsp Crushed Red Pepper Flakes

o Directions

Preheat oven to broil.

In a large bowl, combine the broccoli, minced garlic, salt, and red pepper flakes.

Add 1 Tbsp of olive oil to a sauté pan over medium heat. Add the broccoli mixture and sauté for about 3 minutes.

Transfer the broccoli mixture to a bowl and add the lemon juice, zest, and shredded cheddar cheese.

Place the slices of bread in a single layer on a baking pan and brush the outside of each slice of bread with olive oil. Evenly distribute the broccoli mixture among each slice of bread and top each piece with 1 slice of provolone.

Place under broiler and cook until cheese has melted and begins to blister. Remove from heat and serve.



Roasted Salmon with Mashed Cauliflower

o Nutrient Summary

- Yields 2
- Approximately 515 Calories; 7g CHO, 49g Pro, 32g Fat)

o Ingredients

- 2 Salmon Filets (6 oz each)
- ½ Medium Cauliflower, cut up into florets
- 1 Tbsp Butter
- 1 Tbsp Olive Oil
- ½ tsp Dried Thyme
- 2 Garlic Cloves, minced
- 2 Tbsp Grated Parmesan
- Salt and Pepper to taste

o Directions

For the salmon:

Preheat oven to 400F.

Line a baking pan with aluminum foil. Rub olive oil, thyme, salt, and pepper on both sides of the salmon and place on prepared baking dish.

Bake for 15 to 18 minutes.

For the cauliflower:

Boil the cauliflower florets until soft, about 2 minutes and drain.

Place the butter, garlic, grated parmesan, salt, pepper, and cauliflower into a food processor and process until very smooth, about 1 to 2 minutes.

Distribute the cauliflower puree among each plate and top with each salmon filet. Serve immediately.



Sweet Potato Chips

o Nutrient Summary

- Yields 4 Servings
- Approximately 190 Calories; 24g CHO, 2g Pro, 10.5g Fat)

o Ingredients

- 4 Medium Sweet Potatoes
- 3 Tbsp Olive Oil
- 1 Tbsp Dried Rosemary
- Salt and Pepper to taste

o Directions

- Preheat to 400F. Line two baking sheets with parchment paper and set aside.
- Slice the sweet potatoes into 1/8"-thick slices using a mandolin or knife.
- In a large bowl, combine the sliced sweet potatoes, olive oil, dried rosemary, salt, and pepper. Toss to combine.
- Spread the sliced sweet potatoes into a single layer on prepared baking sheets. Bake for 10 minutes, flip over and bake for another 10 to 12 minutes. Remove from oven, place on cooling racks and let cool for about 10 minutes.



Baked Pumpkin Donut Holes

o **Nutrient Summary**

- Yields 24 Donut Holes
- Approximately 65 Calories; 11 g CHO, 1g Pro, 2g Fat

o **Ingredients**

- For the Donuts:
- 1 C All-Purpose Flour
- $\frac{3}{4}$ C Oat Flour
- 2 tsp Baking Powder
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{2}$ tsp Ground Cinnamon
- $\frac{1}{2}$ tsp Ground Nutmeg
- $\frac{1}{4}$ tsp Ground Cloves
- 1 Tbsp Coconut Oil, melted
- $\frac{1}{4}$ C Unsweetened Apple Sauce
- $\frac{1}{2}$ C Light Brown Sugar
- 1 Large Egg or Flax Egg
- 1 tsp Vanilla Extract
- $\frac{3}{4}$ C Canned Pumpkin Puree
- $\frac{1}{2}$ C Unsweetened Almond Milk
- For the Coating:
- 1.5 Tbsp Butter
- $\frac{1}{2}$ C Sugar
- 1 tsp Ground Cinnamon

o Directions

- Preheat oven to 350F. Spray a mini muffin pan with non-stick baking spray and set aside.

- In a medium bowl with the all-purpose flour, oat flour, baking powder, salt, cinnamon, nutmeg, and cloves.
- In a large bowl whisk together the coconut oil, applesauce, brown sugar, egg, vanilla extract, pumpkin puree, and almond milk until smooth. Slowly add the dry ingredients to the wet ingredients and mix until just well-combined.
- Add the batter to the mini muffin pan, filling until about $\frac{3}{4}$ full. Bake for 10 to 12 minutes or until a toothpick comes out clean.
- Place the donut holes on a cooling rack for 2 to 3 minutes.
- While the donut holes cool, combine the sugar and ground cinnamon in a small bowl and melt the butter in a separate small bowl.
- Dip each donut hole into the melted butter and roll in the cinnamon sugar to coat. Serve and enjoy.



Matcha Overnight Oats

o Nutrient Summary

- Yields 1
- Approximately 335 Calories; 36g CHO, 16g Pro, 13g Fat

• Ingredients

- $\frac{1}{2}$ C Rolled Oats
- 1 Tbsp Chia Seeds
- 1 tsp Matcha Powder
- 4 oz Plain Greek Yogurt
- 6 oz Unsweetened Almond Milk or milk of your choice
- $\frac{1}{4}$ tsp Vanilla Extract
- 1 Tbsp Shredded Coconut Flakes

• Directions

- Add the oats, chia seeds, matcha powder, yogurt, almond milk, and vanilla extract in a mason jar and stir until thoroughly mixed. Top with shredded coconut flakes.
- Cover and refrigerate for at least 4 hours or overnight.

Curry Tofu Wrap

Nutrient Summary

- Yields 4
- Approximately 360 Calories; 26g CHO, 13g Pro, 24g Fat

Ingredients

- 8 oz Extra-Firm Tofu, cut into ½-inch cubes
- 1 Tbsp Olive Oil
- ¼ C Raw Cashews, chopped
- ½ C Celery, diced
- ½ C Carrots, diced
- ¼ C Red Onion, diced
- ¼ C Cilantro, chopped
- ½ tsp Cayenne Pepper
- 2 tsp Curry Powder
- 3 Tbsp Vegan Mayo
- Salt and Pepper to taste
- 4 Whole Wheat Wraps

• Directions

- Place tofu in between layers of paper towels and press down to squeeze out the moisture. Cut into ½-inch cubes and blot down again to get remaining water out.
- Place a pan over medium heat and add olive oil. Add tofu, salt, and pepper and sear on all sides, turning often. Remove tofu from heat once all sides are golden and place in a medium bowl.
- Add cashews, celery, carrots, red onions, and cilantro. Stir well to combine. Add cayenne pepper, curry powder, vegan mayo, and stir to distribute evenly.
- Distribute evenly among wraps, placing filling in the middle of the wrap, fold, and serve.





Spaghetti Squash Pad Thai

Nutrient Summary

- Yields 4
- Approximately 455 Calories; 34g CHO, 35g Pro, 23g Fat)

Ingredients

- 1 Large Spaghetti Squash
- 2 Tbsp Olive Oil
- 1 lb Chicken Breast
- 1 Red Bell Pepper, thinly sliced
- 1 C Matchstick Carrots
- 2 Cloves Garlic, minced
- $\frac{1}{2}$ Yellow Onion
- $\frac{1}{4}$ C Bean Sprouts
- $\frac{1}{4}$ C Green Onions, thinly sliced
- $\frac{1}{4}$ C Cilantro, chopped
- 2 Tbsp Sliced Almonds
- $\frac{1}{4}$ C Peanut Butter
- Juice of 1 Lime
- 1 Tbsp Coconut Aminos
- 1 Tbsp Fresh Ginger, minced
- 1 Tbsp Honey
- $\frac{1}{4}$ C Water

• Directions

- For the sauce:
- Add the peanut butter, lime juice, coconut aminos, ginger, honey, and water to a blender and process until smooth. Set side.
- For the squash:

- Preheat oven to 400F. Slice the ends off the spaghetti squash and cut in half lengthwise. Scrape out the seeds using a spoon.
- Drizzle the inside of the spaghetti squash with ½ Tbsp Olive Oil and sprinkle with salt and pepper.
- Place spaghetti squash cut side down on a baking sheet, poke holes around the squash using a fork and roast for 30 to 40 minutes.
- Remove from oven and flip so it's cut side up. Wait about 15 minutes until squash is cool enough to touch and use a fork to scrape the inside of the squash to create spaghetti noodles.
- Cut chicken into one-inch pieces. Heat a large skillet over medium heat and add 1 Tbsp Olive Oil. Add the chicken and season with salt and pepper. Cook until chicken is cooked through and no longer pink, stirring often so all sides are golden. Transfer to a bowl and set aside.
- Add ½ Tbsp olive oil to skillet. Add garlic, yellow onion, bell pepper, and carrots. Cook for about 5 minutes, stirring often.
- Add the chicken back in the skillet and add the sauce. Stir to combine.
- Add the spaghetti squash to a large bowl and add the chicken, sauce, and vegetable mixture. Stir until well-combined.
- Serve immediately and top with sliced green onions, cilantro, sliced almonds, and bean sprouts.



Mango Salsa

- **Nutrient Summary**

- Yields 6
- Approximately 85 Calories; 14g CHO, 1g Pro, 0g Fat)

- **Ingredients**

- 3 C Mangoes, diced
- ½ Red Onion, diced
- 1 Red Bell Pepper, diced
- 1 Jalapeno, seeded and diced
- ½ C Cilantro, chopped
- Juice of 1 Lime
- Salt and Pepper to taste

- **Directions**

- Place mangoes, red onion, bell pepper, jalapeno, and cilantro in a large bowl. Drizzle with lime juice and stir all ingredients together. Season with salt and pepper as needed.
- Serve with chips, add to tacos, or fish.



Zucchini Bread

• Nutrient Summary

- Yields 10
- Approximately 170 Calories; 27g CHO, 4g Pro, 5.5g Fat

• Ingredients

- 1 $\frac{3}{4}$ C Whole Wheat Flour
- 2 Tbsp + 2 tsp Coconut Oil, melted
- 2 Tbsp + 2 tsp Unsweetened Applesauce
- 1.5 C Grated Zucchini
- $\frac{1}{2}$ C Maple Syrup
- 2 Large Eggs
- $\frac{1}{2}$ C Unsweetened Almond Milk
- 1 tsp Baking Soda
- 1 tsp Ground Cinnamon
- 1 tsp Vanilla Extract
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{4}$ tsp Ground Nutmeg

• Directions

- Preheat oven to 325F. Spray a 9x5 pan with a non-stick baking spray.
- In a large bowl, add the coconut oil and maple syrup and whisk until combined. Add the eggs and applesauce and mix well. Add the almond milk, baking soda, cinnamon, vanilla extract, salt, and nutmeg and mix well until combined.
- Squeeze out the excess moisture of the zucchini and blot with a paper towel. Add the zucchini to the mixture and stir in using a spatula. Slowly add the flour and stir until combined.
- Pour the batter into the prepared baking pan and. Bake for 55 to 60 minutes or until a toothpick placed in the center comes out clean. Let the bread cool and cut into individual slices.



Breakfast Tacos

- **Nutrient Summary**

- Yields 8
- Approximately 155 Calories; 14g CHO, 6g Pro, 8.5g Fat)

- **Ingredients**

- 8 Corn Tortillas
- 6 Large Eggs, beaten
- 1 Avocado, sliced
- 1 Large Tomato, diced
- ¼ C White Onion, diced
- ¼ C Cilantro
- ½ Tbsp Butter
- Juice from ½ Lime
- Salt and Pepper to taste

- **Directions**

- In a medium bowl, combine the tomato, onion, avocado, cilantro, lime juice, and salt. Set aside.
- Place a non-stick pan over medium heat. Add butter and then the eggs. Stir and scramble the eggs to your desired doneness.
- Warm tortillas on a pan and set aside.
- Spoon the eggs onto the tortillas and top with prepared salsa. Serve immediately.



Farro and Artichoke Salad

• Nutrient Summary

- Yields 4
- Approximately 290 Calories; 38g CHO, 9g Pro, 13.5g Fat)

• Ingredients

- 1 ¼ C Farro
- 2 ½ C Water
- ¼ C Pine Nuts
- ¼ C Sun-Dried Tomatoes, julienned
- ¼ C Red Onion, diced
- 1 – 14 oz Can Artichoke Hearts (not marinated), drained and rinsed and cut into quarters
- ¼ C Red Wine Vinegar
- 2 Tbsp Olive Oil
- ½ C Fresh Parsley, chopped

• Directions

- Rinse the farro and pick out any stones or grit. Place farro in a saucepan with the water and a pinch of kosher salt over high heat and bring to a boil. Reduce the heat to medium-low and cover. Simmer for about 25 to 30 minutes or until all the water has been absorbed and the farro is tender. Place the farro in a large bowl and let cool.
- In a small bowl, whisk together the olive oil and red wine vinegar.
- Add the sun-dried tomatoes, red onion, pine nuts, artichoke hearts, and parsley to the cooled farro and drizzle the dressing over, mix well. Serve immediately.



Roasted Tomato Soup

- **Nutrient Summary**

- Yields 4
- Approximately 145 Calories; 17g CHO, 4g Pro, 7.5g Fat

- **Ingredients**

- 3 lbs Tomatoes, halved
- 1 Yellow Onion, chopped
- 3.5 C Vegetable Broth
- 2 Tbsp Olive Oil
- 2 Tbsp Balsamic Vinegar
- 3 Cloves Garlic, minced
- 2 tsp Fresh Thyme
- 2 Tbsp Fresh Basil, chopped
- ¼ tsp Salt
- ¼ tsp Pepper

Directions

- Preheat oven to 325F.
- In a small bowl, whisk together 1 Tbsp Olive Oil, balsamic, minced garlic, thyme, salt, and pepper.
- Place halved tomatoes on a baking sheet cut side up. Spoon the olive and vinegar mixture over the tomatoes and roast for one hour.
- In a large pot or Dutch oven, add 1 Tbsp olive oil over medium-high heat. Add the onion, stirring often, for about 6 minutes. Add the vegetable broth and roasted tomatoes, scraping up any browned bits from the bottom of the pan using a wooden spoon. Bring to a boil. Reduce the heat to medium-low, cover, and let simmer for 10 minutes.
- Use an immersion blender to blend soup until smooth. Add salt and pepper to taste, serve, and top with chopped basil.



Chocolate Peanut Butter Banana Bites

- **Nutrient Summary**

- Yields About 30 Bites
- Approximately 50 Calories; 6g CHO, 1g Pro, 2.5g Fat

- **Ingredients**

- 3 Ripe Bananas
- 1/3 C Peanut Butter or Nut Butter of your choice
- 1/2 C Dark Chocolate Chips
- 2 tsp Coconut Oil

- **Directions**

- Line a baking sheet with parchment paper.
- Slice bananas into 1/4-inch rounds and arrange half of the sliced bananas on the prepared baking sheet. Spread about 1/2 tsp of peanut butter on each banana slice and then place another banana slice on top. Place baking sheet in freezer for one hour.
- While the banana bites are freezing, add the chocolate chips and coconut oil in a medium bowl and microwave for 1 minute. Stir and continue microwaving in 30-minute increments until completely melted.
- Remove the frozen banana bites from freezer and dip half of each banana bite into the melted chocolate. Place the covered bites back onto the baking sheet and place back in freezer for about 165 minutes or until the chocolate has hardened.



Raw Brownie Bites

- **Nutrient Summary**

- Yields 14
- Approximately 240 Calories; 23g CHO, 5g Pro, 16g Fat

- **Ingredients**

- 1 C Raw Walnuts
- ¼ C Raw Almonds
- ¼ C Raw Cashews
- 12 Medjool Dates, pitted
- 1/3 C Cacao Powder
- 1 tsp Vanilla Extract
- ¼ tsp Salt
- ¼ C Vegan Chocolate Chips

- **Directions**

- Line a small baking dish with parchment paper and set aside.
- Add the walnuts, almonds, cashews, dates, cacao powder, vanilla extract, and salt to a food processor and process until a sticky dough forms. Add 1 to 2 Tbsp of water if the dough is crumbly and process again.
- Transfer the dough to a bowl and stir in the chocolate chips. Scoop out the dough into 1-inch rounds and use clean hands to roll them into balls. Place on prepared baking dish. Serve immediately or store in the refrigerator.