

2200 - Vegan - Example Meal Plan

DAY 1

Breakfast 7:00 AM	oatmeal prepared with steel cut oats	1/2 Cup(s) (120 ml)	300 cal
	blueberries	1 Cup(s) (240 ml)	83 cal
	light vanilla soy milk, calcium added	8 fl oz (236 ml)	68 cal
	drinking water	8 fl oz (236 ml)	0 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 83 g (72%) / **Protein** 16 g (14%) / **Fat** 7 g (14%) / **Fluid** 569 g

NOTES:

Snack 10:00 AM	tangerine	2 medium	89 cal
	coconut water	8 fl oz (236 ml)	46 cal
	drinking water	8 fl oz (236 ml)	0 cal
	vegan vanilla protein powder	1 Scoop	125 cal
	vegan almond & coconut milk cranberry & raspberry	1 serving	325 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 76 g (50%) / **Protein** 38 g (25%) / **Fat** 17 g (25%) / **Fluid** 608 g

NOTES:

Lunch 12:00 PM	whole wheat dinner roll	2 roll	149 cal
	tofurky deli slices	4 oz (112 grams)	218 cal
	tomatoes	1/4 Cup(s) (60 ml)	8 cal
	dijon mustard	2 tsp	10 cal
	vegetable chips	1/2 oz (14 grams)	61 cal
	baby carrots	15 large	79 cal
	iced green tea	16 fl oz (473 ml)	0 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 72 g (54%) / **Protein** 36 g (27%) / **Fat** 11 g (19%) / **Fluid** 737 g

NOTES:

Snack 3:00 PM	drinking water	16 fl oz (473 ml)	0 cal
	vegan vanilla protein powder	1 Scoop	125 cal
	walnuts	30 gm	196 cal

MEAL TOTAL: **Calories** 321 cal / **Carbs** 7 g (8%) / **Protein** 30 g (35%) / **Fat** 21 g (57%) / **Fluid** 474 g

NOTES:

Dinner
6:00 PM

garden veggie tempeh	4 oz (112 grams)	251 cal
wild rice (cooked)	1 Cup(s) (240 ml)	166 cal
mixed vegetables (boiled)	1 1/2 Cup(s) (360 ml)	89 cal
drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 505 cal / **Carbs** 70 g (55%) / **Protein** 33 g (26%) / **Fat** 11 g (19%) / **Fluid** 708 g

NOTES:

DAY 1 TOTAL: Calories 2,387 cal / **Carbs** 309 g (50%) / **Protein** 152 g (25%) / **Fat** 67 g (25%) / **Fluid** 3096 g

DAY 2

Breakfast 7:00 AM	drinking water	8 fl oz (236 ml)	0 cal
	post workout vegan smoothie	1 serving	375 cal

MEAL TOTAL: Calories 375 cal / **Carbs** 67 g (68%) / **Protein** 29 g (30%) / **Fat** 1 g (2%) / **Fluid** 768 g

NOTES:

Snack 10:00 AM	coconut water	8 fl oz (236 ml)	46 cal
	drinking water	8 fl oz (236 ml)	0 cal
	vegan vanilla protein powder	1 Scoop	125 cal
	cashews	30 gm	166 cal

MEAL TOTAL: Calories 337 cal / **Carbs** 21 g (24%) / **Protein** 32 g (37%) / **Fat** 15 g (39%) / **Fluid** 466 g

NOTES:

Lunch 12:00 PM	whole wheat tortilla	2 tortilla	254 cal
	black beans (boiled)	3/4 Cup(s) (180 ml)	170 cal
	avocado	1/4 avocado	80 cal
	salsa	2 Tbsp	10 cal
	drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 514 cal / **Carbs** 75 g (57%) / **Protein** 21 g (16%) / **Fat** 16 g (27%) / **Fluid** 649 g

NOTES:

Snack 3:00 PM	plain soy yogurt	6 oz (168 grams)	150 cal
	banana	1 extra large	135 cal
	drinking water	16 fl oz (473 ml)	0 cal
	vegan vanilla protein powder	1 Scoop	125 cal

MEAL TOTAL: Calories 410 cal / **Carbs** 57 g (53%) / **Protein** 35 g (33%) / **Fat** 7 g (14%) / **Fluid** 587 g

NOTES:

Dinner 6:00 PM	vegan chicken strips	3 oz (84 grams)	217 cal
	peas and carrots (boiled)	1 Cup(s) (240 ml)	38 cal
	barley (cooked)	3/4 Cup(s) (180 ml)	145 cal
	romaine lettuce	2 Cup(s) (480 ml)	16 cal
	balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
	drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 486 cal / **Carbs** 58 g (46%) / **Protein** 24 g (19%) / **Fat** 20 g (35%) / **Fluid** 712 g

NOTES:



Eating right, simplified.

DAY 2 TOTAL: Calories 2,122 cal / Carbs 277 g (50%) / Protein 141 g (26%) / Fat 58 g (24%) / Fluid 3182 g

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DAY 3

Breakfast 7:00 AM	sunflower flax bread	2 slice	270 cal
	smooth peanut butter, no added salt	2 Tbsp	188 cal
	orange juice	8 fl oz (236 ml)	112 cal
	drinking water	8 fl oz (236 ml)	0 cal

MEAL TOTAL: Calories 570 cal / **Carbs** 75 g (51%) / **Protein** 20 g (13%) / **Fat** 24 g (36%) / **Fluid** 456 g

NOTES:

Snack 10:00 AM	banana	1 extra large	135 cal
	drinking water	16 fl oz (473 ml)	0 cal
	vegan vanilla protein powder	1 Scoop	125 cal

MEAL TOTAL: Calories 260 cal / **Carbs** 38 g (54%) / **Protein** 27 g (39%) / **Fat** 2 g (7%) / **Fluid** 587 g

NOTES:

Snack 12:00 PM	whole wheat tortilla	2 tortilla	254 cal
	meat free bacon	4 slices	90 cal
	romaine lettuce	4 leaf	4 cal
	dijon mustard	2 tsp	10 cal
	tofu mayonnaise	1/2 Tbsp	24 cal
	apple	1 large	110 cal
	iced green tea	16 fl oz (473 ml)	0 cal


MEAL TOTAL: Calories 493 cal / **Carbs** 70 g (56%) / **Protein** 21 g (17%) / **Fat** 15 g (27%) / **Fluid** 706 g

NOTES:

Snack 3:00 PM	hummus, lower sodium	3 Tbsp	78 cal
	drinking water	16 fl oz (473 ml)	0 cal
	vegan vanilla protein powder	1 Scoop	125 cal

MEAL TOTAL: Calories 203 cal / **Carbs** 10 g (19%) / **Protein** 29 g (55%) / **Fat** 6 g (26%) / **Fluid** 505 g

NOTES:

Dinner 6:00 PM	vegan chicken strips	3 oz (84 grams)	217 cal
	 mango black bean salad	1/2 serving	208 cal
	whole wheat pita bread	1 small	74 cal
	drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 499 cal / **Carbs** 55 g (42%) / **Protein** 28 g (22%) / **Fat** 21 g (36%) / **Fluid** 657 g

NOTES:



Eating right, simplified.

DAY 3 TOTAL: Calories 2,025 cal / Carbs 247 g (47%) / Protein 124 g (24%) / Fat 67 g (29%) / Fluid 2911 g

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DAY 4

Breakfast 7:00 AM	oatmeal prepared with steel cut oats	1/2 Cup(s) (120 ml)	300 cal
	blueberries	1 Cup(s) (240 ml)	83 cal
	slivered almonds	1/4 oz (7 grams)	38 cal
	light vanilla soy milk, calcium added	8 fl oz (236 ml)	68 cal
	drinking water	8 fl oz (236 ml)	0 cal

MEAL TOTAL: Calories 489 cal / **Carbs** 86 g (69%) / **Protein** 18 g (14%) / **Fat** 9 g (17%) / **Fluid** 569 g

NOTES:

Snack 10:00 AM	coconut water	8 fl oz (236 ml)	46 cal
	drinking water	8 fl oz (236 ml)	0 cal
	vegan vanilla protein powder	1 Scoop	125 cal
	plain soy yogurt	1 container	150 cal

MEAL TOTAL: Calories 321 cal / **Carbs** 31 g (39%) / **Protein** 35 g (43%) / **Fat** 6 g (18%) / **Fluid** 465 g

NOTES:

Lunch 12:00 PM	vegan chicken strips	3 oz (84 grams)	217 cal
	 mango black bean salad	1/2 serving	208 cal
	whole wheat pita bread	1 small	74 cal
	drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 499 cal / **Carbs** 55 g (42%) / **Protein** 28 g (22%) / **Fat** 21 g (36%) / **Fluid** 657 g

NOTES:

Snack 3:00 PM	banana	1 extra large	135 cal
	drinking water	16 fl oz (473 ml)	0 cal
	almonds	30 gm	174 cal

MEAL TOTAL: Calories 309 cal / **Carbs** 41 g (49%) / **Protein** 8 g (10%) / **Fat** 15 g (41%) / **Fluid** 588 g

NOTES:

Dinner 6:00 PM	vegan chicken fillet	6 oz (168 grams)	146 cal
	baked teriyaki tofu	6 oz (168 grams)	272 cal
	mixed vegetables (boiled)	1 1/2 Cup(s) (360 ml)	89 cal
	drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 507 cal / **Carbs** 59 g (43%) / **Protein** 51 g (38%) / **Fat** 11 g (19%) / **Fluid** 587 g

NOTES:

DAY 4 TOTAL: Calories 2,125 cal / **Carbs** 271 g (49%) / **Protein** 140 g (25%) / **Fat** 64 g (26%) / **Fluid** 2865 g

DAY 5

Breakfast 7:00 AM	orange juice	8 fl oz (236 ml)	112 cal
	drinking water	8 fl oz (236 ml)	0 cal
	post workout vegan smoothie	1 serving	375 cal

MEAL TOTAL: Calories 487 cal / **Carbs** 93 g (74%) / **Protein** 31 g (24%) / **Fat** 1 g (2%) / **Fluid** 987 g

NOTES:

Snack 10:00 AM	plain soy yogurt	6 oz (168 grams)	150 cal
	blueberries	1/2 Cup(s) (120 ml)	41 cal
	slivered almonds	30 1/4 gm	163 cal
	drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 355 cal / **Carbs** 41 g (46%) / **Protein** 15 g (17%) / **Fat** 14 g (37%) / **Fluid** 534 g

NOTES:

Lunch 12:00 PM	tomatoes	1/4 Cup(s) (60 ml)	8 cal
	vegetable chips	1/2 oz (14 grams)	61 cal
	drinking water	16 fl oz (473 ml)	0 cal
	vegan fajitas	1 serving	360 cal

MEAL TOTAL: Calories 430 cal / **Carbs** 61 g (53%) / **Protein** 11 g (10%) / **Fat** 19 g (37%) / **Fluid** 766 g

NOTES:

Snack 3:00 PM	hummus, lower sodium	3 Tbsp	78 cal
	drinking water	16 fl oz (473 ml)	0 cal
	vegan vanilla protein powder	2 Scoop	250 cal

MEAL TOTAL: Calories 328 cal / **Carbs** 13 g (15%) / **Protein** 54 g (65%) / **Fat** 8 g (20%) / **Fluid** 505 g

NOTES:

Dinner 6:00 PM	grilled vegetable sandwich	1 serving	530 cal
	low fat black bean vegetable soup	1 1/2 Cup(s) (360 ml)	210 cal
	drinking water	16 fl oz (473 ml)	0 cal

MEAL TOTAL: Calories 740 cal / **Carbs** 131 g (69%) / **Protein** 28 g (15%) / **Fat** 13 g (16%) / **Fluid** 846 g

NOTES:

DAY 5 TOTAL: Calories 2,339 cal / **Carbs** 339 g (56%) / **Protein** 139 g (23%) / **Fat** 55 g (21%) / **Fluid** 3638 g



1 Servings

post workout vegan smoothie

Ingredients

banana	2 medium
drinking water	12 fl oz (354 ml)
organic mixed berries frozen by woodstock	3/4 Cup(s) (180 ml)
pea protein by naked nutrition	2 Scoop

Nutrition Totals

Calories 375 / **Carbs** 67 g / **Protein** 29 g / **Fat** 1 g / **Fluid** 532 g

Instructions

OPTIONS:

Sub in any berries you like!

Frozen banana, or one frozen work best!

Add a healthy fat (avocado, flax, nut butter) manually add to your day

Add Pumpkin, Sweet Potato, Spinach for extra vegetables

Blend - add water as needed

Nutrition Label

Post Workout Vegan Smoothie		
Amount Per Serving		
Calories		375
	% Daily Value*	
Total Fat 0.7g		1%
Saturated Fat 0.2g		1%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 112.3mg		5%
Total Carbohydrates 67.1g		22%
Dietary Fiber 9.8g		40%
Total Sugar 36.3g		
Protein 29.3g		
Vitamin D 0IU		0%
Calcium 120.7mg		12%
Iron 0.8mg		5%
Potassium 844.8mg		

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2 Servings

mango black bean salad

Ingredients

green onion	4 medium
mango	1 fruit
red pepper	1/2 Cup(s) (120 ml)
romaine lettuce	4 Cup(s) (960 ml)
olive oil	2 Tbsp
lime juice	2 Tbsp
cumin ground	1/2 tsp
chili powder	1/4 tsp
black beans (boiled)	1 1/2 Cup(s) (360 ml)
sweet white corn (boiled)	1/2 Cup(s) (120 ml)

Nutrition Totals

Calories 830 / **Carbs** 120 g / **Protein** 30 g / **Fat** 31 g / **Fluid** 701 g

Instructions

1. Slice green onions, dice mango, dice red peppers and shred romaine lettuce. Set aside.
2. Whisk together olive oil, lime juice, cumin, and chili powder in a small bowl.
3. Place romaine lettuce in a large mixing bowl.
4. Add black beans, corn, green onions, mango and red bell pepper.
5. Drizzle dressing over salad and toss to coat.

Nutrition Label

Mango Black Bean Salad	
Amount Per Serving	
Calories	415
% Daily Value*	
Total Fat 15.3g	24%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 23mg	1%
Total Carbohydrates 59.8g	20%
Dietary Fiber 17g	68%
Total Sugar 17.8g	
Protein 15.1g	
Vitamin D 0IU	0%
Calcium 105.3mg	11%
Iron 4.6mg	26%
Potassium 1101.2mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2 Servings

vegan fajitas

Ingredients

extra virgin olive oil	1 Tbsp
distilled vinegar	2 tsp
chili powder	1/2 tsp
oregano, dried	1/2 tsp
green pepper	1 medium
zucchini/summer squash	1 small
summer squash	1 Cup(s) (240 ml)
extra virgin olive oil	1 Tbsp
black beans (boiled)	1/2 Cup(s) (120 ml)
corn sweet yellow raw	1/2 Cup(s) (120 ml)
corn tortilla, no added salt	4 tortilla

Nutrition Totals

Calories 720 / **Carbs** 97 g / **Protein** 20 g / **Fat** 33 g / **Fluid** 501 g

Instructions

1. In a large bowl combine 1 Tbsp. olive oil, vinegar, chili powder and oregano.
2. Slice the green peppers, zucchini, and yellow squash and add to marinade.
3. Marinate vegetables in the refrigerator for at least 30 minutes, but no more than 24 hours.
4. Heat 1 Tbsp. of olive oil over medium heat. Drain the vegetables and sauté until tender; about 10 to 15 minutes.
5. Stir in the beans and corn.
6. Increase the heat to high and cook for an additional 3-5 minutes, to brown vegetables.
7. Serve in warm corn tortillas.

Nutrition Label

Vegan Fajitas		
Amount Per Serving		
Calories		360
% Daily Value*		
Total Fat	16.5g	25%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	30.7mg	1%
Total Carbohydrates	48.7g	16%
Dietary Fiber	9.8g	39%
Total Sugar	6.6g	
Protein	10g	
Vitamin D	0IU	0%
Calcium	136.7mg	14%
Iron	2.7mg	15%
Potassium	760.7mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2 Servings

grilled vegetable sandwich

Ingredients

pesto basil sauce, low-fat	2 Tbsp
zucchini/summer squash	1 small
olive oil	1 Tbsp
eggplant	1 eggplant
red pepper	2 ring
french bread	4 medium slice
tomatoes	2 medium slice

Nutrition Totals

Calories 1060 / **Carbs** 184 g / **Protein** 38 g / **Fat** 22 g / **Fluid** 745 g

Instructions

1. Slice zucchini and eggplant into medium slices.
2. Combine zucchini and eggplant, with red bell pepper rings in a bowl.
3. Preheat grill for medium heat and lightly oil the grate.
4. Brush vegetables with olive oil to coat. Season to taste with salt and pepper.
5. Cook vegetables on hot grill until tender, 2 to 3 minutes per side.
6. Toast bread slices.
7. Spread basil pesto evenly over two of the toast slices.
8. Arrange grilled vegetables on the pesto.
9. Top each with plum tomato slices, followed by remaining pieces of toasted bread.

Nutrition Label

Grilled Vegetable Sandwich		
Amount Per Serving		
Calories		530
	% Daily Value*	
Total Fat 11g		17%
Saturated Fat 1.9g		10%
Trans Fat 0g		
Cholesterol 0.9mg		0%
Sodium 702.3mg		29%
Total Carbohydrates 92.1g		31%
Dietary Fiber 12.4g		50%
Total Sugar 15.6g		
Protein 19.1g		
Vitamin D 0IU		0%
Calcium 105.7mg		11%
Iron 5.6mg		31%
Potassium 1013.8mg		

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Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium	2 Tbsp
dijon mustard	4 tsp
salsa	2 Tbsp
tofu mayonnaise	0.5 Tbsp

Beverages

coconut water	24 fl oz (709 ml)
drinking water	328 fl oz (9698 ml)
iced green tea	32 fl oz (946 ml)
light vanilla soy milk, calcium added	16 fl oz (473 ml)

Bread

corn tortilla, no added salt	2 tortilla
french bread	2 medium slice
sunflower flax bread	2 slice
whole wheat dinner roll	2 roll
whole wheat pita bread	2 small
whole wheat tortilla	4 tortilla

Cereal & Grain Products

barley	0.75 Cup(s) (180 ml)
oatmeal prepared with steel cut oats	1 Cup(s) (240 ml)
pesto basil sauce, low-fat	1 Tbsp
wild rice	1 Cup(s) (240 ml)

Desserts

plain soy yogurt	12 oz (336 grams) 1 container
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Entrees

vegan chicken strips	9 oz (252 grams)
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Fats & Oils

extra virgin olive oil	1 Tbsp
olive oil	1.5 Tbsp

Fruits & Juices

apple	1 large
avocado	0.25 avocado
banana	4 medium
	3 extra large
blueberries	2.5 Cup(s) (600 ml)
lime juice	1 Tbsp
mango	0.5 fruit
orange juice	16 fl oz (473 ml)
tangerine	2 medium

Ingredients

distilled vinegar	1 tsp
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Legumes & Beans

black beans	1.76 Cup(s) (422 ml)
hummus, lower sodium	6 Tbsp

Nuts & Seeds

almonds	30 gm
cashews	30 gm
slivered almonds	0.25 oz (7 grams)
	30.25 gm
smooth peanut butter, no added salt	2 Tbsp
walnuts	30 gm

Sausages & Meats

meat free bacon	4 slices
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Snacks

vegetable chips	1 oz (28 grams)
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Soup

low fat black bean vegetable soup 1.5 Cup(s) (360 ml)

Spices & Herbs

chili powder 0.37 tsp
 cumin ground 0.26 tsp
 oregano, dried 0.25 tsp

Sports & Diet Nutritionals

vegan vanilla protein powder 9 Scoop

Uncategorized

corn sweet yellow raw 0.25 Cup(s) (60 ml)
 organic mixed berries frozen by woodstock 1.5 Cup(s) (360 ml)
 pea protein by naked nutrition 4 Scoop
 vegan almond & coconut milk cranberry & raspberry yoghurt by babushka 1 serving

Vegetables

baby carrots 15 large
 eggplant 0.5 eggplant
 green onion 2 medium
 green pepper 0.5 medium
 mixed vegetables 3 Cup(s) (720 ml)
 peas and carrots 1 Cup(s) (240 ml)
 red pepper 0.26 Cup(s) (62 ml)
 1 ring
 romaine lettuce 4 Cup(s) (960 ml)
 4 leaf
 summer squash 0.5 Cup(s) (120 ml)
 sweet white corn 0.26 Cup(s) (62 ml)
 tomatoes 0.5 Cup(s) (120 ml)
 1 medium slice
 zucchini/summer squash 1 small

Vegetarian Products



Eating right, simplified.

baked teriyaki tofu	6 oz (168 grams)
garden veggie tempeh	4 oz (112 grams)
tofurky deli slices	4 oz (112 grams)
vegan chicken fillet	6 oz (168 grams)

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Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines



Golf Ball

1/4 cup / 1 oz / 2 tbsp



Tennis Ball

1 cup



Computer Mouse

1/2 cup



Baseball

1 cup



Rounded Handful

1/2 cup
1 oz dried goods



Hockey Puck

3 oz muffin or biscuit



Matchbox

1 oz serving of meat



Deck of Cards

3 oz of chicken, meat,
or fish



This Paperback Book

8 oz serving of meat



Thumb

1 tsp



Poker Chip

1 tbsp



Shot Glass

1 oz / 2 tbsp



CD

1 slice of bread
1 oz lunch meat



3 Dice

1 1/2 oz cheese



Kids' Milk Carton

8 oz drink

Useful Examples



Bread & Grains

1 cup of cereal = 1 baseball
1/2 cup cooked rice = computer mouse
1/2 cup cooked pasta = computer mouse
1 slice of bread = CD
3 cups of popcorn = 3 baseballs



Fruits & Vegetables

1/2 cup grapes = about 16 grapes
1 cup of strawberries = about 12 berries
1 cup of salad greens = 1 baseball
1 cup cooked vegetables = 1 baseball
1 baked potato = computer mouse



Meats, Fish & Nuts

3 oz lean meat or poultry = deck of cards
3 oz tofu = deck of cards
2 tbsp peanut butter = golf ball
1/4 cup almonds = about 23 almonds
1/4 cup pistachios = about 24 pistachios



Dairy & Cheese

1 1/2 oz cheese = stacked dice
1 cup yogurt = baseball
1/2 cup ice cream = computer mouse



Fats & Oils

1 tbsp butter or spread = poker chip
1 tbsp salad dressing = poker chip
1 tbsp oil or mayonnaise = poker chip



Sweets & Treats

1 slice cake = deck of cards
1 cookie = about 2 poker chips
1 piece of chocolate = matchbox