

# 1300 Vegetarian - Example Meal Plan

## DAY 1

### Snack 11:30 AM

egg (hard boiled)	1 large	78 cal
banana	1 large	121 cal

MEAL TOTAL: **Calories** 199 cal / **Carbs** 32 g (60%) / **Protein** 8 g (15%) / **Fat** 6 g (25%) / **Fluid** 139 g

NOTES:

### Lunch 2:00 PM

avocado	1/2 avocado	161 cal
adzuki bean salad	1 serving	252 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 40 g (36%) / **Protein** 12 g (11%) / **Fat** 25 g (53%) / **Fluid** 158 g

NOTES:

### Snack 3:00 PM

cashews	10 gm	55 cal
vegan vanilla protein powder	2 Scoop	250 cal

MEAL TOTAL: **Calories** 305 cal / **Carbs** 9 g (12%) / **Protein** 52 g (67%) / **Fat** 7 g (21%) / **Fluid** 1 g

NOTES:

### Dinner 6:00 PM

sweet corn kernels	50 gm	44 cal
super easy vegetarian chili	1 serving	278 cal

MEAL TOTAL: **Calories** 322 cal / **Carbs** 52 g (61%) / **Protein** 16 g (18%) / **Fat** 8 g (21%) / **Fluid** 79 g

NOTES:

### Snack 8:00 PM

egg (hard boiled)	2 large	155 cal
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MEAL TOTAL: **Calories** 155 cal / **Carbs** 1 g (3%) / **Protein** 13 g (33%) / **Fat** 11 g (64%) / **Fluid** 75 g

NOTES:


**DAY 1 TOTAL: Calories** 1,394 cal / **Carbs** 133 g (36%) / **Protein** 100 g (28%) / **Fat** 57 g (36%) / **Fluid** 451 g

**DAY 2**

<b>Snack</b> 11:30 AM	cashews	20 gm	111 cal
	egg (hard boiled)	1 large	78 cal

**MEAL TOTAL: Calories** 188 cal / **Carbs** 7 g (14%) / **Protein** 10 g (21%) / **Fat** 14 g (65%) / **Fluid** 38 g

**NOTES:**

<b>Lunch</b> 2:00 PM	 italian pasta veggie salad	1 serving	205 cal
	sweet potato (baked)	1 medium	103 cal

**MEAL TOTAL: Calories** 307 cal / **Carbs** 52 g (68%) / **Protein** 14 g (19%) / **Fat** 4 g (13%) / **Fluid** 195 g

**NOTES:**

<b>Snack</b> 3:00 PM	vegan vanilla protein powder	1 Scoop	125 cal
	egg (hard boiled)	1 large	78 cal

**MEAL TOTAL: Calories** 203 cal / **Carbs** 4 g (7%) / **Protein** 31 g (62%) / **Fat** 7 g (31%) / **Fluid** 37 g

**NOTES:**

<b>Dinner</b> 6:00 PM	 vegan fajitas	1 serving	360 cal
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**MEAL TOTAL: Calories** 360 cal / **Carbs** 49 g (51%) / **Protein** 10 g (10%) / **Fat** 17 g (39%) / **Fluid** 251 g

**NOTES:**

<b>Snack</b> 8:00 PM	 spinach omelette	1 serving	223 cal
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**MEAL TOTAL: Calories** 223 cal / **Carbs** 2 g (4%) / **Protein** 19 g (35%) / **Fat** 15 g (61%) / **Fluid** 0 g

**NOTES:**


**DAY 2 TOTAL: Calories** 1,281 cal / **Carbs** 113 g (35%) / **Protein** 85 g (26%) / **Fat** 57 g (39%) / **Fluid** 521 g

**DAY 3**

<b>Snack</b> 11:30 AM	rice cake, unsalted	2 cake	70 cal
	hummus	2 Tbsp	55 cal

MEAL TOTAL: **Calories** 125 cal / **Carbs** 20 g (68%) / **Protein** 4 g (12%) / **Fat** 3 g (20%) / **Fluid** 20 g

NOTES:

<b>Lunch</b> 2:00 PM	 mediterranean barley and chickpea salad	1 serving	326 cal
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MEAL TOTAL: **Calories** 326 cal / **Carbs** 44 g (51%) / **Protein** 8 g (10%) / **Fat** 15 g (39%) / **Fluid** 198 g

NOTES:

<b>Snack</b> 3:00 PM	almonds	10 almond	69 cal
	vegan vanilla protein powder	1 Scoop	125 cal
	egg (hard boiled)	1 large	78 cal

MEAL TOTAL: **Calories** 272 cal / **Carbs** 6 g (9%) / **Protein** 34 g (49%) / **Fat** 13 g (42%) / **Fluid** 38 g

NOTES:

<b>Dinner</b> 6:00 PM	sweet potato	100 gm	86 cal
	sweet corn kernels	100 gm	88 cal
	 vegan veggie ragu	1 serving	245 cal

MEAL TOTAL: **Calories** 419 cal / **Carbs** 90 g (82%) / **Protein** 13 g (12%) / **Fat** 3 g (6%) / **Fluid** 230 g

NOTES:

<b>Snack</b> 8:00 PM	 veggie scramble	1 serving	307 cal
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MEAL TOTAL: **Calories** 307 cal / **Carbs** 24 g (31%) / **Protein** 22 g (29%) / **Fat** 14 g (40%) / **Fluid** 194 g

NOTES:

**DAY 3 TOTAL: Calories** 1,449 cal / **Carbs** 184 g (50%) / **Protein** 81 g (22%) / **Fat** 47 g (28%) / **Fluid** 681 g

**DAY 4**

**Snack**  
11:30 AM

apple	1 small	55 cal
egg (hard boiled)	2 large	155 cal

MEAL TOTAL: **Calories** 210 cal / **Carbs** 16 g (30%) / **Protein** 13 g (24%) / **Fat** 11 g (46%) / **Fluid** 165 g

NOTES:

**Lunch**  
2:00 PM

 tofu & veggies in peanut sauce	1 serving	328 cal
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MEAL TOTAL: **Calories** 328 cal / **Carbs** 16 g (18%) / **Protein** 24 g (27%) / **Fat** 22 g (55%) / **Fluid** 269 g

NOTES:


**Snack**  
3:00 PM

vegan vanilla protein powder	1 Scoop	125 cal
egg (hard boiled)	1 large	78 cal

MEAL TOTAL: **Calories** 203 cal / **Carbs** 4 g (7%) / **Protein** 31 g (62%) / **Fat** 7 g (31%) / **Fluid** 37 g

NOTES:

**Dinner**  
6:00 PM

 spinach omelette	1 serving	223 cal
 quinoa & black beans	1 serving	259 cal

MEAL TOTAL: **Calories** 482 cal / **Carbs** 44 g (36%) / **Protein** 31 g (26%) / **Fat** 20 g (38%) / **Fluid** 164 g

NOTES:

**Snack**  
8:00 PM

 italian pasta veggie salad	1 serving	205 cal
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MEAL TOTAL: **Calories** 205 cal / **Carbs** 28 g (57%) / **Protein** 12 g (24%) / **Fat** 4 g (19%) / **Fluid** 109 g

NOTES:

**DAY 4 TOTAL: Calories** 1,427 cal / **Carbs** 108 g (30%) / **Protein** 111 g (31%) / **Fat** 64 g (39%) / **Fluid** 744 g

**DAY 5**

**Snack**      apple      1 large      110 cal  
11:30 AM

MEAL TOTAL: **Calories** 110 cal / **Carbs** 29 g (95%) / **Protein** 1 g (2%) / **Fat** 0 g (3%) / **Fluid** 181 g

NOTES:

**Lunch**      📄 mango black bean salad      1 serving      415 cal  
2:00 PM

MEAL TOTAL: **Calories** 415 cal / **Carbs** 60 g (54%) / **Protein** 15 g (14%) / **Fat** 15 g (32%) / **Fluid** 351 g

NOTES:

**Snack**      almonds      10 almond      69 cal  
3:00 PM      vegan vanilla protein powder      1 Scoop      125 cal

MEAL TOTAL: **Calories** 194 cal / **Carbs** 6 g (11%) / **Protein** 28 g (55%) / **Fat** 7 g (34%) / **Fluid** 1 g

NOTES:

**Dinner**      📄 tofu and mushroom stir-fry      1 serving      422 cal  
6:00 PM

MEAL TOTAL: **Calories** 422 cal / **Carbs** 31 g (27%) / **Protein** 24 g (21%) / **Fat** 27 g (52%) / **Fluid** 386 g

NOTES:

**Snack**      egg (poached)      3 large      215 cal  
7:00 PM      gluten free bread      2 slices      174 cal

MEAL TOTAL: **Calories** 389 cal / **Carbs** 22 g (24%) / **Protein** 23 g (25%) / **Fat** 21 g (51%) / **Fluid** 114 g

NOTES:

**DAY 5 TOTAL: Calories** 1,531 cal / **Carbs** 148 g (37%) / **Protein** 90 g (23%) / **Fat** 71 g (40%) / **Fluid** 1032 g

**DAY 6**

<b>Snack</b> 11:30 AM	almond butter	1 Tbsp	100 cal
	egg (hard boiled)	1 large	78 cal

**MEAL TOTAL: Calories** 178 cal / **Carbs** 4 g (8%) / **Protein** 9 g (22%) / **Fat** 13 g (70%) / **Fluid** 37 g

**NOTES:**

<b>Lunch</b> 2:00 PM	mediterranean sprouted lentil salad	1 serving	254 cal
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**MEAL TOTAL: Calories** 254 cal / **Carbs** 30 g (42%) / **Protein** 8 g (12%) / **Fat** 14 g (46%) / **Fluid** 203 g

**NOTES:**

<b>Snack</b> 3:00 PM	egg (hard boiled)	1 large	78 cal
	berry protein smoothie	1 serving	435 cal

**MEAL TOTAL: Calories** 513 cal / **Carbs** 30 g (22%) / **Protein** 49 g (36%) / **Fat** 25 g (42%) / **Fluid** 197 g

**NOTES:**

<b>Dinner</b> 6:00 PM	green beans	1 Cup(s) (240 ml)	35 cal
	veggie stuffed avocado	1 serving	279 cal

**MEAL TOTAL: Calories** 314 cal / **Carbs** 33 g (38%) / **Protein** 11 g (12%) / **Fat** 20 g (50%) / **Fluid** 206 g

**NOTES:**

<b>Snack</b> 8:00 PM	spicy mediterranean spinach and lentil soup	1 serving	182 cal
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**MEAL TOTAL: Calories** 182 cal / **Carbs** 29 g (57%) / **Protein** 6 g (12%) / **Fat** 7 g (31%) / **Fluid** 499 g

**NOTES:**

**DAY 6 TOTAL: Calories** 1,439 cal / **Carbs** 126 g (32%) / **Protein** 84 g (22%) / **Fat** 80 g (46%) / **Fluid** 1142 g

**DAY 7**

**Snack**  
11:30 AM

cashews


20 gm

111 cal

**MEAL TOTAL: Calories** 111 cal / **Carbs** 6 g (21%) / **Protein** 4 g (12%) / **Fat** 9 g (67%) / **Fluid** 1 g

**NOTES:**

**Lunch**  
2:00 PM

 hard boiled eggs  
fava bean salad

1 serving

71 cal

1 serving

386 cal

**MEAL TOTAL: Calories** 457 cal / **Carbs** 49 g (43%) / **Protein** 23 g (19%) / **Fat** 20 g (38%) / **Fluid** 400 g

**NOTES:**

**Snack**  
3:00 PM

vegan vanilla protein powder  
egg (hard boiled)

1 Scoop

125 cal


2 large

155 cal

**MEAL TOTAL: Calories** 280 cal / **Carbs** 4 g (6%) / **Protein** 38 g (54%) / **Fat** 12 g (40%) / **Fluid** 75 g

**NOTES:**

**Dinner**  
6:00 PM

 sweet potato  
veggie burger

100 gm

86 cal

1 serving

234 cal

**MEAL TOTAL: Calories** 320 cal / **Carbs** 55 g (65%) / **Protein** 16 g (18%) / **Fat** 6 g (17%) / **Fluid** 176 g

**NOTES:**

**DAY 7 TOTAL: Calories** 1,168 cal / **Carbs** 114 g (38%) / **Protein** 79 g (27%) / **Fat** 47 g (35%) / **Fluid** 652 g



2 Servings

# adzuki bean salad

## Ingredients

adzuki beans ( boiled)	1 Cup(s) (240 ml)
olive oil	1 Tbsp
lemon juice	1 Tbsp
cumin ground	1/2 tsp
parsley	2 tsp
dry roasted sunflower seeds, unsalted	1/2 oz (14 grams)
fresh cilantro leaves	1 Tbsp

## Nutrition Totals

**Calories** 505 / **Carbs** 62 g / **Protein** 20 g / **Fat** 21 g / **Fluid** 169 g

## Instructions

1. Place cooked adzuki beans in a medium-sized bowl.
2. In a separate smaller bowl, lightly whisk together the olive oil, lemon juice, cumin, and fresh parsley.
3. Drizzle dressing over beans.
4. Garnish with sunflower seeds and fresh cilantro leaves.



# Nutrition Label

<b>Adzuki Bean Salad</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>252</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.5g	<b>16%</b>
Saturated Fat 1.3g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10.3mg	<b>0%</b>
<b>Total Carbohydrates</b> 31g	<b>10%</b>
Dietary Fiber 9.2g	<b>37%</b>
Total Sugar 0.3g	
<b>Protein</b> 10.1g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 39.5mg	<b>4%</b>
<b>Iron</b> 2.6mg	<b>15%</b>
<b>Potassium</b> 687.8mg	

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4 Servings

# super easy vegetarian chili

## Ingredients

canned beans organic plain beans organic black beans by eden foods	15 oz (420 grams)
canned beans organic plain kidney by eden foods	15 oz (420 grams)
muir glen tomatoes muir glen organic diced tomatoes fire roasted by general mills	15 oz (420 grams)
onion	1/2 medium
garlic	3 cloves
red pepper	1 medium
extra virgin olive oil	2 Tbsp
broths organic vegetable broth by pacific natural foods	1/4 Cup(s) (60 ml)
chili powder	6 tsp
himalayan pink salt by kirkland signature	1/2 tsp
black pepper	1/2 tsp

## Nutrition Totals

**Calories** 1113 / **Carbs** 165 g / **Protein** 57 g / **Fat** 31 g / **Fluid** 166 g

## Instructions

### Ingredients

1 15 oz. can black or pinto beans, drained  
1 15 oz. can kidney beans, drained  
1 15 oz. can diced tomatoes (do not drain)  
1/2 onion, diced  
3 cloves garlic, minced  
1 bell pepper, diced (any color)  
2 tbsp. olive oil  
1/4 cup vegetable broth  
2 tbsp. chili powder  
1/2 tsp. salt (or to taste)  
1/2 tsp. pepper (or to taste)

### Instructions

- In a medium or large soup pot, sautee the onion, bell pepper and garlic in the olive oil for 3 to five minutes, until the onions are soft, stirring occasionally.
- Next, add in the undrained tomatoes, the vegetable broth and the chili powder and stir.
- Reduce heat to medium low and add beans. Stir occasionally and cook for at least 20 minutes. The longer you cook chili the better, but if you're pressed for time, 20 minutes is fine.
- For a spicier chili, add cayenne pepper and red pepper flakes.

# Nutrition Label

<b>Super Easy Vegetarian Chili</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>278</b>
% Daily Value*	
<b>Total Fat</b> 7.6g	<b>12%</b>
Saturated Fat 1.1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 603.4mg	<b>25%</b>
<b>Total Carbohydrates</b> 41.2g	<b>14%</b>
Dietary Fiber 14.6g	<b>58%</b>
Total Sugar 5.5g	
<b>Protein</b> 14.2g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 171.2mg	<b>17%</b>
<b>Iron</b> 4.1mg	<b>23%</b>
<b>Potassium</b> 937.1mg	

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4 Servings

# italian pasta veggie salad

## Ingredients

low carb penne pasta	6 oz (168 grams)
tomatoes	1 large
onion	1/2 medium
green pepper	1 medium
mushrooms	1 Cup(s) (240 ml)
italian salad dressing	2 fl oz (59 ml)

## Nutrition Totals

**Calories** 819 / **Carbs** 114 g / **Protein** 48 g / **Fat** 17 g / **Fluid** 435 g

## Instructions

1. Cook pasta according to package instructions (omit salt).
2. Drain, rinse, and place cooked pasta in large bowl. Cool completely.
3. Dice tomatoes, onions and peppers. Slice mushrooms.
4. Add veggies to cooked pasta.
5. Toss with dressing and refrigerate until chilled.

# Nutrition Label

Italian Pasta Veggie Salad		
Amount Per Serving		
<b>Calories</b>		<b>205</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	4.2g	<b>7%</b>
Saturated Fat	0.6g	<b>3%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	165.3mg	<b>7%</b>
<b>Total Carbohydrates</b>	28.4g	<b>9%</b>
Dietary Fiber	5.7g	<b>23%</b>
Total Sugar	5.4g	
<b>Protein</b>	12g	
<b>Vitamin D</b>	1.2IU	<b>0%</b>
<b>Calcium</b>	13.1mg	<b>1%</b>
<b>Iron</b>	0.3mg	<b>2%</b>
<b>Potassium</b>	247.9mg	

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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

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

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1 Servings

# spinach omelette

## Ingredients

baby spinach by organic girl	1 Cup(s) (240 ml)
farmers organic free range eggs	3 Egg

## Nutrition Totals

**Calories** 223 / **Carbs** 2 g / **Protein** 19 g / **Fat** 15 g / **Fluid** 0 g

## Instructions

Scramble all together



# Nutrition Label

<b>Spinach Omelette</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>223</b>
<hr/>		
	<b>% Daily Value*</b>	
<b>Total Fat</b> 15g		<b>23%</b>
Saturated Fat 4.5g		<b>23%</b>
Trans Fat 0g		
<b>Cholesterol</b> 555mg		<b>185%</b>
<b>Sodium</b> 253.3mg		<b>11%</b>
<b>Total Carbohydrates</b> 1.9g		<b>1%</b>
Dietary Fiber 1.3g		<b>5%</b>
Total Sugar 0g		
<b>Protein</b> 19.3g		
<hr/>		
<b>Vitamin D</b> 0IU		<b>0%</b>
<b>Calcium</b> 137.3mg		<b>14%</b>
<b>Iron</b> 4.8mg		<b>27%</b>
<b>Potassium</b> 313.3mg		

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4 Servings

# Mediterranean Barley and Chickpea Salad

## Ingredients

drinking water	2 1/4 Cup(s) (540 ml)
barley pearly raw	3/4 Cup(s) (180 ml)
lemon peel	1 tsp
lemon juice	3 Tbsp
extra virgin olive oil	2 Tbsp
dijon mustard	1/2 tsp
fennel bulb	1 Cup(s) (240 ml)
parsley	2 tablespoons (30 ml)
onion	1/4 Cup(s) (60 ml)
pitted kalamata olives	8 olives
canned chickpeas (drained)	6 oz (168 grams)
kosher salt	1/8 tsp
black pepper	1/4 tsp
walnuts	1 oz (28 grams)

## Nutrition Totals

**Calories** 1304 / **Carbs** 174 g / **Protein** 33 g / **Fat** 58 g / **Fluid** 794 g

## Instructions

1. Bring water to a boil in medium saucepan. Add in barley.
2. Cover and reduce heat to a simmer for 25 minutes or until tender. Cool the cooked barley to room temperature.
3. Whisk lemon peel/zest, lemon juice, olive oil, and mustard in a medium bowl.
4. Thinly slice fennel, parsley, and onion, and add to dressing.
5. Add in barley, olives, chickpeas, salt and pepper. Toss gently.
6. Garnish with chopped walnuts before serving.

# Nutrition Label

<b>Mediterranean Barley And Chickpea Salad</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>326</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	14.5g	<b>22%</b>
Saturated Fat	1.6g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	267mg	<b>11%</b>
<b>Total Carbohydrates</b>	43.5g	<b>15%</b>
Dietary Fiber	10g	<b>40%</b>
Total Sugar	3.6g	
<b>Protein</b>	8.2g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	53.7mg	<b>5%</b>
<b>Iron</b>	1.9mg	<b>11%</b>
<b>Potassium</b>	314.7mg	

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4 Servings

# vegan veggie ragu

## Ingredients

organic whole wheat flour spaghetti style pasta by deboles	4 oz (112 grams)
broccoli	4 oz (112 grams)
red pepper	2 oz (56 grams)
zucchini/summer squash	4 oz (112 grams)
sauce organic newman's own marinara by newman's own	2 oz (56 grams)
salt	1 tsp
carrots	2 oz (56 grams)
organic whole wheat flour spaghetti style pasta by deboles	4 oz (112 grams)

## Nutrition Totals

**Calories** 981 / **Carbs** 195 g / **Protein** 35 g / **Fat** 8 g / **Fluid** 311 g

## Instructions

cut up veggies  
boil pasta, add veggies to water  
drain then add sauce  
top with a bit of cheese if you dare

# Nutrition Label

<b>Vegan Veggie Ragu</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>245</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 676.3mg	<b>28%</b>
<b>Total Carbohydrates</b> 48.8g	<b>16%</b>
Dietary Fiber 6.8g	<b>28%</b>
Total Sugar 5.7g	
<b>Protein</b> 8.7g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 48.7mg	<b>5%</b>
<b>Iron</b> 2.4mg	<b>14%</b>
<b>Potassium</b> 461.7mg	

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1 Servings

# veggie scramble

## Ingredients

organic cage-free omega-3 large brown grade a eggs by 365	3 egg
baby spinach	3/4 Cup(s) (180 ml)
tomatoes	1/2 Cup(s) (120 ml)
onion	1/4 small
grapefruit	1 fruit
baby spinach	1 3/4 Cup(s) (420 ml)

## Nutrition Totals

**Calories** 307 / **Carbs** 24 g / **Protein** 22 g / **Fat** 14 g / **Fluid** 194 g

## Instructions

Veggie Scramble

3 whole Large Eggs  
Salt And Pepper, to taste  
1/4 Onion, Diced Small  
1/2 cup Cherry Or Grape Tomatoes, Halved  
3/4 cup Baby Spinach  
1 oz crumbled goat cheese

Mix together the eggs, set aside.

Heat a nonstick skillet over medium heat and grease. Cook the onions for several minutes, until golden brown. Add the tomatoes and spinach and sprinkle with salt and pepper. Stir to begin to wilt the spinach, then pour in the eggs.

Reduce the heat to low and stir, cooking slowly, until soft curds form. Continue stirring/folding until the eggs are cooked.

Enjoy with grapefruit.

# Nutrition Label

<b>Veggie Scramble</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>307</b>
<hr/>		
	<b>% Daily Value*</b>	
<b>Total Fat</b> 13.8g		<b>21%</b>
Saturated Fat 4.5g		<b>23%</b>
Trans Fat 0g		
<b>Cholesterol</b> 645mg		<b>215%</b>
<b>Sodium</b> 280.6mg		<b>12%</b>
<b>Total Carbohydrates</b> 24.3g		<b>8%</b>
Dietary Fiber 5.6g		<b>23%</b>
Total Sugar 11.1g		
<b>Protein</b> 22.2g		
<hr/>		
<b>Vitamin D</b> 0IU		<b>0%</b>
<b>Calcium</b> 198.5mg		<b>20%</b>
<b>Iron</b> 5.8mg		<b>33%</b>
<b>Potassium</b> 1535.6mg		

\* 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

# tofu & veggies in peanut sauce

## Ingredients

vegetable oil, canola	1/2 Tbsp
broccoli	1 Cup(s) (240 ml)
red pepper	1/3 Cup(s) (80 ml)
mushrooms	4 medium
extra firm tofu	12 oz (336 grams)
smooth peanut butter, no added salt	2 Tbsp
drinking water	2 fl oz (59 ml)
balsamic vinegar	1/2 Tbsp
molasses	1 tsp
soy sauce, low-sodium	1 Tbsp

## Nutrition Totals

**Calories** 656 / **Carbs** 32 g / **Protein** 48 g / **Fat** 43 g / **Fluid** 537 g

## Instructions

1. Heat oil in a large skillet or wok over medium-high heat.
2. Cut broccoli, red bell pepper, mushrooms and tofu into bite-sized pieces.
3. Add to hot oil and stir-fry for 5 minutes, stirring frequently.
4. In a small bowl combine peanut butter, hot water, vinegar, molasses and soy sauce.
5. Add sauce to pan and simmer for 3 to 5 minutes, or until vegetables are tender crisp.



# Nutrition Label

<b>Tofu &amp; Veggies In Peanut Sauce</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>328</b>
	<b>% Daily Value*</b>	
<b>Total Fat</b> 21.7g		<b>33%</b>
Saturated Fat 2.8g		<b>14%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 319.7mg		<b>13%</b>
<b>Total Carbohydrates</b> 15.8g		<b>5%</b>
Dietary Fiber 3.7g		<b>15%</b>
Total Sugar 7.9g		
<b>Protein</b> 23.9g		
<b>Vitamin D</b> 2.5IU		<b>0%</b>
<b>Calcium</b> 336.6mg		<b>34%</b>
<b>Iron</b> 4.2mg		<b>24%</b>
<b>Potassium</b> 692.2mg		

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2 Servings

# quinoa & black beans

## Ingredients

vegetable oil, canola	1/2 Tbsp
onion	1/2 medium
garlic	1 clove
quinoa	1/4 Cup(s) (60 ml)
vegetable broth soup, low sodium	1/2 Cup(s) (120 ml)
cumin ground	1/2 tsp
red pepper, spices	1/4 tsp
sweet corn kernels, frozen	1/2 Cup(s) (120 ml)
black beans (boiled)	1 Cup(s) (240 ml)
fresh cilantro leaves	10 sprigs

## Nutrition Totals

**Calories** 518 / **Carbs** 85 g / **Protein** 24 g / **Fat** 11 g / **Fluid** 328 g

## Instructions

1. Heat the oil in a medium saucepan over medium heat.
2. Dice onion, mince garlic, and add to hot pan. Sauté until lightly browned.
3. Add quinoa to the saucepan and cover with vegetable broth. Season with cumin & cayenne pepper. Add salt & pepper to taste.
4. Bring the mixture to a boil. Cover, reduce heat, and simmer for 10 minutes.
5. Stir frozen corn into the quinoa, and continue to simmer for about 5-10 minutes, or until quinoa is cooked through.
6. Stir in the black beans and cilantro.

# Nutrition Label

<b>Quinoa &amp; Black Beans</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>259</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5.4g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 17.3mg	<b>1%</b>
<b>Total Carbohydrates</b> 42.2g	<b>14%</b>
Dietary Fiber 10.2g	<b>41%</b>
Total Sugar 2g	
<b>Protein</b> 11.8g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 50.5mg	<b>5%</b>
<b>Iron</b> 3.1mg	<b>18%</b>
<b>Potassium</b> 573.7mg	

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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

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

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2 Servings

# tofu and mushroom stir-fry

## Ingredients

soy sauce, low-sodium	2 Tbsp
rice vinegar	2 Tbsp
honey	1 Tbsp
sesame oil	1 tsp
crushed red pepper flakes	1/4 tsp
extra firm tofu	12 oz (336 grams)
drinking water	1/4 Cup(s) (60 ml)
cornstarch	1 tsp
extra virgin olive oil	2 Tbsp
mushrooms	6 oz (168 grams)
garlic	4 clove
ginger root	2 Tbsp
green snap beans	8 oz (224 grams)
green onion	4 medium

## Nutrition Totals

**Calories** 843 / **Carbs** 62 g / **Protein** 47 g / **Fat** 54 g / **Fluid** 772 g

## Instructions

1. Combine soy sauce, vinegar, honey, sesame oil and red pepper flakes in a medium bowl.
2. Dice tofu and add to marinade. Allow tofu to marinade for 30-60 minutes in the refrigerator.
3. Drain tofu but reserve marinade in small bowl.
4. Add water and cornstarch into marinade.
5. Heat 1 tablespoon olive oil in large nonstick skillet over medium-high heat. Add tofu and brown. Once browned, transfer tofu to a plate.
6. Add remaining olive oil to skillet over medium-high heat.
7. Slice mushrooms and add to hot skillet. Stir-fry until tender.
8. Mince garlic and ginger and add to pan, along with sugar snap peas. Stir-fry until tender.

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9. Return tofu to skillet and add in reserved marinade mixture.
10. Stir-fry until marinade thickens slightly.
11. Garnish with sliced green onions prior to serving.

# Nutrition Label

<b>Tofu And Mushroom Stir-Fry</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>422</b>
% Daily Value*	
<b>Total Fat</b> 26.8g	<b>41%</b>
Saturated Fat 3.3g	<b>17%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 598.6mg	<b>25%</b>
<b>Total Carbohydrates</b> 30.8g	<b>10%</b>
Dietary Fiber 5.6g	<b>23%</b>
Total Sugar 15.7g	
<b>Protein</b> 23.6g	
<b>Vitamin D</b> 5.9IU	<b>1%</b>
<b>Calcium</b> 376.2mg	<b>38%</b>
<b>Iron</b> 5.3mg	<b>30%</b>
<b>Potassium</b> 871.5mg	

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1 Servings

# mediterranean sprouted lentil salad

## Ingredients

carrots	1/2 Cup(s) (120 ml)
garlic	1 clove
sprouted lentils	1 Cup(s) (240 ml)
thyme, dried	1 tsp
celery	1/2 Cup(s) (120 ml)
olive oil	1 Tbsp
lemon juice	3 Tbsp
parsley	2 tsp

## Nutrition Totals

**Calories** 254 / **Carbs** 30 g / **Protein** 8 g / **Fat** 14 g / **Fluid** 203 g

## Instructions

1. Dice carrots and mince garlic.
2. Place in a saucepan along with dried lentils and thyme.
3. Add enough water to cover by 1 inch.
4. Bring to a boil, reduce heat, and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.
5. Drain lentils and vegetables.
6. Dice celery and add to lentils/vegetables.
7. Drizzle with olive oil and lemon juice. Add salt and pepper to taste.
8. Gently toss and garnish with chopped fresh parsley.

# Nutrition Label

<b>Mediterranean Sprouted Lentil Salad</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>254</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	14.3g	<b>22%</b>
Saturated Fat	2g	<b>10%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	96.2mg	<b>4%</b>
<b>Total Carbohydrates</b>	29.6g	<b>10%</b>
Dietary Fiber	3.2g	<b>13%</b>
Total Sugar	5.1g	
<b>Protein</b>	8.3g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	91.2mg	<b>9%</b>
<b>Iron</b>	4.3mg	<b>24%</b>
<b>Potassium</b>	665.8mg	

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1 Servings

# berry protein smoothie

## Ingredients

strawberries	1/2 Cup(s) (120 ml)
blueberries	1/2 Cup(s) (120 ml)
spinach	1 Cup(s) (240 ml)
whey protein powder	1 Scoop
original almond milk, unsweetened	236 mL
smooth peanut butter, no added salt	2 Tbsp
greek yogurt plain non-fat by chobani	1/4 serving

## Nutrition Totals

**Calories** 435 / **Carbs** 29 g / **Protein** 42 g / **Fat** 20 g / **Fluid** 159 g

## Instructions

Add all ingredients together in blender with Ice. Blend and Enjoy!

# Nutrition Label

<b>Berry Protein Smoothie</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>435</b>
	<b>% Daily Value*</b>	
<b>Total Fat</b> 19.6g		<b>30%</b>
Saturated Fat 3.5g		<b>18%</b>
Trans Fat 0g		
<b>Cholesterol</b> 7.6mg		<b>3%</b>
<b>Sodium</b> 283.7mg		<b>12%</b>
<b>Total Carbohydrates</b> 29.4g		<b>10%</b>
Dietary Fiber 7.8g		<b>31%</b>
Total Sugar 15.5g		
<b>Protein</b> 42.4g		
<b>Vitamin D</b> 98.3IU		<b>16%</b>
<b>Calcium</b> 715mg		<b>72%</b>
<b>Iron</b> 2.9mg		<b>17%</b>
<b>Potassium</b> 874.3mg		

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2 Servings

# veggie stuffed avocado

## Ingredients

broccoli florets	1 Cup(s) (240 ml)
carrots	1 Cup(s) (240 ml)
sweet corn kernels (boiled)	1/2 Cup(s) (120 ml)
green peas, frozen	6 Tbsp
oregano, dried	2 tsp
mexican cream cheese	4 tsp
mayonnaise salad dressing, light	3 tsp
lime juice	1 Tbsp
hot sauce	1/2 Tbsp
worcestershire sauce	1 tsp
black pepper	1/4 tsp
avocado	1 avocado

## Nutrition Totals

**Calories** 557 / **Carbs** 53 g / **Protein** 18 g / **Fat** 40 g / **Fluid** 412 g

## Instructions

1. Bring salted water to a boil in a medium saucepan over medium heat.
2. Drop in the broccoli florets, cook for only 20 seconds, remove with a large slotted spoon and place in a bowl.
3. Slice carrots, and repeat boiling process for carrots, corn and peas.
4. Heat a small sauté pan over medium-low heat. Once it is hot, sprinkle the oregano and let it toast, stirring constantly, for only 15 to 20 seconds.
5. Remove from the heat and scrape the oregano into a small bowl. Incorporate the Mexican cream, mayo, lime juice, hot sauce, Worcestershire sauce, and pepper. Add salt to taste.
6. Mix well and pour onto vegetable mix.
7. Cut the avocado in half and remove the pits.
8. With a large soup spoon, scoop out the entire avocado halve and place on an appetizer plate.
9. Spoon a very generous half cup of veggies on top. Repeat with the rest of the avocado halves.

# Nutrition Label

<b>Veggie Stuffed Avocado</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>279</b>
	<b>% Daily Value*</b>	
<b>Total Fat</b> 19.7g		<b>30%</b>
Saturated Fat 2.6g		<b>13%</b>
Trans Fat 0g		
<b>Cholesterol</b> 7.9mg		<b>3%</b>
<b>Sodium</b> 254mg		<b>11%</b>
<b>Total Carbohydrates</b> 26.3g		<b>9%</b>
Dietary Fiber 10.5g		<b>42%</b>
Total Sugar 5.8g		
<b>Protein</b> 9.1g		
<b>Vitamin D</b> 0IU		<b>0%</b>
<b>Calcium</b> 101.9mg		<b>10%</b>
<b>Iron</b> 2.2mg		<b>12%</b>
<b>Potassium</b> 943.4mg		

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4 Servings

# spicy mediterranean spinach and lentil soup

## Ingredients

extra virgin olive oil	2 Tbsp
onion	1 medium
garlic	2 clove
kosher salt	1/8 tsp
black pepper	1/4 tsp
crushed red pepper flakes	1 tsp
spearmint, dried	2 tsp
granulated sugar	1/2 Tbsp
wheat flour	1 Tbsp
vegetable broth soup, low sodium	6 Cup(s) (1440 ml)
drinking water	2 Cup(s) (480 ml)
spinach	6 Cup(s) (1440 ml)
red lentils	1 1/2 Cup(s) (360 ml)
parsley	4 tsp

## Nutrition Totals

**Calories** 727 / **Carbs** 117 g / **Protein** 25 g / **Fat** 28 g / **Fluid** 1996 g

## Instructions

1. In a large pot heat olive oil over medium heat.
2. Dice onion and add to hot oil; cook until slightly translucent.
3. Mince garlic and add to pan, along with salt, pepper, chili flakes, dried mint, sugar and flour.
4. Cook for about 2 minutes, stirring frequently.
5. Add in broth and water. Bring to a boil.
6. Add in spinach and lentils. Boil for 5 minutes and then reduce heat to a simmer.
7. Cover and cook for 20-30 minutes or until the lentils are fully cooked to tender.
8. Once fully cooked, top with fresh parsley.

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# Nutrition Label

<b>Spicy Mediterranean Spinach And Lentil Soup</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>182</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 144.2mg	<b>6%</b>
<b>Total Carbohydrates</b> 29.3g	<b>10%</b>
Dietary Fiber 8.5g	<b>34%</b>
Total Sugar 5g	
<b>Protein</b> 6.3g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 75.6mg	<b>8%</b>
<b>Iron</b> 5.5mg	<b>31%</b>
<b>Potassium</b> 62.1mg	

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2 Servings

# fava bean salad

## Ingredients

garlic	1 clove
lemon juice	1 Tbsp
balsamic vinegar	2 Tbsp
extra virgin olive oil	2 Tbsp
cucumber	1 cucumber
onion	1 small
roma tomatoes	1 Cup(s) (240 ml)
fava beans, canned, no salt	2 Cup(s) (480 ml)

## Nutrition Totals

**Calories** 773 / **Carbs** 97 g / **Protein** 33 g / **Fat** 30 g / **Fluid** 801 g

## Instructions

1. Mince garlic clove and place in small bowl.
2. Whisk in lemon juice, balsamic vinegar and olive oil. Add salt and pepper to taste.
3. Slice cucumber, dice onion, dice tomatoes and drain fava beans. Place all ingredients in large bowl.
4. Pour dressing over vegetable mixture and toss to coat.
5. Chill for 1 hour before serving.

# Nutrition Label

<b>Fava Bean Salad</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>386</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	14.7g	<b>23%</b>
Saturated Fat	2.1g	<b>11%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	29.9mg	<b>1%</b>
<b>Total Carbohydrates</b>	48.2g	<b>16%</b>
Dietary Fiber	10.8g	<b>43%</b>
Total Sugar	8.5g	
<b>Protein</b>	16.5g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	106.1mg	<b>11%</b>
<b>Iron</b>	4.2mg	<b>24%</b>
<b>Potassium</b>	1183.7mg	

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2 Servings

# veggie burger

## Ingredients

brown rice (cooked)	1/4 Cup(s) (60 ml)
quick oats cereal with iron	2/3 Cup(s) (160 ml)
garbanzo beans (boiled)	2/3 Cup(s) (160 ml)
sage, ground	1/4 tsp
garlic powder	1/4 tsp
oat bran	2 Tbsp
extra firm tofu	4 oz (112 grams)

## Nutrition Totals

**Calories** 468 / **Carbs** 70 g / **Protein** 28 g / **Fat** 13 g / **Fluid** 197 g

## Instructions

1. In a large bowl, stir together the mashed garbanzo beans and basil. Mix in the oat bran, quick oats, and rice; the mixture should seem a little dry.
2. In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible. Drain of the water, and repeat the process until there is hardly any water worth pouring off. It is not necessary to remove all of the water. Pour the barbeque sauce over the tofu, and stir to coat.
3. Stir the tofu into the garbanzo beans and oats. Season with garlic powder, and sage (with optional dash of salt & pepper); mix until well blended.
4. Heat the oil in a large skillet over medium-high heat. Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side. Serve as you would burgers.

# Nutrition Label

<b>Veggie Burger</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>234</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6.2g	<b>10%</b>
Saturated Fat 0.7g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10.4mg	<b>0%</b>
<b>Total Carbohydrates</b> 35g	<b>12%</b>
Dietary Fiber 7g	<b>28%</b>
Total Sugar 3.2g	
<b>Protein</b> 13.9g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 139.8mg	<b>14%</b>
<b>Iron</b> 9.6mg	<b>54%</b>
<b>Potassium</b> 330.7mg	

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# Shopping List

## Accompaniments

cornstarch	0.5 tsp
dijon mustard	0.13 tsp
granulated sugar	0.13 Tbsp
honey	0.5 Tbsp
hot sauce	0.25 Tbsp
italian salad dressing	1 fl oz (29 ml)
kosher salt	0.06 tsp
mayonnaise salad dressing, light	1.5 tsp
molasses	0.5 tsp
rice vinegar	1 Tbsp
soy sauce, low-sodium	1.5 Tbsp
worcestershire sauce	0.5 tsp

## Beverages

drinking water	1.19 Cup(s) (285 ml) 1 fl oz (29 ml)
----------------	-----------------------------------------

## Bread

corn tortilla, no added salt	2 tortilla
gluten free bread	2 slices

## Cereal & Grain Products

brown rice	0.13 Cup(s) (31 ml)
low carb penne pasta	3 oz (84 grams)
oat bran	1 Tbsp
quick oats cereal with iron	0.33 Cup(s) (79 ml)
quinoa	0.13 Cup(s) (31 ml)
wheat flour	0.25 Tbsp

## Dairy & Egg

egg	16 large
mexican cream cheese	2 tsp

## Fats & Oils

extra virgin olive oil	4.5 Tbsp
olive oil	2.5 Tbsp
sesame oil	0.5 tsp
vegetable oil, canola	0.5 Tbsp

## Fruits & Juices

apple	1 small 1 large
avocado	1 avocado
banana	1 large
blueberries	0.5 Cup(s) (120 ml)
grapefruit	1 fruit
lemon juice	4.75 Tbsp
lemon peel	0.25 tsp
lime juice	1.5 Tbsp
mango	0.5 fruit
strawberries	0.5 Cup(s) (120 ml)

## Ingredients

balsamic vinegar	1.25 Tbsp
distilled vinegar	1 tsp

## Legumes & Beans

adzuki beans	0.5 Cup(s) (120 ml)
black beans	1.5 Cup(s) (360 ml)
canned chickpeas	1.5 oz (42 grams)
fava beans, canned, no salt	1 Cup(s) (240 ml)
garbanzo beans	0.33 Cup(s) (79 ml)
green snap beans	4 oz (112 grams)
hummus	2 Tbsp
red lentils	0.38 Cup(s) (91 ml)
sprouted lentils	1 Cup(s) (240 ml)

## Nuts & Seeds

almond butter	1 Tbsp
almonds	20 almond
cashews	50 gm
dry roasted sunflower seeds, unsalted	0.25 oz (7 grams)
smooth peanut butter, no added salt	3 Tbsp
walnuts	0.25 oz (7 grams)

## Snacks

rice cake, unsalted 2 cake

## Soup

vegetable broth soup, low sodium 1.75 Cup(s) (420 ml)

## Spices & Herbs

black pepper	0.38 tsp
chili powder	1.88 tsp
crushed red pepper flakes	0.38 tsp
cumin ground	0.75 tsp
garlic powder	0.13 tsp
oregano, dried	1.25 tsp
parsley	4 tsp
	0.5 tablespoons (7 ml)
red pepper, spices	0.13 tsp
sage, ground	0.13 tsp
salt	0.25 tsp
spearmint, dried	0.5 tsp
thyme, dried	1 tsp

## Sports & Diet Nutritionals

vegan vanilla protein powder	7 Scoop
whey protein powder	1 Scoop

## Uncategorized

baby spinach by organic girl	2 Cup(s) (480 ml)
barley pearled raw	0.19 Cup(s) (45 ml)
broths organic vegetable broth by pacific natural foods	0.06 Cup(s) (14 ml)
canned beans organic plain beans organic black beans by 365 by eden foods	3.75 oz (105 grams)
canned beans organic plain kidney by eden foods	3.75 oz (105 grams)
corn sweet yellow raw	0.25 Cup(s) (60 ml)
farmers organic free range eggs	6 Egg
greek yogurt plain non-fat by chobani	0.25 serving
green beans	1 Cup(s) (240 ml)
hard boiled eggs	1 serving

<b>himalayan pink salt by kirkland signature</b>	<b>0.13 tsp</b>
<b>muir glen tomatoes muir glen organic diced tomatoes fire roasted by general mills</b>	<b>3.75 oz (105 grams)</b>
<b>organic cage-free omega-3 large brown grade a eggs by 365</b>	<b>3 egg</b>
<b>organic whole wheat flour spaghetti style pasta by deboles</b>	<b>2 oz (56 grams)</b>
<b>original almond milk, unsweetened</b>	<b>236 mL</b>
<b>sauce organic newman's own marinara by newman's own</b>	<b>0.5 oz (14 grams)</b>

## Vegetables

<b>baby spinach</b>	<b>2.5 Cup(s) (600 ml)</b>
<b>broccoli</b>	<b>1 oz (28 grams)</b>
	<b>0.5 Cup(s) (120 ml)</b>
<b>broccoli florets</b>	<b>0.5 Cup(s) (120 ml)</b>
<b>carrots</b>	<b>0.5 oz (14 grams)</b>
	<b>1 Cup(s) (240 ml)</b>
<b>celery</b>	<b>0.5 Cup(s) (120 ml)</b>
<b>cucumber</b>	<b>0.5 cucumber</b>
<b>fennel bulb</b>	<b>0.25 Cup(s) (60 ml)</b>
<b>fresh cilantro leaves</b>	<b>0.5 Tbsp</b>
	<b>5 sprigs</b>
<b>garlic</b>	<b>0.75 cloves</b>
	<b>4.5 clove</b>
<b>ginger root</b>	<b>1 Tbsp</b>
<b>green onion</b>	<b>4 medium</b>
<b>green peas, frozen</b>	<b>3 Tbsp</b>
<b>green pepper</b>	<b>1 medium</b>
<b>mushrooms</b>	<b>0.5 Cup(s) (120 ml)</b>
	<b>2 medium</b>
	<b>3 oz (84 grams)</b>
<b>onion</b>	<b>0.89 medium</b>
	<b>0.06 Cup(s) (14 ml)</b>
	<b>0.75 small</b>
<b>pitted kalamata olives</b>	<b>2 olives</b>
<b>red pepper</b>	<b>0.25 medium</b>
	<b>0.5 oz (14 grams)</b>
	<b>0.42 Cup(s) (100 ml)</b>
<b>romaine lettuce</b>	<b>2 Cup(s) (480 ml)</b>
<b>roma tomatoes</b>	<b>0.5 Cup(s) (120 ml)</b>
<b>spinach</b>	<b>2.5 Cup(s) (600 ml)</b>
<b>summer squash</b>	<b>0.5 Cup(s) (120 ml)</b>
<b>sweet corn kernels</b>	<b>150 gm</b>
	<b>0.25 Cup(s) (60 ml)</b>
<b>sweet corn kernels, frozen</b>	<b>0.25 Cup(s) (60 ml)</b>
<b>sweet potato</b>	<b>1 medium</b>
	<b>200 gm</b>
<b>sweet white corn</b>	<b>0.25 Cup(s) (60 ml)</b>
<b>tomatoes</b>	<b>0.5 large</b>



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<b>zucchini/summer squash</b>	<b>0.5 Cup(s) (120 ml)</b> <b>0.5 small</b> <b>1 oz (28 grams)</b>
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## **Vegetarian Products**

<b>extra firm tofu</b>	<b>14 oz (392 grams)</b>
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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