



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Vegan Lifestyle - Day 01							
Breakfast - PB, walnut banana on bread. W/milk.							
16	2.0	slice	Bread, Ezekiel Cinnamon Raisin	6.00	36.00	0.00	160.00
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
<i>Totals for Breakfast</i>				14.97	70.13	10.28	410.61
Snack 1 - Spread peanut butter on rice cake; top w/banana.							
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
9	1.0	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 1</i>				2.30	19.60	3.30	110.00
Lunch - Cheese "burger" on bun w/carrots.							
20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
19	2.0	each	Boca Vegan Veggie Burgers	26.00	18.00	5.00	200.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
0	2.0	slice	Go Veggie Dairy Free Cheddar Slices	2.00	10.00	4.00	70.00
<i>Totals for Lunch</i>				35.25	58.16	10.29	415.30
Snack 2 - Top apple w/ almond butter.							
21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	0.5	each	Apple	0.15	10.50	0.25	40.50
<i>Totals for Snack 2</i>				1.15	12.00	4.75	91.00
Dinner - Saute all ing ex rice in oil. Pour over rice.							
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
1	1.5	cup	Meatless ground	34.80	14.50	4.35	232.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
<i>Totals for Dinner</i>				45.49	75.49	12.77	574.47
Snack 3							
7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 3</i>				0.70	25.10	0.00	98.00
Totals For 1700 Calories Vegan Lifestyle - Day 01				99.86	260.48	41.39	1699.38

1700 Calories Vegan Lifestyle - Day 02

Breakfast - Top yogurt w/berries/nuts. sausage per directions.

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
16	1.0	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	2.0	each	Tofurkey Vegan Breakfast Links	20.00	12.00	12.00	240.00
<i>Totals for Breakfast</i>				25.00	40.50	16.50	430.50

Snack 1

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 1</i>				0.70	25.10	0.00	98.00

Lunch - Spread hummus on wrap, top w/veg/cheese.

0	1.0	ounce(s)	Daiya Shredded Vegan Cheese	1.00	7.00	6.00	90.00
3	1.0	each	Food for Life Brown Rice Tortillas	2.00	24.00	2.50	130.00
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
4	3.0	tablespoon	Hummus	3.00	6.00	4.50	75.00
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
4	0.5	1 cup	Soy milk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
<i>Totals for Lunch</i>				11.58	53.49	15.36	399.86

Snack 2

1	16.0	each	Almonds, unsalted	0.00	0.00	8.00	80.00
<i>Totals for Snack 2</i>				0.00	0.00	8.00	80.00

Dinner - Saute carrots add beans/lentils/over rice. sp sala

4	0.5	cup	Black beans	7.00	20.00	0.50	100.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
0	2.0	tablespoon	White vinegar	0.00	0.02	0.00	6.12
<i>Totals for Dinner</i>				36.66	98.54	6.88	584.92

Snack 3

0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Snack 3</i>				7.00	8.00	4.00	100.00

Totals For 1700 Calories Vegan Lifestyle - Day 02				80.94	225.63	50.74	1693.28
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1700 Calories Vegan Lifestyle - Day 03

Breakfast - Prepare oatmeal w/milk. Top w berries.

3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
0	1.5	cup	Silk Plain Soy Milk	10.50	12.00	6.00	150.00
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
<i>Totals for Breakfast</i>				18.25	54.75	9.75	390.00

Snack 1

0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Snack 1</i>				7.00	8.00	4.00	100.00

Lunch - Burrito per directions. W/salad top w/nuts/vin.

0	1.0	each	Amy's Bean & Rice Burrito - Non-Dairy	10.00	52.00	8.00	320.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
8	3.0	tablespoon	Soy nuts, unsalted	3.00	0.00	0.00	15.00
<i>Totals for Lunch</i>				13.00	56.00	8.00	355.00

Snack 2

1	14.0	each	Almonds, unsalted	0.00	0.00	7.00	70.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 2</i>				0.50	13.50	7.00	120.00

Dinner - Saute "beef"/veg in oil. Serve w/rice/spin salad.

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
1	0.3	cup	Edamame, shelled	5.00	3.50	1.75	50.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
1	1.5	3/4 cup	Gardein, beefless tips	30.00	13.50	9.00	255.00
6	0.8	cup	Mixed vegetables (non starchy)	0.75	5.25	0.00	30.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
<i>Totals for Dinner</i>				42.35	73.43	17.49	628.80

Snack 3

7	1.5	tablespoon	Raisins	0.00	12.00	0.00	52.50
8	0.5	cup	Soy nuts, salted	4.00	3.50	2.50	55.00
<i>Totals for Snack 3</i>				4.00	15.50	2.50	107.50

Totals For 1700 Calories Vegan Lifestyle - Day 03				85.10	221.18	48.74	1701.30
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1700 Calories Vegan Lifestyle - Day 04

Breakfast - Spread bread w/nut butter. W/grapes/soy milk.

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				17.50	54.50	14.00	411.00

Snack 1 - Melon salad.

7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
7	0.5	1 cup, diced (approx 20 pieces per cup)	Melons, honeydew, raw	0.46	7.73	0.12	30.60
7	0.5	1 cup, diced	Watermelon, raw	0.46	5.74	0.11	22.80
<i>Totals for Snack 1</i>				2.23	26.20	0.53	106.44

Lunch - Grill mush/sauce. Hummus on muffin w/mushroom.

6	1.3	cup	Carrots	1.41	14.61	0.36	62.50
2	1.0	each	Genesis 1:29 Sprouted Whole Grain English Muffins	8.00	30.00	4.00	180.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
6	1.0	1 piece whole	Mushrooms, portabella, raw	1.77	3.25	0.29	18.48
0	1.0	1 tablespoon	Sauce, teriyaki, ready-to-serve	1.07	2.80	0.00	16.02
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
<i>Totals for Lunch</i>				14.33	59.38	7.65	351.08

Snack 2

6	0.8	cup	Edamame, in pods, prepared from frozen	11.25	9.75	5.25	135.00
<i>Totals for Snack 2</i>				11.25	9.75	5.25	135.00

Dinner - Season.saute tempeh/veg in oil. Over rice.

3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
23	0.5	1 teaspoon	Oil, coconut	0.00	0.00	2.25	19.40
4	1.0	1 cup	Tempeh	30.78	15.59	17.93	320.38
<i>Totals for Dinner</i>				36.78	67.59	22.18	599.78

Snack 3

15	0.5	cup	Bran Flakes - cereal	3.00	23.00	0.00	90.00
1	0.5	cup	Milk, Almond	1.00	5.00	1.25	35.00
<i>Totals for Snack 3</i>				4.00	28.00	1.25	125.00

Totals For 1700 Calories Vegan Lifestyle - Day 04				86.09	245.42	50.86	1728.30
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1700 Calories Vegan Lifestyle - Day 05

Breakfast - Blend milk w/ protein powder. W/melon/nut salad.

1	1.0	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
7	0.3	cup	Fresh cantaloupe	0.33	3.18	0.08	13.26
7	0.3	1 cup, diced (approx 20 pieces per cup)	Melons, honeydew, raw	0.23	3.86	0.06	15.30
14	1.0	1 tablespoon	Nuts, walnuts, black, dried	1.88	0.75	4.63	48.28
1	1.5	scoop	RAW Fit	42.00	18.00	1.50	255.00
<i>Totals for Breakfast</i>				45.44	27.79	9.27	371.84

Snack 1 - Mix soy nuts/raisins.

7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
8	0.3	cup	Soy nuts, salted	2.00	1.75	1.25	27.50
<i>Totals for Snack 1</i>				2.00	17.75	1.25	97.50

Lunch - Top wrap w hummus/veg/ roll. Spinach salad & apple

9	1.0	each	Apple	0.30	21.00	0.50	81.00
3	1.0	each	Food for Life Brown Rice Tortillas	2.00	24.00	2.50	130.00
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
6	0.5	cup	Fresh white mushrooms	1.08	1.14	0.12	7.70
6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
4	5.0	tablespoon	Hummus	5.00	10.00	7.50	125.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	0.5	cup	Roasted eggplant	0.41	4.32	0.12	17.33
<i>Totals for Lunch</i>				11.44	67.48	12.10	402.98

Snack 2

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 2</i>				0.50	13.50	5.00	100.00

Dinner - Saute tofu w/veg/soy. W/spinach/vin salad.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	0.3	cup	Edamame, shelled	5.00	3.50	1.75	50.00
1	7.0	ounce(s)	Firm tofu	14.00	7.00	7.00	175.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	1.3	cup	Mixed vegetables (non starchy)	1.25	8.75	0.00	50.00
17	1.4	1 cup	Quinoa, cooked	11.40	55.17	4.97	310.80
21	2.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	10.00
<i>Totals for Dinner</i>				33.25	78.60	13.96	619.60

Snack 3 - Fresh berry salad.

7	0.8	cup	Fresh raspberries	0.75	11.25	0.75	45.00
7	0.8	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
<i>Totals for Snack 3</i>				1.24	25.40	1.49	104.29

Totals For 1700 Calories Vegan Lifestyle - Day 05				93.87	230.52	43.07	1696.21
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1700 Calories Vegan Lifestyle - Day 06

Breakfast - Combine pro powder w/milk. W/ prepared patty.

1	1.0	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
0	2.0	each	Gardein Breakfast Patties	18.00	10.00	9.00	180.00
1	1.0	scoop	RAW Fit	28.00	12.00	1.00	170.00
<i>Totals for Breakfast</i>				47.00	24.00	13.00	390.00

Snack 1

14	2.5	1 tablespoon	Nuts, walnuts, black, dried	4.69	1.87	11.57	120.71
<i>Totals for Snack 1</i>				4.69	1.87	11.57	120.71

Lunch - Bake pot in micro 5min. Top cheese/brocc/salsa.

2	1.0	each	Baked potato, large	7.00	63.00	0.00	280.00
20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	0.1	cup	Chopped tomato	0.26	0.91	0.00	3.90
0	0.5	ounce(s)	Daiya Shredded Vegan Cheese	0.50	3.50	3.00	45.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Lunch</i>				10.14	81.12	3.37	395.29

Snack 2 - Prepare per package directions.

6	0.5	cup	Edamame, in pods, prepared from frozen	7.50	6.50	3.50	90.00
<i>Totals for Snack 2</i>				7.50	6.50	3.50	90.00

Dinner - Slice eggplant. Dip pank. Top sauce/cheese/bak

0	1.8	ounce(s)	Daiya Shredded Vegan Cheese	1.75	12.25	10.50	157.50
3	1.8	ounce(s)	Ezekiel 4:9 Sprouted Whole Grain Fettuccine	7.88	34.13	1.75	183.75
6	1.0	each	Fresh eggplant	5.53	31.24	1.04	131.52
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
6	1.0	cup	Tomato sauce	4.00	16.00	0.00	60.00
16	2.0	tablespoon	Whole wheat panko bread crumbs	2.00	8.00	0.00	40.00
<i>Totals for Dinner</i>				21.16	105.62	15.29	602.77

Snack 3 - Top apple w peanut butter.

9	1.0	each	Apple	0.30	21.00	0.50	81.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
<i>Totals for Snack 3</i>				1.30	22.00	3.50	111.00

Totals For 1700 Calories Vegan Lifestyle - Day 06				91.79	241.11	50.23	1709.77
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1700 Calories Vegan Lifestyle - Day 07

Breakfast - Cook quinoa w soy/cinnamon. Top w honey/nuts.

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
22	0.5	tablespoon	Honey	0.05	8.65	0.00	32.00
17	0.5	1 cup	Quinoa, uncooked	12.00	54.54	5.16	312.80
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				21.13	73.54	13.71	499.30

Snack 1

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 1</i>				1.10	17.40	4.30	109.00

Lunch - Top veg/avocado w/ prepared burgers.

19	2.0	each	Boca Vegan Veggie Burgers	26.00	18.00	5.00	200.00
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
<i>Totals for Lunch</i>				28.88	38.20	17.29	395.56

Snack 2 - Enjoy sliced pepper w/ hummus.

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				3.40	13.60	3.20	90.00

Dinner - Season/saute veg in oil. Add lentils. Over rice.

3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
6	2.0	cup	Mixed vegetables (non starchy)	2.00	14.00	0.00	80.00
23	1.0	1 teaspoon	Oil, coconut	0.00	0.00	4.50	38.79
<i>Totals for Dinner</i>				25.00	99.00	7.50	568.79

Snack 3 - Top cereal w milk.

1	1.0	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
0	0.5	ounce(s)	guacamole	0.25	1.00	1.88	21.25
<i>Totals For 1700 Calories Vegan Lifestyle - Day 07</i>				80.76	244.74	50.88	1723.90