



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Vegan Lifestyle - Day 01							
Breakfast - PB, walnut banana on bread. W/milk.							
16	1.0	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
21	1.3	tablespoon	Peanut Butter	5.00	4.38	10.19	118.75
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
<i>Totals for Breakfast</i>				12.47	41.51	12.32	309.36
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	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
19	1.0	each	Boca Vegan Veggie Burgers	13.00	9.00	2.50	100.00
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	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
0	2.0	slice	Go Veggie Dairy Free Cheddar Slices	2.00	10.00	4.00	70.00
<i>Totals for Lunch</i>				21.45	46.07	7.67	298.40
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	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
1	0.8	cup	Meatless ground	18.00	7.50	2.25	120.00
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>				27.44	57.24	10.17	407.47
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 1300 Calories Vegan Lifestyle - Day 01				65.51	201.52	38.21	1314.23

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	1.0	each	Tofurkey Vegan Breakfast Links	10.00	6.00	6.00	120.00
Totals for Breakfast				15.00	34.50	10.50	310.50

Snack 1

7	1.0	each	Pear	0.70	25.10	0.00	98.00
Totals for Snack 1				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	0.5	each	Food for Life Brown Rice Tortillas	1.00	12.00	1.25	65.00
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
Totals for Lunch				9.58	39.49	12.61	309.86

Snack 2

1	16.0	each	Almonds, unsalted	0.00	0.00	8.00	80.00
Totals for Snack 2				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	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
6	0.3	cup	Carrots	0.28	2.92	0.07	12.50
3	0.5	cup	Cooked lentils	9.00	20.00	0.50	115.00
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	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
Totals for Dinner				26.13	64.36	5.81	399.36

Snack 3

0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals for Snack 3				7.00	8.00	4.00	100.00

Totals For 1300 Calories Vegan Lifestyle - Day 02				58.41	171.45	40.92	1297.72
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1300 Calories Vegan Lifestyle - Day 03

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

3	0.7	cup	Dry steel cut oats	6.60	35.64	3.30	198.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
7	0.1	cup	Strawberries	0.13	1.17	0.00	7.80
<i>Totals for Breakfast</i>				13.73	44.81	7.30	305.80

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	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
8	1.0	tablespoon	Soy nuts, unsalted	1.00	0.00	0.00	5.00
<i>Totals for Lunch</i>				11.00	55.00	8.00	340.00

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	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
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	1.0	3/4 cup	Gardein, beefless tips	20.00	9.00	6.00	170.00
6	0.8	cup	Mixed vegetables (non starchy)	0.75	5.25	0.00	30.00
23	0.3	tea spoon	Olive oil	0.00	0.00	1.49	13.20
<i>Totals for Dinner</i>				28.60	33.18	9.98	342.00

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 1300 Calories Vegan Lifestyle - Day 03				64.83	169.99	38.78	1315.30
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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	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
7	0.3	cup	Grapes	0.25	6.75	0.00	25.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				13.25	32.75	13.50	306.00

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	1.0	tablespoon	Hummus	1.00	2.00	1.50	25.00
6	1.5	cup	Mixed greens	0.00	1.50	0.00	7.50
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>				13.33	56.88	6.15	323.58

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	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	0.5	cup	Mixed vegetables (non starchy)	0.50	3.50	0.00	20.00
23	0.3	1 teaspoon	Oil, coconut	0.00	0.00	1.49	12.80
4	0.8	1 cup	Tempeh	23.08	11.69	13.45	240.29
<i>Totals for Dinner</i>				26.08	37.69	15.94	383.09

Snack 3

0	0.5	ounce(s)	guacamole	0.25	1.00	1.88	21.25
1	0.5	cup	Milk, Almond	1.00	5.00	1.25	35.00
<i>Totals for Snack 3</i>				1.25	6.00	3.13	56.25
<i>Totals For 1300 Calories Vegan Lifestyle - Day 04</i>				67.39	169.27	44.50	1310.36

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	1.0	scoop	RAW Fit	28.00	12.00	1.00	170.00
<i>Totals for Breakfast</i>				31.44	21.79	8.77	286.84

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	0.8	each	Food for Life Brown Rice Tortillas	1.50	18.00	1.88	97.50
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	3.0	tablespoon	Hummus	3.00	6.00	4.50	75.00
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>				8.94	57.48	8.48	320.48

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	6.0	ounce(s)	Firm tofu	12.00	6.00	6.00	150.00
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	0.5	1 cup	Quinoa, cooked	4.07	19.70	1.78	111.00
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
<i>Totals for Dinner</i>				23.92	42.13	9.77	389.80

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 1300 Calories Vegan Lifestyle - Day 05				68.04	178.05	34.76	1298.91

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	1.0	each	Gardein Breakfast Patties	9.00	5.00	4.50	90.00
1	1.0	scoop	RAW Fit	28.00	12.00	1.00	170.00
<i>Totals for Breakfast</i>				38.00	19.00	8.50	300.00

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	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.3	cup	Broccoli	0.93	2.80	0.16	13.65
6	0.1	cup	Chopped tomato	0.26	0.91	0.00	3.90
0	0.3	ounce(s)	Daiya Shredded Vegan Cheese	0.25	1.75	1.50	22.50
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Lunch</i>				8.96	73.57	1.71	344.14

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 panko. Top sauce/cheese/bak

0	1.0	ounce(s)	Daiya Shredded Vegan Cheese	1.00	7.00	6.00	90.00
3	1.8	ounce(s)	Ezekiel 4:9 Sprouted Whole Grain Fettuccine	7.88	34.13	1.75	183.75
6	0.5	each	Fresh eggplant	2.77	15.62	0.52	65.76
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	0.3	cup	Tomato sauce	1.00	4.00	0.00	15.00
16	1.0	tablespoon	Whole wheat panko bread crumbs	1.00	4.00	0.00	20.00
<i>Totals for Dinner</i>				13.65	68.75	10.27	404.51

Snack 3 - Top apple w peanut butter.

9	0.5	each	Apple	0.15	10.50	0.25	40.50
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
<i>Totals for Snack 3</i>				1.15	11.50	3.25	70.50

Totals For 1300 Calories Vegan Lifestyle - Day 06				73.95	181.19	38.80	1329.86
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1300 Calories Vegan Lifestyle - Day 07

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

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
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	0.3	1 cup	Quinoa, uncooked	7.92	35.99	3.41	206.45
0	0.7	cup	Silk Plain Soy Milk	4.62	5.28	2.64	66.00
<i>Totals for Breakfast</i>				13.67	51.77	8.35	333.95

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	1.0	each	Boca Vegan Veggie Burgers	13.00	9.00	2.50	100.00
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>				15.88	29.20	14.79	295.56

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	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
6	0.7	cup	Mixed vegetables (non starchy)	0.66	4.62	0.00	26.40
23	1.0	1 teaspoon	Oil, coconut	0.00	0.00	4.50	38.79
<i>Totals for Dinner</i>				21.16	67.12	6.50	405.19

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 1300 Calories Vegan Lifestyle - Day 07</i>				56.46	182.09	42.02	1294.95