

**Vegan 3250 (C)****Day 1**

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		164	1 1/2 cups ORANGE JUICE			
		175	2 cups OAT BRAN, COOKED			
		164	1 oz ALMOND, RAW			
		148	4 1/2 oz BREAKFAST SAUSAGE, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 651</b>	<b>Carbs: 100g (49%)</b>	<b>Protein: 38g (19%)</b>	<b>Fat: 29g (32%)</b>	<b>Fluid: 42oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		202	2 oz MEATLESS JURKY, ORIGINAL, VEGAN			
		113	25 crisps POTATO SOY CRISPS, SALT & PEPPER			
		120	2 fruit NECTARINE, RAW			
<b>Meal Totals:</b>		<b>Calories: 435</b>	<b>Carbs: 67g (55%)</b>	<b>Protein: 35g (29%)</b>	<b>Fat: 9g (17%)</b>	<b>Fluid: 25oz</b>
Lunch	12:00 PM	340	2 wrap WRAP, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		119	4 oz SMART DELI, THREE PEPPERCORN PASTRAMI, VEGAN			
		15	3 teaspoons MUSTARD, PREPARED, DIJON			
		8	2 oz TOMATO, RAW			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		140	2 slice SOY CHEESE, AMERICAN, SLICED			
<b>Meal Totals:</b>		<b>Calories: 625</b>	<b>Carbs: 65g (44%)</b>	<b>Protein: 40g (27%)</b>	<b>Fat: 19g (29%)</b>	<b>Fluid: 20oz</b>
Snack	3:00 PM	135	1 extra-large BANANA, RAW			
		190	2 bars GRANOLA BAR, PECAN CRUNCH			
		78	16 fl oz UNSWEETENED ALMOND MILK			
<b>Meal Totals:</b>		<b>Calories: 403</b>	<b>Carbs: 68g (63%)</b>	<b>Protein: 8g (7%)</b>	<b>Fat: 14g (29%)</b>	<b>Fluid: 5oz</b>
Dinner	6:00 PM	61	6 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		285	6 oz MEATLESS TURKEY ROAST, VEGAN			
		280	1 1/4 cups QUINOA, COOKED			
<b>Meal Totals:</b>		<b>Calories: 666</b>	<b>Carbs: 76g (44%)</b>	<b>Protein: 53g (31%)</b>	<b>Fat: 19g (25%)</b>	<b>Fluid: 22oz</b>
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		46	8 large STRAWBERRY, RAW			
		114	1 1/2 oz Hemp Protein Powder			
		300	10 oz SOY YOGURT, MIXED BERRY			
<b>Meal Totals:</b>		<b>Calories: 460</b>	<b>Carbs: 77g (65%)</b>	<b>Protein: 26g (22%)</b>	<b>Fat: 7g (13%)</b>	<b>Fluid: 13oz</b>
<b>Day 1 Totals:</b>		<b>Calories: 3240</b>	<b>Carbs: 453g (52%)</b>	<b>Protein: 200g (23%)</b>	<b>Fat: 97g (25%)</b>	<b>Fluid: 127oz</b>

**Vegan 3250 (C)****Day 2**

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	78	16 fl oz UNSWEETENED ALMOND MILK			
		360	2 cups SEVEN WHOLE GRAIN FLAKES CEREAL, RTE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		46	8 large STRAWBERRY, RAW			
		165	5 oz BREAKFAST SAUSAGE, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 649</b>	<b>Carbs: 104g (58%)</b>	<b>Protein: 31g (17%)</b>	<b>Fat: 20g (25%)</b>	<b>Fluid: 21oz</b>
Snack	10:00 AM	110	1 large APPLE W/SKIN, RAW			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		51	1/2 oz MEATLESS JURKY, ORIGINAL, VEGAN			
		75	4 toast CRACKER, MELBA TOAST, WHEAT			
<b>Meal Totals:</b>		<b>Calories: 439</b>	<b>Carbs: 56g (48%)</b>	<b>Protein: 15g (13%)</b>	<b>Fat: 20g (39%)</b>	<b>Fluid: 25oz</b>
Lunch	12:00 PM	151	2 pita BREAD, PITA, WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		32	2 teaspoons MAYONNAISE, MADE W/TOFU			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		83	1 cups CARROT, BABY, RAW			
374	8 oz VEGGIE STEAK STRIPS, VEGAN					
<b>Meal Totals:</b>		<b>Calories: 643</b>	<b>Carbs: 45g (32%)</b>	<b>Protein: 68g (49%)</b>	<b>Fat: 12g (19%)</b>	<b>Fluid: 19oz</b>
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		190	2 bars GRANOLA BAR, PECAN CRUNCH			
		140	2 slice SOY CHEESE, AMERICAN, SLICED			
		120	2 fruit NECTARINE, RAW			
<b>Meal Totals:</b>		<b>Calories: 450</b>	<b>Carbs: 62g (55%)</b>	<b>Protein: 11g (10%)</b>	<b>Fat: 18g (36%)</b>	<b>Fluid: 25oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		11	1/2 cups MUSTARD GREENS, BOILED, DRAINED			
		87	2 oz VEGGIE CHIK'N STRIPS, VEGAN			
		586	<b>SHELL PASTA WITH ARTICHOKE IN GARLIC &amp; OLIVE OIL (1.5 Servings)</b> 16 oz Artichoke, Raw (globe Or French)			
			8 oz Shells Pasta, Dry 4 tablespoons Olive Oil 4 tablespoons Basil, Fresh 4 clove Garlic, Raw			
<b>Meal Totals:</b>		<b>Calories: 684</b>	<b>Carbs: 90g (51%)</b>	<b>Protein: 33g (19%)</b>	<b>Fat: 24g (31%)</b>	<b>Fluid: 25oz</b>
Snack	8:00 PM	135	1 extra-large BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		267	10 oz CULTURED SOY, CHOCOLATE			
<b>Meal Totals:</b>		<b>Calories: 402</b>	<b>Carbs: 82g (75%)</b>	<b>Protein: 14g (13%)</b>	<b>Fat: 6g (12%)</b>	<b>Fluid: 13oz</b>
<b>Day 2 Totals:</b>		<b>Calories: 3267</b>	<b>Carbs: 439g (53%)</b>	<b>Protein: 172g (21%)</b>	<b>Fat: 100g (27%)</b>	<b>Fluid: 128oz</b>

**Vegan 3250 (C)****Day 3**

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	203	2 tablespoons ALMOND BUTTER, NO SALT			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		78	16 fl oz UNSWEETENED ALMOND MILK			
		330	3 slice RAISIN BREAD W/O EGG			
		60	1 fruit NECTARINE, RAW			
<b>Meal Totals:</b>		<b>Calories: 671</b>	<b>Carbs: 85g (48%)</b>	<b>Protein: 11g (6%)</b>	<b>Fat: 36g (46%)</b>	<b>Fluid: 14oz</b>
Snack	10:00 AM	190	2 bars GRANOLA BAR, PECAN CRUNCH			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 large APPLE W/SKIN, RAW			
		123	3/4 oz ALMOND, RAW			
<b>Meal Totals:</b>		<b>Calories: 423</b>	<b>Carbs: 62g (55%)</b>	<b>Protein: 10g (9%)</b>	<b>Fat: 18g (36%)</b>	<b>Fluid: 24oz</b>
Lunch	12:00 PM	4	2 teaspoons BALSAMIC VINEGAR			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		360	9 nuggets CHICKEN-FREE NUGGETS, VEGAN			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		2	16 fl oz ICED TEA, UNSWEETENED			
80	2 teaspoons OLIVE OIL, EXTRA VIRGIN					
<b>Meal Totals:</b>		<b>Calories: 613</b>	<b>Carbs: 75g (46%)</b>	<b>Protein: 48g (29%)</b>	<b>Fat: 18g (25%)</b>	<b>Fluid: 22oz</b>
Snack	3:00 PM	54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		202	2 oz MEATLESS JURKY, ORIGINAL, VEGAN			
		94	5 toast CRACKER, MELBA TOAST, WHEAT			
<b>Meal Totals:</b>		<b>Calories: 433</b>	<b>Carbs: 43g (48%)</b>	<b>Protein: 28g (31%)</b>	<b>Fat: 8g (20%)</b>	<b>Fluid: 18oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		87	2 oz VEGGIE CHIK'N STRIPS, VEGAN			
		11	1/2 cups MUSTARD GREENS, BOILED, DRAINED			
		586	<b>SHELL PASTA WITH ARTICHOKE IN GARLIC &amp; OLIVE OIL (1.5 Servings)</b> 16 oz Artichoke, Raw (globe Or French)			
			8 oz Shells Pasta, Dry 4 tablespoons Olive Oil 4 tablespoons Basil, Fresh 4 clove Garlic, Raw			
<b>Meal Totals:</b>		<b>Calories: 684</b>	<b>Carbs: 90g (51%)</b>	<b>Protein: 33g (19%)</b>	<b>Fat: 24g (31%)</b>	<b>Fluid: 25oz</b>
Snack	8:00 PM	62	1 cups BLACKBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		114	1 1/2 oz Hemp Protein Powder			
		240	8 oz SOY YOGURT, MIXED BERRY			
<b>Meal Totals:</b>		<b>Calories: 416</b>	<b>Carbs: 68g (63%)</b>	<b>Protein: 25g (23%)</b>	<b>Fat: 7g (14%)</b>	<b>Fluid: 13oz</b>
<b>Day 3 Totals:</b>		<b>Calories: 3240</b>	<b>Carbs: 423g (51%)</b>	<b>Protein: 155g (19%)</b>	<b>Fat: 111g (30%)</b>	<b>Fluid: 116oz</b>

**Vegan 3250 (C)****Day 4**

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	360	2 cups SEVEN WHOLE GRAIN FLAKES CEREAL, RTE			
		78	16 fl oz UNSWEETENED ALMOND MILK			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		165	5 oz BREAKFAST SAUSAGE, VEGAN			
		46	8 large STRAWBERRY, RAW			
<b>Meal Totals:</b>		<b>Calories: 649</b>	<b>Carbs: 104g (58%)</b>	<b>Protein: 31g (17%)</b>	<b>Fat: 20g (25%)</b>	<b>Fluid: 13oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		60	1 fruit NECTARINE, RAW			
		76	1 oz Hemp Protein Powder			
		123	3/4 oz ALMOND, RAW			
		180	6 oz SOY YOGURT, MIXED BERRY			
<b>Meal Totals:</b>		<b>Calories: 439</b>	<b>Carbs: 58g (51%)</b>	<b>Protein: 22g (19%)</b>	<b>Fat: 15g (30%)</b>	<b>Fluid: 22oz</b>
Lunch	12:00 PM	151	2 pita BREAD, PITA, WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		140	2 slice SOY CHEESE, AMERICAN, SLICED			
		368	1 3/4 cups SMART CHILI, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 659</b>	<b>Carbs: 95g (60%)</b>	<b>Protein: 38g (24%)</b>	<b>Fat: 11g (16%)</b>	<b>Fluid: 17oz</b>
Snack	3:00 PM	190	2 bars GRANOLA BAR, PECAN CRUNCH			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 large APPLE W/SKIN, RAW			
		127	1 1/4 oz MEATLESS JURKY, ORIGINAL, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 427</b>	<b>Carbs: 69g (62%)</b>	<b>Protein: 20g (18%)</b>	<b>Fat: 10g (20%)</b>	<b>Fluid: 23oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		108	1/2 cups BROWN RICE, LONG GRAIN, COOKED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		80	2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		156	1/2 cups BEAN, NAVY, CANNED			
		280	6 oz VEGGIE STEAK STRIPS, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 646</b>	<b>Carbs: 63g (39%)</b>	<b>Protein: 62g (38%)</b>	<b>Fat: 17g (23%)</b>	<b>Fluid: 28oz</b>
Snack	8:00 PM	213	8 oz CULTURED SOY, CHOCOLATE			
		0	12 fl oz WATER, DRINKING WATER, PURIFIED			
		135	1 extra-large BANANA, RAW			
		76	1 oz Hemp Protein Powder			
<b>Meal Totals:</b>		<b>Calories: 424</b>	<b>Carbs: 78g (69%)</b>	<b>Protein: 21g (19%)</b>	<b>Fat: 6g (12%)</b>	<b>Fluid: 17oz</b>
<b>Day 4 Totals:</b>		<b>Calories: 3244</b>	<b>Carbs: 467g (56%)</b>	<b>Protein: 194g (23%)</b>	<b>Fat: 79g (21%)</b>	<b>Fluid: 120oz</b>

**Vegan 3250 (C)**

**Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	164	1 1/2 cups ORANGE JUICE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		132	4 oz BREAKFAST SAUSAGE, VEGAN			
		175	2 cups OAT BRAN, COOKED			
		164	1 oz ALMOND, RAW			
<b>Meal Totals:</b>		<b>Calories: 635</b>	<b>Carbs: 99g (50%)</b>	<b>Protein: 36g (18%)</b>	<b>Fat: 28g (32%)</b>	<b>Fluid: 42oz</b>
Snack	10:00 AM	101	1 tablespoons ALMOND BUTTER, NO SALT			
		190	2 bars GRANOLA BAR, PECAN CRUNCH			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 large APPLE W/SKIN, RAW			
<b>Meal Totals:</b>		<b>Calories: 401</b>	<b>Carbs: 61g (59%)</b>	<b>Protein: 7g (7%)</b>	<b>Fat: 16g (35%)</b>	<b>Fluid: 24oz</b>
Lunch	12:00 PM	151	2 roll ROLL, DINNER, WHOLE WHEAT			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		374	8 oz VEGGIE STEAK STRIPS, VEGAN			
		4	2 teaspoons BALSAMIC VINEGAR			
120	3 teaspoons OLIVE OIL, EXTRA VIRGIN					
<b>Meal Totals:</b>		<b>Calories: 665</b>	<b>Carbs: 46g (27%)</b>	<b>Protein: 67g (40%)</b>	<b>Fat: 25g (33%)</b>	<b>Fluid: 21oz</b>
Snack	3:00 PM	90	20 crisps POTATO SOY CRISPS, SALT & PEPPER			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		83	1 cups CARROT, BABY, RAW			
		202	2 oz MEATLESS JURKY, ORIGINAL, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 429</b>	<b>Carbs: 40g (43%)</b>	<b>Protein: 31g (33%)</b>	<b>Fat: 10g (24%)</b>	<b>Fluid: 17oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		70	1/4 cups REFRIED BLACK BEANS, VEGAN			
		596	<b>VEGAN FAJITAS (1.5 Servings)</b>			
			2 tablespoons Olive Oil			
			2 tablespoons Red Wine Vinegar			
	1 teaspoons Chili Powder					
	1/2 teaspoons Oregano, Dried, Ground					
	1 small Zucchini W/skin, Raw					
	1 medium Summer Squash, Raw					
	1 pepper Peppers, Sweet, Green, Raw					
	1 large Onion, Raw					
	2 cups Corn, Golden, Whole Kernel					
	2 cups Bean, Black, Boiled					
	4 tortilla Tortilla, Corn, No Added Salt, Rtc					
<b>Meal Totals:</b>		<b>Calories: 666</b>	<b>Carbs: 109g (63%)</b>	<b>Protein: 27g (16%)</b>	<b>Fat: 16g (21%)</b>	<b>Fluid: 28oz</b>
Snack	8:00 PM	135	1 extra-large BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		76	1 oz Hemp Protein Powder			
		240	8 oz SOY YOGURT, MIXED BERRY			
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**Vegan 3250 (C)****Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Meal Totals:		Calories: 451	Carbs: 86g (72%)	Protein: 20g (17%)	Fat: 6g (11%)	Fluid: 13oz
Day 5 Totals:		Calories: 3247	Carbs: 441g (52%)	Protein: 188g (22%)	Fat: 101g (27%)	Fluid: 145oz

## Vegan 3250 (C)

Day 6

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	135	1 extra-large BANANA, RAW			
		39	8 fl oz UNSWEETENED ALMOND MILK			
		330	3 slice RAISIN BREAD W/O EGG			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		152	1 1/2 tablespoons ALMOND BUTTER, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 656</b>	<b>Carbs: 102g (58%)</b>	<b>Protein: 10g (6%)</b>	<b>Fat: 29g (37%)</b>	<b>Fluid: 14oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		202	2 oz MEATLESS JURKY, ORIGINAL, VEGAN			
		90	20 crisps POTATO SOY CRISPS, SALT & PEPPER			
		120	2 fruit NECTARINE, RAW			
<b>Meal Totals:</b>		<b>Calories: 412</b>	<b>Carbs: 63g (55%)</b>	<b>Protein: 33g (29%)</b>	<b>Fat: 8g (16%)</b>	<b>Fluid: 25oz</b>
Lunch	12:00 PM	2	16 fl oz ICED TEA, UNSWEETENED			
		70	1/4 cups REFRIED BLACK BEANS, VEGAN			
		596	<b>VEGAN FAJITAS (1.5 Servings)</b>			
			2 tablespoons Olive Oil			
			2 tablespoons Red Wine Vinegar			
	1 teaspoons Chili Powder					
	1/2 teaspoons Oregano, Dried, Ground					
	1 small Zucchini W/skin, Raw					
	1 medium Summer Squash, Raw					
	1 pepper Peppers, Sweet, Green, Raw					
	1 large Onion, Raw					
	2 cups Corn, Golden, Whole Kernel					
	2 cups Bean, Black, Boiled					
	4 tortilla Tortilla, Corn, No Added Salt, Rtc					
<b>Meal Totals:</b>		<b>Calories: 668</b>	<b>Carbs: 109g (63%)</b>	<b>Protein: 27g (16%)</b>	<b>Fat: 16g (21%)</b>	<b>Fluid: 29oz</b>
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		140	2 slice SOY CHEESE, AMERICAN, SLICED			
		110	1 large APPLE W/SKIN, RAW			
		190	2 bars GRANOLA BAR, PECAN CRUNCH			
<b>Meal Totals:</b>		<b>Calories: 440</b>	<b>Carbs: 62g (57%)</b>	<b>Protein: 9g (8%)</b>	<b>Fat: 17g (35%)</b>	<b>Fluid: 23oz</b>
Dinner	6:00 PM	216	1 cups BROWN RICE, LONG GRAIN, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		36	8 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		380	8 oz MEATLESS TURKEY ROAST, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 632</b>	<b>Carbs: 73g (45%)</b>	<b>Protein: 59g (37%)</b>	<b>Fat: 13g (18%)</b>	<b>Fluid: 28oz</b>
Snack	8:00 PM	240	8 oz SOY YOGURT, MIXED BERRY			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		152	2 oz Hemp Protein Powder			
		35	6 large STRAWBERRY, RAW			
<b>Meal Totals:</b>		<b>Calories: 427</b>	<b>Carbs: 65g (59%)</b>	<b>Protein: 29g (26%)</b>	<b>Fat: 7g (14%)</b>	<b>Fluid: 12oz</b>
<b>Day 6 Totals:</b>		<b>Calories: 3235</b>	<b>Carbs: 474g (56%)</b>	<b>Protein: 167g (20%)</b>	<b>Fat: 90g (24%)</b>	<b>Fluid: 131oz</b>

## Vegan 3250 (C)

Day 7

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	360	2 cups SEVEN WHOLE GRAIN FLAKES CEREAL, RTE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		78	16 fl oz UNSWEETENED ALMOND MILK			
		46	8 large STRAWBERRY, RAW			
		165	5 oz BREAKFAST SAUSAGE, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 649</b>	<b>Carbs: 104g (58%)</b>	<b>Protein: 31g (17%)</b>	<b>Fat: 20g (25%)</b>	<b>Fluid: 21oz</b>
Snack	10:00 AM	81	3 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		83	1 cups CARROT, BABY, RAW			
		90	20 crisps POTATO SOY CRISPS, SALT & PEPPER			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		202	2 oz MEATLESS JURKY, ORIGINAL, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 456</b>	<b>Carbs: 43g (43%)</b>	<b>Protein: 32g (32%)</b>	<b>Fat: 11g (25%)</b>	<b>Fluid: 18oz</b>
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		8	2 oz TOMATO, RAW			
		140	2 slice SOY CHEESE, AMERICAN, SLICED			
		149	5 oz SMART DELI, THREE PEPPERCORN PASTRAMI, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 650</b>	<b>Carbs: 64g (42%)</b>	<b>Protein: 46g (30%)</b>	<b>Fat: 19g (28%)</b>	<b>Fluid: 20oz</b>
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		240	8 oz SOY YOGURT, MIXED BERRY			
		46	8 large STRAWBERRY, RAW			
		152	2 oz Hemp Protein Powder			
<b>Meal Totals:</b>		<b>Calories: 438</b>	<b>Carbs: 68g (60%)</b>	<b>Protein: 29g (26%)</b>	<b>Fat: 7g (14%)</b>	<b>Fluid: 21oz</b>
Dinner	6:00 PM	360	9 nuggets CHICKEN-FREE NUGGETS, VEGAN			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		61	6 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		20	1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		224	1 cups QUINOA, COOKED			
<b>Meal Totals:</b>		<b>Calories: 665</b>	<b>Carbs: 93g (53%)</b>	<b>Protein: 54g (31%)</b>	<b>Fat: 13g (17%)</b>	<b>Fluid: 22oz</b>
Snack	8:00 PM	135	1 extra-large BANANA, RAW			
		0	12 fl oz WATER, DRINKING WATER, PURIFIED			
		190	2 bars GRANOLA BAR, PECAN CRUNCH			
		82	1/2 oz ALMOND, RAW			
<b>Meal Totals:</b>		<b>Calories: 407</b>	<b>Carbs: 67g (61%)</b>	<b>Protein: 9g (8%)</b>	<b>Fat: 15g (31%)</b>	<b>Fluid: 18oz</b>
<b>Day 7 Totals:</b>		<b>Calories: 3265</b>	<b>Carbs: 439g (53%)</b>	<b>Protein: 201g (24%)</b>	<b>Fat: 85g (23%)</b>	<b>Fluid: 120oz</b>



**Shopping List**

Category	Quantity	Item
Accompaniments	2 teaspoons	Mayonnaise, Made W/tofu
	5 teaspoons	Mustard, Prepared, Dijon   Grey Poupon
Beverages	3 cups	Orange Juice
	32 fl oz	Iced Tea, Unsweetened   Generic
	88 fl oz	Unsweetened Almond Milk
Bread	552 fl oz	Water, Drinking Water, Purified
	4 pita	Bread, Pita, Whole Wheat
	4 roll	Roll, Dinner, Whole Wheat
	4 wrap	Wrap, 100% Whole Wheat   Sahara
Cereal and Grain Products	6 slice	Raisin Bread W/o Egg   Ener-G Foods
	1 1/2 cups	Brown Rice, Long Grain, Cooked
Cereals, Ready to Eat	4 cups	Oat Bran, Cooked
	6 cups	Seven Whole Grain Flakes Cereal, Rte   Kashi
Cookies & Crackers	9 toast	Cracker, Melba Toast, Wheat
Dairy Products	10 slice	Soy Cheese, American, Sliced   Tofutti
	48 oz	Soy Yogurt, Mixed Berry   Whole Soy & Co.
Fats and Oils	8 1/2 teaspoons	Olive Oil, Extra Virgin   Bertolli
Fruits	1 cups	Blackberry, Raw
	5 large	Apple W/skin, Raw
	6 extra-large	Banana, Raw
	8 fruit	Nectarine, Raw
	46 large	Strawberry, Raw
Ingredients	4 teaspoons	Balsamic Vinegar   Spectrum
Legumes	1/2 cups	Bean, Navy, Canned
	1/2 cups	Refried Black Beans, Vegan   Amy's Kitchen
	7 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	18 oz	Cultured Soy, Chocolate   Stonyfield Fam/O'Soy
	4 oz	Almond, Raw
Side Dishes	6 1/2 tablespoons	Almond Butter, No Salt
	2 1/4 cups	Quinoa, Cooked
Snacks	14 bars	Granola Bar, Pecan Crunch   Nature Valley
	85 crisps	Potato Soy Crisps, Salt & Pepper   Genisoy
Sport and Diet Nutritionals	10 oz	Hemp Protein Powder
Vegetables	2 cups	Mustard Greens, Boiled, Drained
	4 cups	Carrot, Baby, Raw

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**Shopping List**

Category	Quantity	Item
	4 cups	Lettuce, Cos Or Romaine, Raw
	4 oz	Tomato, Raw
	6 leaf	Lettuce, Cos Or Romaine, Raw
	8 oz	Squash, Summer, Crookneck, Boiled, Drained
	12 oz	Brussels Sprouts, Boiled, No Salt
Vegetarian Products	1 3/4 cups	Smart Chili, Vegan   LightLife
	4 oz	Veggie Chik'n Strips, Vegan   Morningstar Farms
	9 oz	Smart Deli, Three Peppercorn Pastrami, Vegan   LightLife
	11 3/4 oz	Meatless Jurky, Original, Vegan   Tofurky
	14 oz	Meatless Turkey Roast, Vegan   Tofurky
	18 nuggets	Chicken-free Nuggets, Vegan   Health is Wealth
	22 oz	Veggie Steak Strips, Vegan   Morningstar Farms
	23 1/2 oz	Breakfast Sausage, Vegan   Gardenburger
Bread	4 tortilla	Tortilla, Corn, No Added Salt, Rtc
Vegetables	1 large	Onion, Raw
	1 medium	Summer Squash, Raw
	1 pepper	Peppers, Sweet, Green, Raw
	1 small	Zucchini W/skin, Raw
	4 clove	Garlic, Raw
Cereal and Grain Products	8 oz	Shells Pasta, Dry   De Boles
Fats and Oils	6 tablespoons	Olive Oil
Ingredients	2 tablespoons	Red Wine Vinegar   Spectrum
Legumes	2 cups	Bean, Black, Boiled
Spices	1/2 teaspoons	Oregano, Dried, Ground
	1 teaspoons	Chili Powder
	4 tablespoons	Basil, Fresh
Vegetables	2 cups	Corn, Golden, Whole Kernel   Del Monte
	16 oz	Artichoke, Raw (globe Or French)