

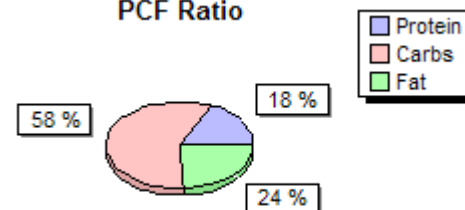


Vegan Meal Plan - 1200 calories

Avg Calories Per Day: 1195

PCF Ratio: 18-58-24

PCF Ratio



Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Apple-oatmeal Pancakes	Soy Milk, Fluid	Granola Cereal	Coffee, Brewed, Prepared	Pea-barley Breakfast	Scrambled Tofu	Blueberry Muffins
R	Tea, Specialty, Green	Blueberry, Raw 100% Bran Cereal Tea, Specialty, Green	Soy Milk, Fluid Blueberry, Raw Tea, Specialty, Green	Soy Milk, Fluid Easy Vegan Pancakes Blueberry Pancake Sauce Cantaloupe, Raw	Herbal Tea, Brewed	Coffee, Brewed, Prepared Soy Milk, Fluid	Tea, Specialty, Green Soy Yogurt, Vanilla Strawberry, Raw
M	Herbal Tea, Brewed Orange, California, Raw	Apple, Raw Peanut Butter, Smooth, No Salt Water, Drinking Water, Carbonated	Water, Drinking Orange, California, Raw	Soy Yogurt, Vanilla Strawberry, Raw Herbal Tea, Brewed	Orange, California, Raw Water, Drinking	Tea, Specialty, Green Vegan Banana Bread	Water, Drinking Cheese Alternative, Cheddar Flavored Grape, European-type, Raw
L	Whole Wheat Bread, Cp Eggless "egg Salad" Water, Municipal	Black Bean And Sweet Potato Salad Water, Drinking	Water, Drinking Lentil, Pear, And Soy Cheese Salad	Sunflower Crunch Salad Herbal Tea, Brewed	Grilled Portobella Club Water, Drinking	Water, Drinking Grilled Soy Cheese Sandwich Watermelon, Raw	Apple, Raw Herbal Tea, Brewed Veggie Sandwich
A	Soy Beans, Edamame, Frozen, Bag Water, Drinking	Hummus, Commercial Rye Wafer Cracker, Plain Watermelon, Raw Tea, Specialty, Green	Water, Drinking Water, Carbonated Vegetarian Vegetable Soup, Condensed	Water, Drinking Apple, Raw	Pumpkin & Squash Seed, Dried Water, Drinking	Water, Drinking Hummus, Commercial Rye Wafer Cracker, Plain	Orange, All Varieties, Raw Water, Drinking Dip, Spicy Black Bean, Nonfat Crackers, Whole Wheat
D	Water, Drinking Tofu And Spaghetti Squash	Crispy Tofu Green Vegetables With Sesame Ginger Dressing Water, Drinking	Pasta With Grilled Vegetables Water, Drinking	Tofu And Bean Casserole Water, Drinking	Vegan Chili Water, Drinking	Tomatoes Stuffed With White Bean Salad Herbal Tea, Brewed	Tofu Fajitas Tea, Specialty, Green
	1179 Calories(kcal); 55 Protein(g); 190 Carbs(g); 29 Fat(g); 4 Sat Fat(g); 0 Cholest(mg); 27 Fiber(g); 2153 Sodium(mg)	1199 Calories(kcal); 57 Protein(g); 188 Carbs(g); 37 Fat(g); 5 Sat Fat(g); 0 Cholest(mg); 50 Fiber(g); 2841 Sodium(mg)	1197 Calories(kcal); 58 Protein(g); 183 Carbs(g); 31 Fat(g); 4 Sat Fat(g); 0 Cholest(mg); 48 Fiber(g); 3046 Sodium(mg)	1180 Calories(kcal); 48 Protein(g); 183 Carbs(g); 32 Fat(g); 2 Sat Fat(g); 0 Cholest(mg); 32 Fiber(g); 2214 Sodium(mg)	1209 Calories(kcal); 60 Protein(g); 182 Carbs(g); 33 Fat(g); 5 Sat Fat(g); 0 Cholest(mg); 44 Fiber(g); 1554 Sodium(mg)	1196 Calories(kcal); 64 Protein(g); 165 Carbs(g); 36 Fat(g); 5 Sat Fat(g); 0 Cholest(mg); 32 Fiber(g); 1788 Sodium(mg)	1205 Calories(kcal); 47 Protein(g); 189 Carbs(g); 33 Fat(g); 4 Sat Fat(g); 0 Cholest(mg); 27 Fiber(g); 1550 Sodium(mg)

Week's Average Daily Food Exchange

Starch	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Vegetable	Fruit	Skim Milk	Low Fat Milk	Whole Milk	Fat	Other Carbohydrates
6.38	0.68	1.16	1.39	0	5.02	2.48	0.3	0	0	3.22	1.11