



Vegan Outreach Meal Plan - 1800 calories Single Day Report

Meal Plan by Dina Aronson, MS, RD

Date: Monday

PCF Ratio



Carbs (53%) Protein (15%) Fat (33%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Trans Fat (g)	Omega-3 (g)	Dietary Fiber (g)
Scrambled Tofu	1 serving	470	268	20	20	13	2	0	0	5
WHOLE WHEAT BREAD, CP	2 slices	56	138	5	26	2	1	0	0	4
CANTALOUPE, RAW	2 medium wedge	138	48	1	12	0	0	0	0	1
MARGARINE SPREAD, TUB	1 tbsp	14	75	0	0	9	0	0	0	0
Meal Total:		678	529	27	57	25	3	0	0	10

Morning Snack

SOY YOGURT, VANILLA	4 oz	113	100	3	17	2	0	0	0	0
FLAX SEED	1 tbsp	12	59	2	4	4	0	0	2	3
Meal Total:		125	159	6	21	6	0	0	2	3

Lunch

Black Bean and Sweet Potato Salad	1 serving	438	340	12	54	8	0	0	0	12
GRAPEFRUIT, RAW	1/2 fruit	123	46	1	12	0	0	0	0	0
Meal Total:		561	385	12	66	8	0	0	0	12

Afternoon Snack

TRAIL MIX SNACK, REGULAR	1.5 oz	43	196	6	19	13	2	0	0	0
Meal Total:		43	196	6	19	13	2	0	0	0

Dinner

QUINOA COOKED	1 cup	240	256	12	34	8	0	0	0	8
Grilled vegetables	1 serving	442	195	6	30	8	1	0	0	8
Meal Total:		682	451	18	64	16	1	0	0	16

Evening Snack

Vegan Outreach Meal Plan - 1800 calories Single Day Report (continued)

Evening Snack	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Trans Fat (g)	Omega-3 (g)	Dietary Fiber (g)
FRUIT SALAD, WATER PACK	1 cup	245	74	1	19	0	0	0	0	2
Meal Total:		245	74	1	19	0	0	0	0	2
Daily Total:		2,335	1,794	69	247	68	7	0	2	44
Breakfast	Folate (mcg)	Vit B-12 (mcg)	Vit-C (mg)	Vit-E IU (IU)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Scrambled Tofu	70	0	163	3	142	5	95	1,081	819	2
WHOLE WHEAT BREAD, CP	28	0	0	1	40	2	48	141	295	1
CANTALOUPE, RAW	23	0	58	0	15	0	15	426	12	0
MARGARINE SPREAD, TUB	0	0	0	0	0	0	0	0	75	0
Meal Total:	121	0	221	4	198	7	158	1,648	1,202	4
Morning Snack										
SOY YOGURT, VANILLA	0	0	0	0	0	0	0	0	17	0
FLAX SEED	33	0	0	1	24	1	43	82	4	1
Meal Total:	33	0	0	1	24	1	43	82	21	1
Lunch										
Black Bean and Sweet Potato Salad	28	0	61	1	111	5	32	473	668	0
GRAPEFRUIT, RAW	15	0	47	0	14	0	11	181	1	0
Meal Total:	43	0	107	1	124	5	43	654	669	0
Afternoon Snack										
TRAIL MIX SNACK, REGULAR	30	0	1	0	33	1	67	291	97	1
Meal Total:	30	0	1	0	33	1	67	291	97	1
Dinner										
QUINOA COOKED	32	0	0	6	30	4	128	520	12	5
Grilled vegetables	71	0	60	0	41	2	51	1,202	188	1
Meal Total:	103	0	60	6	71	6	179	1,722	200	6
Evening Snack										
FRUIT SALAD, WATER PACK	7	0	5	0	17	1	12	191	7	0
Meal Total:	7	0	5	0	17	1	12	191	7	0
Daily Total:	338	0	394	12	467	21	503	4,589	2,196	12