



# Vegan Outreach Meal Plan - 2300 calories Single Day Report Meal Plan by Dina Aronson, MS, RD

Date: Tuesday

PCF Ratio



Carbs (55%) Protein (16%) Fat (29%)

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)
BLUEBERRY, RAW	1 cup	145	81	1	20	1	0	0	0	4
TEA, SPECIALTY, GREEN	8 fl oz	237	0	0	0	0	0	0	0	0
Kashi Breakfast Pilaf	1 cup	280	340	12	60	6	0	0	0	12
WALNUT, ENGLISH, DRIED, RAW	4 tbsp	30	196	5	4	20	2	0	3	2
SOYMILK, ORIGINAL ENRICHED	1 cup	240	130	7	17	4	1	0	0	0
<b>Meal Total:</b>		<b>932</b>	<b>747</b>	<b>25</b>	<b>102</b>	<b>30</b>	<b>2</b>	<b>0</b>	<b>3</b>	<b>18</b>

## Morning Snack

APPLE, RAW	1 medium	138	81	0	21	0	0	0	0	4
ALMOND BUTTER	1 tbsp	16	95	4	4	8	0	0	0	0
<b>Meal Total:</b>		<b>154</b>	<b>176</b>	<b>4</b>	<b>25</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4</b>

## Lunch

ORANGE, CALIFORNIA, RAW	1 fruit	121	59	1	14	0	0	0	0	3
LETTUCE, COS OR ROMAINE, RAW	2 cups	112	16	2	3	0	0	0	0	2
cherry tomatoes	1 cup	149	31	5	7	1	0	0	0	2
FLAXSEED OIL	2 tsp	0	80	0	0	9	1	0	5	0
VINEGAR DRESSING, BALSAMIC WINE	1 tbsp	17	18	0	4	0	0	0	0	0
BURRITO, NON-DAIRY	1 burrito	170	180	9	48	6	1	0	0	5
SUNFLOWER SEED, NO SALT ADDED	1 oz	28	165	5	7	14	1	0	0	3
<b>Meal Total:</b>		<b>597</b>	<b>549</b>	<b>23</b>	<b>83</b>	<b>31</b>	<b>3</b>	<b>0</b>	<b>5</b>	<b>15</b>

## Afternoon Snack

HUMMUS,	4 tbsp	56	93	4	8	5	1	0	0	3
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## Vegan Outreach Meal Plan - 2300 calories Single Day Report (continued)

Afternoon 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)
COMMERCIAL										
CARROT, BABY, RAW	8 medium	80	30	1	7	0	0	0	0	1
CRISPBREAD, RYE ORIGINAL	4 slices	36	120	2	28	0	0	0	0	8
<b>Meal Total:</b>		172	243	7	43	6	1	0	0	13

### Dinner

SPAGHETTI PASTA, WHOLE WHEAT, COOKED	2 cups	280	347	15	74	2	0	0	0	13
MARINARA SAUCE	1/2 cup	125	71	2	10	3	0	0	0	2
Vegetarian Meatballs	7 meatballs	105	126	22	10	4	0	0	0	4
BROCCOLI, BOILED W/SALT	1 cup	156	44	5	8	1	0	0	0	5
<b>Meal Total:</b>		666	588	44	102	9	1	0	0	23

<b>Daily Total:</b>	<b>2,521</b>	<b>2,304</b>	<b>102</b>	<b>354</b>	<b>83</b>	<b>7</b>	<b>0</b>	<b>8</b>	<b>72</b>
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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)	
BLUEBERRY, RAW	9	0	19	2	9	0	7	129	9	0	
TEA, SPECIALTY, GREEN	0	0	0	0	0	0	0	0	0	0	
Kashi Breakfast Pilaf	0	0	0	0	40	3	0	0	30	0	
WALNUT, ENGLISH, DRIED, RAW	29	0	0	1	29	1	47	132	1	1	
SOYMILK, ORIGINAL ENRICHED	60	3	0	7	300	2	40	240	140	1	
<b>Meal Total:</b>		<b>98</b>	<b>3</b>	<b>19</b>	<b>11</b>	<b>378</b>	<b>6</b>	<b>95</b>	<b>501</b>	<b>179</b>	<b>2</b>

### Morning Snack

APPLE, RAW	4	0	8	1	10	0	7	159	0	0
ALMOND BUTTER	0	0	0	0	0	0	0	140	3	0
<b>Meal Total:</b>		<b>4</b>	<b>0</b>	<b>8</b>	<b>1</b>	<b>10</b>	<b>0</b>	<b>299</b>	<b>3</b>	<b>0</b>

### Lunch

ORANGE, CALIFORNIA, RAW	47	0	59	0	48	0	12	217	0	0
LETTUCE, COS OR ROMAINE, RAW	152	0	27	1	40	1	7	325	9	0
cherry tomatoes	22	0	29	1	8	1	16	331	13	0
FLAXSEED OIL	0	0	0	0	0	0	0	0	0	0

## Vegan Outreach Meal Plan - 2300 calories Single Day Report (continued)

	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)
<b>Lunch</b>										
VINEGAR DRESSING, BALSAMIC WINE	0	0	0	0	0	0	0	8	230	0
BURRITO, NON-DAIRY	0	0	0	0	0	0	0	0	550	0
SUNFLOWER SEED, NO SALT ADDED	67	0	0	21	20	1	37	241	1	2
<b>Meal Total:</b>	<b>289</b>	<b>0</b>	<b>114</b>	<b>23</b>	<b>116</b>	<b>3</b>	<b>72</b>	<b>1,121</b>	<b>803</b>	<b>2</b>
<b>Afternoon Snack</b>										
HUMMUS, COMMERCIAL	46	0	0	0	21	1	40	128	212	1
CARROT, BABY, RAW	26	0	7	0	18	1	10	223	28	0
CRISPBREAD, RYE ORIGINAL	0	0	0	0	0	0	0	0	0	0
<b>Meal Total:</b>	<b>73</b>	<b>0</b>	<b>7</b>	<b>0</b>	<b>40</b>	<b>2</b>	<b>49</b>	<b>351</b>	<b>240</b>	<b>1</b>
<b>Dinner</b>										
SPAGHETTI PASTA, WHOLE WHEAT, COOKED	14	0	0	0	42	3	84	123	8	2
MARINARA SAUCE	13	0	10	2	28	1	21	369	515	0
Vegetarian Meatballs	0	0	0	0	280	0	0	0	588	0
BROCCOLI, BOILED W/SALT	78	0	116	4	72	1	37	456	409	1
<b>Meal Total:</b>	<b>105</b>	<b>0</b>	<b>126</b>	<b>6</b>	<b>421</b>	<b>5</b>	<b>143</b>	<b>947</b>	<b>1,520</b>	<b>3</b>
<b>Daily Total:</b>	<b>569</b>	<b>3</b>	<b>275</b>	<b>41</b>	<b>965</b>	<b>16</b>	<b>365</b>	<b>3,219</b>	<b>2,745</b>	<b>8</b>