

	Pasha Sample Meal Plan	Amount	Calories	Carbs	Fat	Protein
Berry Oatmeal with Chia Seeds	<b>Meal 1 - Breakfast</b>					
	Oats	60g	225	40	4.5	7.5
	unsweetened soy milk	1/2 c	40.0	1.5	2.0	3.6
	Raisins	15g	45.0	11.9	0.0	0.5
	mixed berries	1/2 c	35.0	8.5	0.3	0.5
	Tbsp chia seeds	1/2 Tbsp	26.0	2.2	1.6	0.9
	Edamame Puffs	1/3 c (25g)	100.0	2.0	0.5	20.0
	water	1/2 c				
	Stevia & vanilla	to taste				
	<b>Total:</b>		<b>471</b>	<b>66.1</b>	<b>8.85</b>	<b>33</b>
	<b>Meal 2 - Post Workout</b>					
	Owyn Protein Shake	1 bottle	200	6	6	32
	Banana	1 large (130g)	120	30	0	0
	<b>Total:</b>		<b>320</b>	<b>36</b>	<b>6</b>	<b>32</b>
One-Pot Black Bean Chili	<b>Meal 3 - Lunch</b>					
	Vegetable broth	3/4c	9	1.5	0	0.2
	black beans	3.75 oz	97	17.6	0.3	6.4
	diced sweet potato	1/2 c	75	16.4	0	1.5
	salsa	4 oz	40	7.6	0.2	1.6
	TVP	1/4 c	80	9	0	12
	chili powder	1/2 tsp				
	cumin	1/4 tsp				
	onion powder	1/8 tsp				
	garlic powder	1/8 tsp				
	guacamole	57g packet	120	3	12	1
	Nutritional Yeast	2 Tbsp	40	4	0	6
	<b>Total:</b>		<b>461</b>	<b>59.1</b>	<b>12.5</b>	<b>28.7</b>
	<b>Meal 4 - Snack</b>					
Seitan Fajita Tortilla	Persimmon	1 fruit	120	30	0	0
	<b>Total:</b>		<b>120</b>	<b>30</b>	<b>0</b>	<b>0</b>
	<b>Meal 5 - Dinner</b>					
	Uptons Seitan	100g	176.0	8.8	0.9	30.0
	Mission High-Protein Tortilla	1 tortilla	70.0	16.0	3.0	7.0
	Bell Pepper	75g	23.0	4.5	0.1	0.7
	Onion	50g	20.0	4.7	0.1	0.6
	Kale	50g	18.0	2.2	0.7	1.5
	Olive oil	10g	90.0	0.0	9.0	0.0
	Lime juice, chili powder, garlic powder, salt and pepper	to taste				
	<b>Total:</b>		<b>397.0</b>	<b>36.2</b>	<b>13.8</b>	<b>39.8</b>
	<b>Meal 6 - Dessert</b>					
	Peanut Butter	1 Tbsp	90	3	8	3
	<a href="#">Edamame Puff Rice Krispy Treat</a>	1 serving	263	27	7	22
	<b>Total:</b>		<b>353</b>	<b>30</b>	<b>15</b>	<b>25</b>
	<b>Daily Totals:</b>		<b>2122.0</b>	<b>257.4</b>	<b>56.2</b>	<b>158.5</b>
	<b>Goals:</b>		<b>2200</b>	<b>255</b>	<b>60</b>	<b>160</b>