

Pasha Sample Meal Plan	Amount	Calories	Carbs	Fat	Protein
<b>Meal 1 - Breakfast</b>					
Oats	40.0	150.0	27.0	3.0	5.0
Kite Hill Yogurt	170g	140.0	4.0	6.0	17.0
Dried Cranberries	30g	93.0	25.5	0.0	0.0
Slivered Almonds	1.5 Tbsp (12g)	76.0	2.7	6.8	3.0
Molasses	1 tsp	20.0	5.0	0.0	0.0
Spices	as listed	0.0	0.0	0.0	0.0
Edamame Puffs	1/3 c (25g)	100.0	2.0	0.5	20.0
<b>Total:</b>		<b>579.0</b>	<b>66.2</b>	<b>16.3</b>	<b>45.0</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>
<b>Meal 3 - Lunch</b>					
Apple	150g	78	20.7	0.3	0.4
Explore Asia Edamame Pasta	1 oz	90	10	1.75	12
White Beans	1/3 c	100	19	0	6
Marinara	120ml	61	8	3	2
Broccoli	1c	35	6	0	2
Tofu, medium	140g	99	3	5	10
Nutritional Yeast	1.5 Tbsp	30	3	0	4.5
<b>Total:</b>		<b>493</b>	<b>69.7</b>	<b>10.05</b>	<b>36.9</b>
<b>Meal 4 - Dinner</b>					
Mission Carb Balance FLOUR Tortilla	1 tortilla	110.0	32.0	6.0	10.0
Spinach	1/2 c	3.0	1.0	0.0	0.0
Cucumber	1/3 c	5.0	1.0	0.0	0.0
Grape Tomatoes	40g	8.0	2.0	0.0	0.0
Upton's Seitan	90g	259.0	8.0	1.0	27.0
Avocado	50g	80.0	4.0	7.0	1.0
Kite Hill Plain Greek Yogurt	30g	27.0	1.0	1.0	3.0
Cucumber	20g	3.0	1.0	0.0	0.0
Spices	as listed	0.0	0.0	0.0	0.0
<b>Total:</b>		<b>495.0</b>	<b>50.0</b>	<b>15.0</b>	<b>41.0</b>
<b>Meal 5 - Dessert</b>					
Thomas's Bagel	1/2 bagel	130	21	0.75	10
Peanut Butter	2 Tbsp (32g)	190	7	16	8
<b>Total:</b>		<b>320</b>	<b>28</b>	<b>16.75</b>	<b>18</b>
<b>Daily Totals:</b>		<b>2207.0</b>	<b>249.9</b>	<b>64.1</b>	<b>172.9</b>
<b>Goals:</b>		<b>2200</b>	<b>255</b>	<b>60</b>	<b>160</b>