

Pasha Sample Meal Plan	Amount	Calories	Carbs	Fat	Protein
<b>Meal 1 - Breakfast</b>					
Nasoya Super Firm Tofu	90g	130	2	7	14
Sweet Potato	150g	129.0	39.0	0.2	2.4
MSF Orginal Sausage Patties	1 patty	70.0	3.0	3.0	9.0
Salsa	1/2 c	40.0	8.0	0.0	2.0
<b>Total:</b>		<b>369</b>	<b>52</b>	<b>10.2</b>	<b>27.4</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>					
Cabbage	70g	18	4.1	0.1	0.9
Mushrooms	70g	22	2.9	0.2	2
Broccoli	90g	39	6.3	0.3	2.6
Carrots	60g	25	5.7	0.1	0.6
Western Family Frozen Vegetable Mix	1c	20	4	0	1
General Tso's Spicy & Sweet Sauce	4 Tbsp	70	16	0	1
Daring Chicken	3 oz	108	6	2.5	16.8
Rice, cooked	80g	105	23	0.2	2.5
<b>Total:</b>		<b>407</b>	<b>68</b>	<b>3.4</b>	<b>27.4</b>
<b>Meal 4 - Snack</b>					
Kiwi	2 kiwis	84	22	0	2
<b>Total:</b>		<b>84</b>	<b>22</b>	<b>0</b>	<b>2</b>
<b>Meal 5 - Dinner</b>					
Lazxy Girl Protein Pancakes	2 serv	500.0	62.0	6.0	52.0
Enjoy Life Mini Choc Chips	1 Tbsp	80.0	9.0	5.0	1.0
Mixed Berries	1/2 c	35.0	8.5	0.3	0.5
Walden farm Syrup	to taste	0.0	0.0	0.0	0.0
<b>Total:</b>		<b>615.0</b>	<b>79.5</b>	<b>11.3</b>	<b>53.5</b>
<b>Meal 6 - Dessert</b>					
Trail Mix Bar	1 bar	310	43	8.5	16.4
<b>Total:</b>		<b>310</b>	<b>43</b>	<b>8.5</b>	<b>16.4</b>
<b>Daily Totals:</b>		<b>2190.95</b>	<b>300.5</b>	<b>39.4</b>	<b>158.7</b>
<b>Goals:</b>		<b>2200</b>	<b>255</b>	<b>60</b>	<b>160</b>