

	Pasha Sample Meal Plan	Amount	Calories	Carbs	Fat	Protein		
<b>Meal 1 - Breakfast</b>								
<b>Berry Oatmeal with Chia Seeds</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>								
<b>One-Pot Black Bean Chili</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>Meal 3 - Lunch</b>								
<b>Seitan Fajita Tortilla</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>Meal 4 - Snack</b>								
<b>Edamame Puff Rice Krispy Treat</b>	Persimmon	1 fruit	120	30	0	0		
			<b>Total:</b>	<b>120</b>	<b>30</b>	<b>0</b>		
<b>Meal 5 - Dinner</b>								
<b>Seitan Fajita Tortilla</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>Meal 6 - Dessert</b>								
<b>Edamame Puff Rice Krispy Treat</b>	Peanut Butter	1 Tbsp	90	3	8	3		
			<b>Total:</b>	<b>263</b>	<b>27</b>	<b>7</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>		