

| Meal | Recipe | Ingredients | Instructions | Calories | Protein (g) | Fat (g) | Carbs (g) |
|-----------|--------------------------------|---|--------------|----------|-------------|---------|-----------|
| Breakfast | Tofu Scramble Breakfast | 90g [Nasoya] Organic Extra Firm Tofu 150g [USDA] Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program) 38g [Kellogg Company US] Morningstar Farms Breakfast Veggie Breakfast Sausage Patties 1.34oz 112ct 120g [USDA] Sauce, salsa, ready-to-serve | | 329 | 22 | 8 | 44 |
| Lunch | Stir Fry Bowl - General Tso | 70g Red cabbage 70g Sliced Mushrooms 90g Broccoli Florets 60g Carrots 150g [Wal-Mart Stores, Inc.] FAJITA VEGETABLE BLEND 30g [Wegmans Food Markets, Inc.] GENERAL TSO'S SAUCE, GENERAL TSO'S 165g [Daring.] ORIGINAL Plant Chicken Pieces 75g [USDA] Rice, white, glutinous, unenriched, cooked | | 477 | 44 | 4 | 62 |
| PBJ | Custom Item | 41g [Jiff] Crunchy Peanut Butter | | 244 | 8 | 19 | 11 |
| PBJ | Custom Item | 30g [Trader Joe's] Organic Reduced Sugar Strawberry Preserves | | 42 | 0 | 0 | 12 |
| PBJ | Custom Item | 52g [Nature's Own] 100% Whole Grain Bread | | 140 | 8 | 3 | 24 |
| Snacks | Ninja Creami Protein Ice Cream | 142g [USDA] Vitasoy USA, Organic Nasoya Silken Tofu 140g [USDA] Almond milk, unsweetened, plain, refrigerated 12g [NOW® Sports] Soy Protein Isolate Protein Powder 2.5g Organic pure monk fruit extract 2.5g Vanilla Bean Powder 2.5g Xanthan Gum (Use the full recipe I sent you in the app. This is 1/4 of the recipe.) | | 159 | 19 | 6 | 6 |
| Snacks | on top of ice cream! | 40g [Hershey's, The Hershey Company] Simply 5 Chocolate Syrup | | 95 | 0 | 0 | 25 |
| TOTAL | | | | 1486 | 101 | 40 | 184 |
| TARGET | | | | 1480 | 90 | 40 | 190 |