

Pasha Sample Meal Plan	Amount	Calories	Carbs	Fat	Protein
Meal 1 - Breakfast					
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
Total:		579.0	66.2	16.3	45.0
Meal 2 - Post Workout					
Owyn Protein Shake	1 bottle	200	6	6	32
Banana	1 large (130g)	120	30	0	0
Total:		320	36	6	32
Meal 3 - Lunch					
Apple	150g	78	20.7	0.3	0.4
Barilla Protein Plus Penne	2 oz	190	38	1	10
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
Total:		493	78.7	9.3	28.9
Meal 4 - Dinner					
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 lited	0.0	0.0	0.0	0.0
Total:		495.0	50.0	15.0	41.0
Meal 5 - Dessert					
Thomas's Bagel	1/2 bagel	130	21	0.75	10
Peanut Butter	2 Tbsp (32g)	190	7	16	8
Total:		320	28	16.75	18
Daily Totals:		2207.0	258.9	63.3	164.9
Goals:		2200	255	60	160