

Pasha Sample Meal Plan	Amount	Calories	Carbs	Fat	Protein
Meal 1 - Breakfast					
Berries	3/4c (105g)	65.0	16.5	0.3	0.9
Bob's Red Mill Classic Granola	1/4 c (27g)	110.0	20.5	1.8	2.5
Medjool Date	1 chopped (~25g)	70.0	17.0	0.0	0.0
Slivered Almonds	1 Tbsp (8g)	52.0	1.8	4.5	2.0
Oats	1/2 c dry (40g)	150.0	27.0	3.0	5.0
Kite Hill Greek Yogurt	2/3 c (170g)	140.0	4.0	6.0	17.0
Edamame Puffs	1/3 c (25g)	100.0	2.0	0.5	20.0
Total:		687.0	88.8	16.1	47.4
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					
Alice's Chicken Noodle Soup	1 serving (same as Caitlin)	266	40	3	26
Vegan Heavy Cream (Silk or Country Crock)	2 Tbsp (30g)	90	0	10	0
Total:		356	40	13	26
Meal 4 - Dinner					
Alice's Burrito Bowl	1 serving (same as Caitlin)	499.0	69.0	9.0	37.0
Total:		499.0	69.0	9.0	37.0
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:		2182.0	261.8	60.8	160.4
Goals:		2200	255	60	160