

Pasha Sample Meal Plan	Amount	Calories	Carbs	Fat	Protein
<b>Meal 1 - Breakfast</b>					
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
<b>Total:</b>		<b>579.0</b>	<b>66.2</b>	<b>16.3</b>	<b>45.0</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>					
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
<b>Total:</b>		<b>493</b>	<b>78.7</b>	<b>9.3</b>	<b>28.9</b>
<b>Meal 4 - Dinner</b>					
Mission Carb Balance FFlour 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
<b>Total:</b>		<b>495.0</b>	<b>50.0</b>	<b>15.0</b>	<b>41.0</b>
<b>Meal 5 - Dessert</b>					
Thomas's Bagel	1/2 bagel	130	21	0.75	10
Peanut Butter	2 Tbsp (32g)	190	7	16	8
<b>Total:</b>		<b>320</b>	<b>28</b>	<b>16.75</b>	<b>18</b>
<b>Daily Totals:</b>		<b>2207.0</b>	<b>258.9</b>	<b>63.3</b>	<b>164.9</b>
<b>Goals:</b>		<b>2200</b>	<b>255</b>	<b>60</b>	<b>160</b>