

Pasha Sample Meal Plan	Amount	Calories	Carbs	Fat	Protein
Meal 1 - Breakfast					
Thomas Bagel	1 bagel	260.0	51.0	1.5	9.0
MSF Sausage Patty	2 patties	140.0	8.0	5.0	18.0
Just Egg Patty	1 (57G)	80.0	3.0	6.0	6.0
Daiya Cheddar Slice	1 slice (20g)	50.0	2.0	4.0	1.0
Berries of choice	1/2 c	40.0	8.9	0.5	0.9
Total:		570	72.9	17	34.9
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					
SS Caesar Salad w/ Tempeh Croutons	1 serving	349	40	5	36
White Beans	1/2 c	150	27	0	9
Clementine	2 medium	70	18	0	0
Total:		569	85	5	45
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	60g	172.0	6.3	0.7	18.0
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:		408.0	48.3	14.7	32.0
Meal 5 - Dessert					
Peanut Butter	1 Tbsp	90	3	8	3
Edamame Puff Rice Krispy Treat	1 serving	263	27	7	22
Total:		353	30	15	25
Daily Totals:		2220.0	272.2	57.7	168.9
Goals:		2200	255	60	160