

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
<b>TOTAL</b>				<b>1486</b>	<b>101</b>	<b>40</b>	<b>184</b>
<b>TARGET</b>				<b>1480</b>	<b>90</b>	<b>40</b>	<b>190</b>