Table 13-2. Meal Plan Based on the ______Vegan_____ Diet.

Food Item and Quantity	Energy (kcal)	Carbohydrates (g)	Protein (g)	Fat (g)
Oat Bran Bagel, 1 med.	236	47	9.5	1.1
Vegan Cream Cheese, 2 oz.	197	2.3	2.4	19.4
Orange Juice, 1 cup	115	25.8	1.7	0.5
Coffee, Black, 2 cups	5	1.3	0	0
Vegan Burger (Bean/Lentil), 1	305	29.9	15.1	13.9
Potato Chips, Plain, 1 oz.	161	14.4	1.9	10.6
Cola, 22 oz.	188	46.5	0.3	0.1
Grilled Tempeh/Tofu, 1 med.	371	0	58.4	15.3
Potato, Baked, 1 large	287	63.2	7.5	0.4
Carrots, Cooked, 1 cup	59	12.8	1.2	0.3
Vegan Ice Cream, Chocolate, 1 cup	299	37	5	14.5
Banana, 1 med.	117	27	1.3	0.4
TOTAL	2340	306.2	104.9	76.4

Summary of Modified Meal Plan

	Standard Diet (Table13- 1)	VeganDiet
Carbohydrates	52.5%	52.3%
Protein	18.1%	17.9%
Fat	29.5%	29.4 %