Almond Milk, Unsweetened Vanilla   Soz   30.0   1.0   2.5   1.5	STRONG		М	eal Plan	12	
Almond Milk, Unsweetened Vanilla   8 oz   3.0   1.0   2.5   1.5	Pre Workout	Amount	Calories	Carbs	Fat	Protein
Amond Milk, Unsweetened Vanilla   8 oz   30.0   1.0   2.5   1.5	Coffee	up to 8 oz	0.0	0.0	0.0	0.0
Strawberries	Almond Milk, Unsweetened Vanilla	<u> </u>		1.0		1.0
Buckernest groats, raw						0.7
Blueberries	Buckwheat groats, raw		145.0	30.0	1.0	6.0
Total:   288.0   59.2   4.1   5   5		100 g	56.0	14.5	0.3	0.7
Protein   Prot	Beetroot powder	2 tsp	25.0	6.0	0.0	1.0
Section		Total:	288.0	59.2	4.1	9.4
Section						
Banana	Breakfast - Post Workout	Amount	Calories	Carbs	Fat	Protein
Clean Machine Lentein Protein	GF Oats	1/2 c	150.0	27.0	3.0	5.0
Almond Milk, Unsweetened Vanilla	Banana	1 lg	130.0	29.8	0.4	1.4
Ice + water	Clean Machine Lentein Protein	1 scoop	160.0	11.0	3.0	20.0
Blueberries	Almond Milk, Unsweetened Vanilla	1 c	30.0	1.0	2.5	1.0
Kale	ice + water	to taste	0.0	0.0	0.0	0.0
Date, Medjool   2 dates   77.6   21.0   0.0	Blueberries	1/3 c	28.5	7.3	0.2	0.4
Mid Morning Snack	Kale	2 handfuls	20.0	2.0	0.0	2.0
Mid Morning Snack         Amount         Calories         Carbs         Fat         Protein           GF Oats         1/2 c         150.0         27.0         3.0         5           Chia Seeds         1 Tbsp         60.0         4.0         4.0         2           Apple         1 medium         78.0         20.7         0.3         0           Flax Meal         1 Tbsp         35.0         2.5         2.5         1           Blueberries         1/3 c         28.5         7.3         0.2         0           Almond Butter         1 Tbsp         90.0         3.0         8.0         3           Total:         441.5         64.5         17.9         12           Lunch         Amount         Calories         Carbs         Fat         Protein           Quinoa, cooked         3/4 c         180.0         31.5         2.7         4           Autritional Yeast         2 Tbsp         60.0         6.0         0.0         6           Asparagus         2 c         50.0         8.0         0.0         6           Salt, pepper + spices         to taste         0.0         0.0         0.0         0.0 <td< td=""><td>Date, Medjool</td><td>2 dates</td><td>77.6</td><td>21.0</td><td>0.0</td><td>0.5</td></td<>	Date, Medjool	2 dates	77.6	21.0	0.0	0.5
Mid Morning Snack         Amount         Calories         Carbs         Fat         Protein           GF Oats         1/2 c         150.0         27.0         3.0         5           Chia Seeds         1 Tbsp         60.0         4.0         4.0         2           Apple         1 medium         78.0         20.7         0.3         0           Flax Meal         1 Tbsp         35.0         2.5         2.5         1.5         1           Blueberries         1/3 c         28.5         7.3         0.2         0.0         3.0         8.0         3           Amound Butter         1 Tbsp         90.0         3.0         8.0         3         3         1.2         1	maca	1 tsp	5.0	1.0	0.0	0.0
GF Oats		Total:	601.1	100.1	9.1	30.3
GF Oats						
Chia Seeds	Mid Morning Snack	Amount	Calories	Carbs	Fat	Protein
Apple	GF Oats	1/2 c	150.0	27.0	3.0	5.0
Flax Meal	Chia Seeds	1 Tbsp	60.0	4.0	4.0	2.0
Blueberries	Apple	1 medium	78.0	20.7	0.3	0.4
Almond Butter	Flax Meal	1 Tbsp	35.0	2.5	2.5	1.5
Total:   441.5   64.5   17.9   12	Blueberries	1/3 c	28.5	7.3	0.2	0.4
Lunch         Amount         Calories         Carbs         Fat         Protein           Quinoa, cooked         3/4 c         180.0         31.5         2.7         4           Nutritional Yeast         2 Tbsp         60.0         6.0         0.0         9           Asparagus         2 c.         50.0         8.0         0.0         4           salt, pepper + spices         to taste         0.0         0.0         0.0         0.0         6           Hemp Seeds         1 Tbsp         53.0         2.0         4.7         4         4         13.2         6.0         20         4.7         4         4         13.2         6.0         20         1.7         4         4         13.2         6.0         22         1         4         2         188.0         13.2         6.0         22         1         1         2         1.1         2         0.0         0.4         1         2         1         2         1         1         2         1         1         2         1         1         2         1         1         2         1         1         3         1         1         1         3         1         3 <td>Almond Butter</td> <td>1 Tbsp</td> <td>90.0</td> <td>3.0</td> <td>8.0</td> <td>3.5</td>	Almond Butter	1 Tbsp	90.0	3.0	8.0	3.5
Quinoa, cooked         3/4 c         180.0         31.5         2.7         4           Nutritional Yeast         2 Tbsp         60.0         6.0         0.0         5           Asparagus         2 c.         50.0         8.0         0.0         4           salt, pepper + spices         to taste         0.0         0.0         0.0         0.0         6           Hemp Seeds         1 Tbsp         53.0         13.2         6.0         27         4         4           Lightlife Tempeh         4 oz         188.0         13.2         6.0         27         1         2         6.0         27         1         2         0.0         0.4         5         5         8         6.0         22         1         2         0.0         0.4         5         5         8         6.0         22         1         1         2         0.0         0.4         5         2         1         1         2         1         1         2         1         1         2         1         1         2         1         1         2         1         1         2         1         1         2         1         1         2         1		Total:	441.5	64.5	17.9	12.8
Quinoa, cooked         3/4 c         180.0         31.5         2.7         4           Nutritional Yeast         2 Tbsp         60.0         6.0         0.0         5           Asparagus         2 c.         50.0         8.0         0.0         4           salt, pepper + spices         to taste         0.0         0.0         0.0         0.0         6           Hemp Seeds         1 Tbsp         53.0         13.2         6.0         27         4         4           Lightlife Tempeh         4 oz         188.0         13.2         6.0         27         1         2         6.0         27         1         2         0.0         0.4         5         5         8         6.0         22         1         2         0.0         0.4         5         5         8         6.0         22         1         1         2         0.0         0.4         5         2         1         1         2         1         1         2         1         1         2         1         1         2         1         1         2         1         1         2         1         1         2         1         1         2         1						
Nutritional Yeast						
Asparagus   2 c.   50.0   8.0   0.0   4						
salt, pepper + spices         to taste         0.0         0.0         0.0         0.0           Hemp Seeds         1 Tbsp         53.0         2.0         4.7         4           Lightlife Tempeh         4 oz         188.0         13.2         6.0         21           Lentils (cooked)         1/2 c         115.0         20.0         0.4         5           Sweet Potatoes/Yams, raw         100g         90.0         20.1         0.2         1           Afternoon Snack         Amount         Calories         Carbs         Fat         Protein           Pumpkin, canned         1/2 c         41.5         9.9         0.4         1           Almonds         2 Tbsp         92.6         3.4         8.0         3           Banana         1 lig         120.0         29.0         0.1         0           Chia Seeds         3 Tbsp         180.0         12.0         12.0         6           Almond Milk, Unsweetened Vanilla         1/4 c         7.5         0.3         0.6         0           Total:         446.0         55.3         11.3         35           Dinner         Amount         Calories         Carbs         Fat	Quinoa, cooked	3/4 c	180.0	31.5	2.7	4.4
Hemp Seeds	Quinoa, cooked Nutritional Yeast	3/4 c 2 Tbsp	180.0 60.0	31.5 6.0	2.7	4.4 9.0
Lightlife Tempeh         4 oz         188.0         13.2         6.0         21           Lentils (cooked)         1/2 c         115.0         20.0         0.4         9           Sweet Potatoes/Yams, raw         100g         90.0         20.1         0.2         1           Total: 736.0         100.8         14.0         53           Afternoon Snack         Amount         Calories         Fat         Protein           Pumpkin, canned         1/2 c         41.5         9.9         0.4         1           Almonds         2 Tbsp         92.6         3.4         8.0         3           Banana         1 lg         120.0         29.0         0.1         0           Chia Seeds         3 Tbsp         180.0         12.0         12.0         12.0           Almond Milk, Unsweetened Vanilla         1/4 c         7.5         0.3         0.6         0           Total:         446.0         55.3         11.3         35           Dinner         Amount         Calories         Carbs         Fat         Protein           Chickpeas, cooked         1/2 c         134.5         22.5         2.1	Quinoa, cooked Nutritional Yeast Asparagus	3/4 c 2 Tbsp 2 c.	180.0 60.0 50.0	31.5 6.0 8.0	2.7 0.0 0.0	4.4 9.0 4.0
Lentils (cooked)	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices	3/4 c 2 Tbsp 2 c. to taste	180.0 60.0 50.0 0.0	31.5 6.0 8.0 0.0	2.7 0.0 0.0 0.0	4.4 9.0 4.0 0.0
Sweet Potatoes/Yams, raw   100g   90.0   20.1   0.2   10	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp	180.0 60.0 50.0 0.0 53.0	31.5 6.0 8.0 0.0 2.0	2.7 0.0 0.0 0.0 4.7	4.4 9.0 4.0 0.0 4.0
Total:   736.0   100.8   14.0   538   54	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz	180.0 60.0 50.0 0.0 53.0 188.0	31.5 6.0 8.0 0.0 2.0 13.2	2.7 0.0 0.0 0.0 4.7 6.0	4.4 9.0 4.0 0.0 4.0 21.2
Afternoon Snack         Amount         Calories         Carbs         Fat         Protein           Pumpkin, canned         1/2 c         41.5         9.9         0.4         1           Almonds         2 Tbsp         92.6         3.4         8.0         3           Banana         1 lg         120.0         29.0         0.1         0           Chia Seeds         3 Tbsp         180.0         12.0         12.0         6           Almond Milk, Unsweetened Vanilla         1/4 c         7.5         0.3         0.6         0           Total:         446.0         55.3         11.3         35           Dinner         Amount         Calories         Carbs         Fat         Protein           Chickpeas, cooked         1/2 c         134.5         22.5         2.1         7           Sweet Potatoes/Yams, raw         150 g         135.0         30.2         0.3         2           Brussel Sprouts         2 c         50.0         8.0         0.0         4           Nutritional Yeast         1 Tbsp         20.0         2.0         0.0         3           Wildwood High Protein Super Firm Tofu         4 oz         172.0         4.0         9	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked)	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c	180.0 60.0 50.0 0.0 53.0 188.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0	2.7 0.0 0.0 0.0 4.7 6.0	4.4 9.0 4.0 0.0 4.0 21.2 9.0
Pumpkin, canned	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked)	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c	180.0 60.0 50.0 0.0 53.0 188.0 115.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0	2.7 0.0 0.0 0.0 4.7 6.0 0.4	4.4 9.0 4.0 0.0 4.0 21.2 9.0
Pumpkin, canned	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked)	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c	180.0 60.0 50.0 0.0 53.0 188.0 115.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0	2.7 0.0 0.0 0.0 4.7 6.0 0.4	4.4 9.0 4.0 0.0 4.0 21.2 9.0
Almonds 2 Tbsp 92.6 3.4 8.0 3 Banana 1 Ig 120.0 29.0 0.1 00 Chia Seeds 3 Tbsp 180.0 12.0 12.0 6 Almond Milk, Unsweetened Vanilla 1/4 c 7.5 0.3 0.6 00 Total: 446.0 55.3 11.3 35  Dinner Amount Calories Carbs Fat Protein Chickpeas, cooked 1/2 c 134.5 22.5 2.1 7 Sweet Potatoes/Yams, raw 150 g 135.0 30.2 0.3 2 Brussel Sprouts 2 c 50.0 8.0 0.0 4 Nutritional Yeast 1 Tbsp 20.0 2.0 0.0 3 Wildwood High Protein Super Firm Tofu 4 oz 172.0 4.0 9.2 18 Brown Rice, cooked 1/2 c 112.0 23.5 0.8 2 Grapes 2 c 172.5 45.3 0.4 1	Quinoa, cooked  Nutritional Yeast  Asparagus salt, pepper + spices  Hemp Seeds Lightlife Tempeh Lentils (cooked)  Sweet Potatoes/Yams, raw	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1
Banana	Quinoa, cooked  Nutritional Yeast  Asparagus salt, pepper + spices  Hemp Seeds  Lightlife Tempeh  Lentils (cooked)  Sweet Potatoes/Yams, raw  Afternoon Snack	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1
Chia Seeds         3 Tbsp         180.0         12.0         12.0         6           Almond Milk, Unsweetened Vanilla         1/4 c         7.5         0.3         0.6         0           Total:         446.0         55.3         11.3         35           Dinner         Amount         Calories         Carbs         Fat         Protein           Chickpeas, cooked         1/2 c         134.5         22.5         2.1         7           Sweet Potatoes/Yams, raw         150 g         135.0         30.2         0.3         2           Brussel Sprouts         2 c         50.0         8.0         0.0         4           Nutritional Yeast         1 Tbsp         20.0         2.0         0.0         3           Wildwood High Protein Super Firm Tofu         4 oz         172.0         4.0         9.2         18           Brown Rice, cooked         1/2 c         112.0         23.5         0.8         2           Grapes         2 c         172.5         45.3         0.4         1	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8 Carbs	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1 Protein
Almond Milk, Unsweetened Vanilla 1/4 c 7.5 0.3 0.6 0.6 Total: 446.0 55.3 11.3 35    Dinner	Quinoa, cooked  Nutritional Yeast  Asparagus salt, pepper + spices  Hemp Seeds Lightlife Tempeh Lentils (cooked)  Sweet Potatoes/Yams, raw  Afternoon Snack  Pumpkin, canned Almonds	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0  Calories 41.5	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8 Carbs	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1 Protein  1.4 3.4
Total:   446.0   55.3   11.3   35	Quinoa, cooked  Nutritional Yeast  Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8 Carbs	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0 Fat 0.4 8.0	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1 Protein  1.4 3.4 0.3
Dinner         Amount         Calories         Carbs         Fat         Protein           Chickpeas, cooked         1/2 c         134.5         22.5         2.1         7           Sweet Potatoes/Yams, raw         150 g         135.0         30.2         0.3         2           Brussel Sprouts         2 c         50.0         8.0         0.0         4           Nutritional Yeast         1 Tbsp         20.0         2.0         0.0         3           Wildwood High Protein Super Firm Tofu         4 oz         172.0         4.0         9.2         18           Brown Rice, cooked         1/2 c         112.0         23.5         0.8         2           Grapes         2 c         172.5         45.3         0.4         1	Quinoa, cooked  Nutritional Yeast  Asparagus salt, pepper + spices  Hemp Seeds Lightlife Tempeh Lentils (cooked)  Sweet Potatoes/Yams, raw  Afternoon Snack  Pumpkin, canned Almonds  Banana Chia Seeds	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 188.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0  Fat 0.4 8.0 0.1 12.0	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1 Protein 1.4 3.4 0.3 6.0
Chickpeas, cooked         1/2 c         134.5         22.5         2.1         7           Sweet Potatoes/Yams, raw         150 g         135.0         30.2         0.3         2           Brussel Sprouts         2 c         50.0         8.0         0.0         4           Nutritional Yeast         1 Tbsp         20.0         2.0         0.0         3           Wildwood High Protein Super Firm Tofu         4 oz         172.0         4.0         9.2         18           Brown Rice, cooked         1/2 c         112.0         23.5         0.8         2           Grapes         2 c         172.5         45.3         0.4         1	Quinoa, cooked  Nutritional Yeast  Asparagus salt, pepper + spices  Hemp Seeds Lightlife Tempeh Lentils (cooked)  Sweet Potatoes/Yams, raw  Afternoon Snack  Pumpkin, canned Almonds  Banana Chia Seeds	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0  Fat 0.4 8.0 0.1 12.0 0.6	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1 Protein  1.4 3.4 0.3 6.0 0.3
Chickpeas, cooked 1/2 c 134.5 22.5 2.1 7  Sweet Potatoes/Yams, raw 150 g 135.0 30.2 0.3 2  Brussel Sprouts 2 c 50.0 8.0 0.0 4  Nutritional Yeast 1 Tbsp 20.0 2.0 0.0 3  Wildwood High Protein Super Firm Tofu 4 oz 172.0 4.0 9.2 18  Brown Rice, cooked 1/2 c 112.0 23.5 0.8 2  Grapes 2 c 172.5 45.3 0.4 1	Quinoa, cooked  Nutritional Yeast  Asparagus salt, pepper + spices  Hemp Seeds Lightlife Tempeh Lentils (cooked)  Sweet Potatoes/Yams, raw  Afternoon Snack  Pumpkin, canned Almonds  Banana Chia Seeds	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0  Fat 0.4 8.0 0.1 12.0 0.6	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1 Protein 1.4 3.4 0.3 6.0
Sweet Potatoes/Yams, raw     150 g     135.0     30.2     0.3     2       Brussel Sprouts     2 c     50.0     8.0     0.0     4       Nutritional Yeast     1 Tbsp     20.0     2.0     0.0     3       Wildwood High Protein Super Firm Tofu     4 oz     172.0     4.0     9.2     18       Brown Rice, cooked     1/2 c     112.0     23.5     0.8     2       Grapes     2 c     172.5     45.3     0.4     1	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana Chia Seeds Almond Milk, Unsweetened Vanilla	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c Total:	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3 55.3	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0 Fat 0.4 8.0 0.1 12.0 0.6 11.3	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1  Protein 1.4 3.4 0.3 6.0 0.3 35.7
Brussel Sprouts         2 c         50.0         8.0         0.0         4           Nutritional Yeast         1 Tbsp         20.0         2.0         0.0         3           Wildwood High Protein Super Firm Tofu         4 oz         172.0         4.0         9.2         18           Brown Rice, cooked         1/2 c         112.0         23.5         0.8         2           Grapes         2 c         172.5         45.3         0.4         1	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana Chia Seeds Almond Milk, Unsweetened Vanilla  Dinner	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c Total:	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5 446.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3 55.3	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0 Fat 0.4 8.0 0.1 12.0 0.6 11.3	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1  Protein 1.4 3.4 0.3 6.0 0.3 35.7
Nutritional Yeast         1 Tbsp         20.0         2.0         0.0         3           Wildwood High Protein Super Firm Tofu         4 oz         172.0         4.0         9.2         18           Brown Rice, cooked         1/2 c         112.0         23.5         0.8         2           Grapes         2 c         172.5         45.3         0.4         1	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana Chia Seeds Almond Milk, Unsweetened Vanilla  Dinner Chickpeas, cooked	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c Total:  Amount 1/2 c	180.0 60.0 50.0 0.0 53.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5 446.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3 55.3  Carbs	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0  Fat 0.4 8.0 0.1 12.0 0.6 11.3	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1  Protein 1.4 3.4 0.3 6.0 0.3 35.7  Protein 7.3
Wildwood High Protein Super Firm Tofu         4 oz         172.0         4.0         9.2         18           Brown Rice, cooked         1/2 c         112.0         23.5         0.8         2           Grapes         2 c         172.5         45.3         0.4         1	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana Chia Seeds Almond Milk, Unsweetened Vanilla  Dinner Chickpeas, cooked Sweet Potatoes/Yams, raw	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c Total:  Amount 1/2 c 150 g	180.0 60.0 50.0 0.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5 446.0  Calories 134.5	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3 55.3  Carbs 22.5 30.2	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0 Fat 0.4 8.0 0.1 12.0 0.6 11.3 Fat 2.1	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1  Protein 1.4 3.4 0.3 6.0 0.3 35.7  Protein 7.3 2.3
Brown Rice, cooked         1/2 c         112.0         23.5         0.8         2           Grapes         2 c         172.5         45.3         0.4         1	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana Chia Seeds Almond Milk, Unsweetened Vanilla  Dinner Chickpeas, cooked Sweet Potatoes/Yams, raw  Brussel Sprouts	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c Total:  Amount 1/2 c 150 g 2 c	180.0 60.0 50.0 0.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5 446.0  Calories 134.5 50.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3 55.3  Carbs 22.5 30.2 8.0	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0  Fat 0.4 8.0 0.1 12.0 0.6 11.3  Fat 2.1 0.3 0.0	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1  Protein 1.4 3.4 0.3 6.0 0.3 35.7  Protein 7.3 4.0
Grapes 2 c 172.5 45.3 0.4 1	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana Chia Seeds Almond Milk, Unsweetened Vanilla  Dinner Chickpeas, cooked Sweet Potatoes/Yams, raw  Brussel Sprouts Nutritional Yeast	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c Total:  Amount 1/2 c 150 g 2 c 1 Tbsp	180.0 60.0 50.0 0.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5 446.0  Calories 134.5 135.0 50.0 20.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3 55.3  Carbs 22.5 30.2 8.0 2.0	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0  Fat 0.4 8.0 0.1 12.0 0.6 11.3  Fat 2.1 0.3 0.0 0.0	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1  Protein 1.4 3.4 0.3 6.0 0.3 35.7  Protein 7.3 2.3 4.0 3.0
·	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana Chia Seeds Almond Milk, Unsweetened Vanilla  Dinner Chickpeas, cooked Sweet Potatoes/Yams, raw Brussel Sprouts Nutritional Yeast Wildwood High Protein Super Firm Tofu	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c Total:  Amount 1/2 c 150 g 2 c 1 Tbsp 4 oz	180.0 60.0 50.0 0.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5 446.0  Calories 134.5 135.0 50.0 20.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3 55.3  Carbs 22.5 30.2 8.0 4.0	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0  Fat 0.4 8.0 0.1 12.0 0.6 11.3  Fat 2.1 0.3 0.0 0.0 9.2	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1  Protein 1.4 3.4 0.3 6.0 0.3 35.7  Protein 7.3 2.3 4.0 3.0 18.8
1 10(8) 780 0 340 7 1	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana Chia Seeds Almond Milk, Unsweetened Vanilla  Dinner Chickpeas, cooked Sweet Potatoes/Yams, raw Brussel Sprouts Nutritional Yeast Wildwood High Protein Super Firm Tofu Brown Rice, cooked	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c Total:  Amount 1/2 c 150 g 2 c 1 Tbsp 4 oz 1/2 c	180.0 60.0 50.0 0.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5 446.0  Calories 134.5 135.0 50.0 20.0 172.0 112.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3 55.3  Carbs 22.5 30.2 8.0 4.0 23.5	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0  Fat 0.4 8.0 0.1 12.0 0.6 11.3  Fat 2.1 0.3 0.0 0.0 9.2 0.8	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1  Protein 1.4 3.4 0.3 6.0 0.3 35.7  Protein 7.3 2.3 4.0 3.0 18.8 2.3
Grand Total: 3308.6 434.4 77.4 152	Quinoa, cooked Nutritional Yeast Asparagus salt, pepper + spices Hemp Seeds Lightlife Tempeh Lentils (cooked) Sweet Potatoes/Yams, raw  Afternoon Snack Pumpkin, canned Almonds Banana Chia Seeds Almond Milk, Unsweetened Vanilla  Dinner Chickpeas, cooked Sweet Potatoes/Yams, raw Brussel Sprouts Nutritional Yeast Wildwood High Protein Super Firm Tofu Brown Rice, cooked	3/4 c 2 Tbsp 2 c. to taste 1 Tbsp 4 oz 1/2 c 100g Total:  Amount 1/2 c 2 Tbsp 1 lg 3 Tbsp 1/4 c Total:  Amount 1/2 c 150 g 2 c 1 Tbsp 4 oz 1/2 c 2 C	180.0 60.0 50.0 0.0 188.0 115.0 90.0 736.0  Calories 41.5 92.6 120.0 180.0 7.5 446.0  Calories 134.5 135.0 50.0 20.0 172.0 112.0	31.5 6.0 8.0 0.0 2.0 13.2 20.0 20.1 100.8  Carbs 9.9 3.4 29.0 12.0 0.3 55.3  Carbs 22.5 30.2 8.0 2.0 4.0 23.5 45.3	2.7 0.0 0.0 0.0 4.7 6.0 0.4 0.2 14.0  Fat 0.4 8.0 0.1 12.0 0.6 11.3  Fat 2.1 0.3 0.0 0.0 9.2 0.8 0.4	4.4 9.0 4.0 0.0 4.0 21.2 9.0 1.5 53.1  Protein 1.4 3.4 0.3 6.0 0.3 35.7  Protein 7.3 2.3 4.0 3.0 18.8