

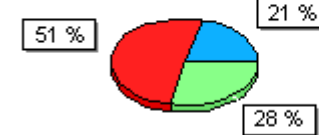


# Vegetarian Meal Plan- 1200 calories

Avg Calories Per Day: 1191

PCF Ratio: 21-51-28

PCF Ratio



## Week #1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B</b>	Whole Grain Pancakes - 1 Serving Warm Blueberry Sauce - 1 Serving Coffee With 1% Fat Milk - 1 Serving	Oatmeal, Fortified, Instant - 1 Pkt (dry) Strawberry, Raw - 1/2 Cup Soy Milk, Fluid - 1 Cup Flax Seed - 1 Tbsp Coffee With 1% Fat Milk - 1 Serving	Strawberry Yogurt Breakfast Split - 1 Serving Coffee With 1% Fat Milk - 1 Serving	Scrambled Eggs - 1 Serving Whole Wheat Bread, Toasted, Cp - 1 Slice Healthy Bread Spread - 1 Servings Coffee With 1% Fat Milk - 1 Serving Cranefruit, Raw - 1/2 Fruit	Tea, Specialty, Green - 8 FI Oz Flaxseed Muffins - 1 Serving Yogurt-fruit Parfait - 1 Serving	Milk, Cow's, Nonfat, Vit-a (skim) - 1 Cup Strawberry, Raw - 1/3 Cup Coffee With 1% Fat Milk - 1 Serving Flax Plus Cereal, Rte - 3/4 Cups	Breakfast Fruit Salad - 1 Serving Tea, Specialty, Green - 8 FI Oz
<b>M</b>	Strawberry, Raw - 1/4 Cup Cottage Cheese, 1% Fat - 1/2 Cup Tea, Specialty, Green - 8 FI Oz Flax Seed - 1 Tbsp	Tea, Specialty, Green - 8 FI Oz Orange, California, Raw - 1 Fruit	Egg, Chicken, Hard-boiled - 1 Large Tea, Specialty, Green - 8 FI Oz Orange, California, Raw - 1 Fruit	Water, Drinking - 12 FI Oz Blueberry, Raw - 1/2 Cup Strawberry, Raw - 1/2 Cup	Water, Drinking - 12 FI Oz Egg, Chicken, Hard-boiled - 1 Large Banana, Raw - 1 Medium	Tea, Specialty, Green - 1 Cup Red Pepper, Sweet, Canned - 3 Oz Cheddar Cheese, Mild, Shredded, Reduced Fat - 1 1/2 Tbsp Crackers, Whole Wheat - 0.6 Oz	Tea, Specialty, Green - 8 FI Oz Cottage Cheese Dip - 1 Serving Carrot, Baby, Raw - 10 Medium Broccoli Flower Clusters, Raw - 10 Flowerets
<b>L</b>	Enchilada Veggi Wrap - 1 Serving Water, Drinking - 12 FI Oz Cantaloupe, Raw - 1 Medium Wedge	Tea, Specialty, Green - 8 FI Oz Broccoli Tofu Gratin - 1 Serving	Kamut Pasta Salad - 1 Serving Water, Drinking - 12 FI Oz	Water, Drinking - 1 Cup Split Pea Soup - 1 Serving	Tofu-salad Sandwich - 1 Serving Water, Drinking - 12 FI Oz Cantaloupe, Raw - 1 Medium Wedge	Quick Burrito - 1 Serving Water, Drinking - 12 FI Oz Orange, All Varieties, Raw - 1 Fruit	Water, Drinking - 12 FI Oz Hummus Sandwich - 1 Serving Peach, Raw - 1 Medium
<b>A</b>	Water, Drinking - 12 FI Oz Apple, Raw - 1 Medium	Water, Drinking - 12 FI Oz Dip, Spicy Black Bean, Nonfat - 2 Tbsp Celery, Raw - 1/2 Cup Broccoli Flower Clusters, Raw - 3 Flowerets	Tofu-garlic Cheese - 1 Serving Carrot, Baby, Raw - 5 Medium Celery, Raw - 5 Strips Water, Drinking - 12 FI Oz	Soy Beans, Edamame, Frozen, Bag - 2/3 Cups Water, Drinking - 12 FI Oz	Cottage Cheese Dip - 1 Serving Carrot, Baby, Raw - 10 Medium Broccoli Flower Clusters, Raw - 10 Flowerets Water, Drinking - 12 FI Oz	Water, Drinking - 12 FI Oz Almond, Raw - 1/3 Oz Sunflower Seed, Dried - 1/3 Oz Pumpkin & Squash Seed, Dried - 1/3 Oz	Water, Drinking - 12 FI Oz Almond, Raw - 1/3 Oz Sunflower Seed, Dried - 1/3 Oz Pumpkin & Squash Seed, Dried - 1/3 Oz
<b>D</b>	Water, Drinking - 12 FI Oz Broccoli Tofu Gratin - 1 Serving	Greens With Garlic And Oil - 1 Serving Water, Drinking - 12 FI Oz Fettucine Alfredo - 1 Serving	Greek Lentil Soup - 1 Serving Water, Drinking - 12 FI Oz	Tacos- Vegetarian - 1 Serving Water, Drinking Water, Carbonated - 12 Oz	Vegetarian Chili - 1 Serving Broccoli And Red Pepper Salad - 1 Serving Water, Drinking - 12 FI Oz	Garlicy Vegetarian Macaroni And Cheese - 1 Serving Water, Drinking - 12 FI Oz Green Salad With Flax Seed - 1 Serving	Feta And Roasted Vegetable Gratin - 1 Serving Water, Drinking - 12 FI Oz Green Salad With Flax Seed - 1 Serving
	1181 Calories(kcal); 64 Protein(g); 136 Carbs(g); 46 Fat(g); 12 Sat Fat(g); 167 Cholest(mg); 30 Fiber(g); 2147 Sodium(mg)	1210 Calories(kcal); 66 Protein(g); 161 Carbs(g); 39 Fat(g); 13 Sat Fat(g); 50 Cholest(mg); 26 Fiber(g); 1839 Sodium(mg)	1166 Calories(kcal); 60 Protein(g); 167 Carbs(g); 35 Fat(g); 7 Sat Fat(g); 230 Cholest(mg); 42 Fiber(g); 1389 Sodium(mg)	1219 Calories(kcal); 72 Protein(g); 154 Carbs(g); 38 Fat(g); 10 Sat Fat(g); 242 Cholest(mg); 43 Fiber(g); 1066 Sodium(mg)	1188 Calories(kcal); 60 Protein(g); 167 Carbs(g); 38 Fat(g); 7 Sat Fat(g); 240 Cholest(mg); 34 Fiber(g); 1457 Sodium(mg)	1160 Calories(kcal); 64 Protein(g); 156 Carbs(g); 38 Fat(g); 5 Sat Fat(g); 14 Cholest(mg); 45 Fiber(g); 3123 Sodium(mg)	1160 Calories(kcal); 64 Protein(g); 156 Carbs(g); 38 Fat(g); 5 Sat Fat(g); 14 Cholest(mg); 45 Fiber(g); 3123 Sodium(mg)