### Sunday

<table>
<thead>
<tr>
<th>Time</th>
<th>Food Description</th>
<th>Calories</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 servings</td>
<td>Apple-Oatmeal Pancakes</td>
<td>273</td>
<td>10</td>
<td>93</td>
<td>2</td>
</tr>
<tr>
<td>8 fl oz</td>
<td>TEA, GREEN</td>
<td>237</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 pack</td>
<td>Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 fl oz</td>
<td>HERBAL TEA, BREWED</td>
<td>178</td>
<td>10</td>
<td>9</td>
<td>5</td>
</tr>
<tr>
<td>1 fruit</td>
<td>ORANGE, CALIFORNIA, RAW</td>
<td>121</td>
<td>14</td>
<td>14</td>
<td>0</td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 slices</td>
<td>WHOLE WHEAT BREAD, CP</td>
<td>56</td>
<td>5</td>
<td>26</td>
<td>2</td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, MUNICIPAL</td>
<td>356</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 serving</td>
<td>Eggless &quot;Egg Salad&quot;</td>
<td>174</td>
<td>9</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2/3 cups</td>
<td>SOYBEAN, EDAMAME</td>
<td>85</td>
<td>120</td>
<td>9</td>
<td>5</td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 serving</td>
<td>Tofu and Spaghetti Squash</td>
<td>705</td>
<td>17</td>
<td>40</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>2894*</td>
<td>1184</td>
<td>53</td>
<td>192</td>
</tr>
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</table>

**DAILY TOTALS**

PCF: 17-61-22

EXCHANGES: 4.13 Starch, 1.42 Very Lean Meat, 1.35 Med Fat Meat, 7.27 Vegetable, 3.13 Fruit, 0.08 Skim Milk, 2.83 Fats

### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Food Description</th>
<th>Calories</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 fl oz</td>
<td>TEA, GREEN</td>
<td>237</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>SOY MILK, FLUID (SOYMILK)</td>
<td>123</td>
<td>5</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>BLUEBERRY, RAW</td>
<td>73</td>
<td>1</td>
<td>11</td>
<td>0</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>100% BRAN CEREAL, RTE</td>
<td>44</td>
<td>6</td>
<td>34</td>
<td>1</td>
</tr>
<tr>
<td>1 pack</td>
<td>Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 medium</td>
<td>APPLE W/SKIN, RAW</td>
<td>138</td>
<td>0</td>
<td>19</td>
<td>0</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>PEANUT BUTTER, SMOOTH, NO SALT</td>
<td>16</td>
<td>4</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>8 oz</td>
<td>WATER, DRINKING WATER, CARBONATED</td>
<td>227</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Black Bean and Sweet Potato Salad</td>
<td>435</td>
<td>11</td>
<td>54</td>
<td>8</td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tbsp</td>
<td>HUMMUS, COMMERCIAL (SEASONED MASHED CH)</td>
<td>31</td>
<td>2</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>2 crackers</td>
<td>RYE WAFFER CRACKER, PLAIN</td>
<td>22</td>
<td>2</td>
<td>18</td>
<td>0</td>
</tr>
<tr>
<td>1 cup</td>
<td>WATERMELON, RAW</td>
<td>152</td>
<td>1</td>
<td>11</td>
<td>0</td>
</tr>
<tr>
<td>8 fl oz</td>
<td>TEA, GREEN</td>
<td>237</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Crispy Tofu</td>
<td>124</td>
<td>19</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>2 servings</td>
<td>Green Vegetables with Sesame Ginger Dressing</td>
<td>297</td>
<td>7</td>
<td>21</td>
<td>2</td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>2864*</td>
<td>1220</td>
<td>58</td>
<td>191</td>
</tr>
</tbody>
</table>

**DAILY TOTALS**

PCF: 17-57-25

EXCHANGES: 4.18 Starch, 3.13 Very Lean Meat, 0.4 Lean Meat, 3.75 Vegetable, 2.65 Fruit, 0.53 Lowfat Milk, 5.81 Fats, 0.27 Other Carbs
## Vegan Meal Plan - 1200 calories

### Week 1

#### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Grams</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>GRANOLA CEREAL, RTE</td>
<td>41</td>
<td>199</td>
<td>6</td>
<td>22</td>
<td>10</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>BLUEBERRY, RAW</td>
<td>36</td>
<td>21</td>
<td>0</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>SOY MILK, FLUID (SOYMILK)</td>
<td>123</td>
<td>64</td>
<td>5</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>8 fl oz</td>
<td>TEA, GREEN</td>
<td>237</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 pack</td>
<td>Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 fruit</td>
<td>ORANGE, CALIFORNIA, RAW</td>
<td>121</td>
<td>59</td>
<td>1</td>
<td>14</td>
<td>0</td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 serving</td>
<td>Lentil, Pear, and Soy Cheese Salad</td>
<td>231</td>
<td>405</td>
<td>27</td>
<td>69</td>
<td>3</td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 oz</td>
<td>WATER, DRINKING WATER, CARBONATED</td>
<td>227</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 can</td>
<td>VEGETARIAN VEGETABLE SOUP, CONDENSED</td>
<td>298</td>
<td>176</td>
<td>5</td>
<td>29</td>
<td>5</td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Pasta with Grilled Vegetables</td>
<td>325</td>
<td>317</td>
<td>13</td>
<td>44</td>
<td>10</td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**DAILY TOTALS**

2702*  1258  58  190  33

**PCF:** 18-59-23

**EXCHANGES:** 8.31 Starch, 0.76 Very Lean Meat, 0.55 Med Fat Meat, 3.01 Vegetable, 2.2 Fruit, 0.53 Lowfat Milk, 4.06 Fats 0.55 Other Carbs

#### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Grams</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>CANTALOPE, RAW</td>
<td>80</td>
<td>27</td>
<td>1</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td>1 serving</td>
<td>Easy Vegan Pancakes</td>
<td>110</td>
<td>223</td>
<td>6</td>
<td>32</td>
<td>8</td>
</tr>
<tr>
<td>6 fl oz</td>
<td>COFFEE, BREWED, PREPARED</td>
<td>178</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 serving</td>
<td>Blueberry Pancake Sauce</td>
<td>48</td>
<td>24</td>
<td>0</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>1 oz</td>
<td>SOY MILK, FLUID (SOYMILK)</td>
<td>28</td>
<td>15</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>1 pack</td>
<td>Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td><strong>am snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 oz</td>
<td>SOY YOGURT, VANILLA</td>
<td>170</td>
<td>150</td>
<td>5</td>
<td>26</td>
<td>3</td>
</tr>
<tr>
<td>6 fl oz</td>
<td>HERBAL TEA, BREWED</td>
<td>178</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>STRAWBERRY, RAW</td>
<td>83</td>
<td>27</td>
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<td>6</td>
<td>0</td>
</tr>
<tr>
<td><strong>lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Sunflower Crunch Salad</td>
<td>471</td>
<td>291</td>
<td>17</td>
<td>34</td>
<td>12</td>
</tr>
<tr>
<td>8 fl oz</td>
<td>HERBAL TEA, BREWED</td>
<td>237</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 medium</td>
<td>APPLE W/SKIN, RAW</td>
<td>138</td>
<td>72</td>
<td>0</td>
<td>19</td>
<td>0</td>
</tr>
<tr>
<td><strong>dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Tofu and Bean Casserole</td>
<td>420</td>
<td>332</td>
<td>16</td>
<td>52</td>
<td>6</td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**DAILY TOTALS**

2852*  1184  47  183  33

**PCF:** 16-60-24

**EXCHANGES:** 5.07 Starch, 2.16 Very Lean Meat, 4.26 Vegetable, 2.49 Fruit, 1 Skim Milk, 0.38 Lowfat Milk, 3.56 Fats, 1.38 Other Carbs

12/14/2009, 6:44 PM
### Thursday

<table>
<thead>
<tr>
<th>meal</th>
<th>GRAMS</th>
<th>CALORIES</th>
<th>PROTEIN (g)</th>
<th>CARBS (g)</th>
<th>FAT (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Pea-Barley Breakfast</td>
<td>566</td>
<td>358</td>
<td>21</td>
<td>68</td>
</tr>
<tr>
<td>8 fl oz</td>
<td>HERBAL TEA, BREWED</td>
<td>237</td>
<td>2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 pack</td>
<td>Enrich Total Spa Nutrition - Daily Supplement Pack</td>
<td>0*</td>
<td>18</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>am snack</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 fruit</td>
<td>ORANGE, CALIFORNIA, RAW</td>
<td>140</td>
<td>69</td>
<td>1</td>
<td>18</td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Grilled Portobella Club</td>
<td>275</td>
<td>312</td>
<td>15</td>
<td>45</td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>snack</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 oz</td>
<td>PUMPKIN &amp; SQUASH SEED, DRIED</td>
<td>28</td>
<td>153</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 serving</td>
<td>Vegan Chili</td>
<td>381</td>
<td>325</td>
<td>14</td>
<td>48</td>
</tr>
<tr>
<td>12 fl oz</td>
<td>WATER, DRINKING</td>
<td>355</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**DAILY TOTALS** 3046* 1237 59 184 36

PCF: 18:57:25
EXCHANGES: 6.94 Starch, 3.89 Very Lean Meat, 1 Med Fat Meat, 5.62 Vegetable, 1.41 Fruit, 4.61 Fats, 0.33 Other Carbs

### Friday

<table>
<thead>
<tr>
<th>meal</th>
<th>GRAMS</th>
<th>CALORIES</th>
<th>PROTEIN (g)</th>
<th>CARBS (g)</th>
<th>FAT (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 oz</td>
<td>SOY MILK, FLUID (SOYMILK)</td>
<td>28</td>
<td>15</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>1 serving</td>
<td>Scrambled Tofu</td>
<td>470</td>
<td>265</td>
<td>20</td>
<td>19</td>
</tr>
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<td>Vegan Banana Bread</td>
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<td>1 cup</td>
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<td>12 fl oz</td>
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<tr>
<td>1 tbsp</td>
<td>HUMMUS, COMMERCIAL (SEASONED MASHED CH</td>
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<tr>
<td>1 cracker</td>
<td>RYE WAFER CRACKER, PLAIN</td>
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<td>37</td>
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<tr>
<td>2 servings</td>
<td>Tomatoes Stuffed with White Bean Salad</td>
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**DAILY TOTALS** 2801* 1210 65 165 37

PCF: 21:53:27
EXCHANGES: 6.85 Starch, 2.3 Very Lean Meat, 2 Med Fat Meat, 5.89 Vegetable, 1.18 Fruit, 0.12 Lowfat Milk, 3.75 Fats, 0.49 Other Carbs
## Saturday

### breakfast

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<th>Meal</th>
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<th>Grams</th>
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<th>Protein (g)</th>
<th>Carbs (g)</th>
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<tr>
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<td>Blueberry Muffins</td>
<td>69</td>
<td>124</td>
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<tr>
<td>6 oz</td>
<td>SOY YOGURT, VANILLA</td>
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<td>1/2 cup</td>
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<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
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<td>12 fl oz</td>
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<td>0.6 oz</td>
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### dinner

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### DAILY TOTALS

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PCF: 15-60-25
EXCHANGES:  5.62 Starch, 1.74 Very Lean Meat, 1 Med Fat Meat, 2.3 Vegetable, 3.87 Fruit, 1 Skim Milk, 0.09 Lowfat Milk, 3.2 Fats 1.44 Other Carbs

12/14/2009, 6:44 PM
DAILY AVERAGES (7 days)

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PCF: 17-58-24
EXCHANGES: 5.87 Starch, 2.2 Very Lean Meat, 0.06 Lean Meat, 0.84 Med Fat Meat, 4.58 Vegetable, 2.42 Fruit, 0.3 Skim Milk, 3.97 Fats, 0.23 Lowfat Milk, 0.83 Other Carbs

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.

Vegan Meal Plan - 1200 calories - Recipe Listing

**Apple-Oatmeal Pancakes**
Serves 4

**INGREDIENTS**
- 3/4 cups WHOLE WHEAT FLOUR
- 1/8 cup OATS (OATMEAL)
- 2 tbsp OAT BRAN, RAW
- 1/2 tsp CINNAMON, GROUND
- 2 tsp BAKING POWDER
- 1/4 tsp SALT, IODIZED
- 1/4 cup RAISIN, SEEDLESS
- 1/2 cup APPLE W/ SKIN, RAW
- 1 cup APPLE JUICE, UNSWEETENED
- 1/8 cup MAPLE SYRUP, 100%
- 1 oz SOY YOGURT, PLAIN

**EXCHANGES:** 1.2 Starch, 1.07 Fruit, 0.04 Skim Milk, 0.51 Other Carbs

**DIRECTIONS**
Combine dry ingredients. Add raisins and apple. Gently stir in juice until dry ingredients are completely moistened. Pour batter (1/4 cup per pancake) onto a nonstick skillet or griddle. Cook until bottom is brown. Flip and brown on other side. Top with a mixture of equal parts of maple syrup and plain soy yogurt.

**Eggless "Egg Salad"**
Serves 6

**INGREDIENTS**
- 1 1/2 lb TOFU, FIRM
- 1/2 cup MAYONNAISE ALTERNATIVE, NAYONaise
- 1/2 cup PARSLEY, RAW
- 1/4 cup PICKLE RELISH, SWEET
- 1/2 cup ONION, RAW
- 1/2 cup CELERY, RAW
- 1 tsp GARLIC POWDER
**Recipe Listing**

**1 tsp** SALT, TABLE  
**1 tbsp** MUSTARD, PREPARED, YELLOW  

**EXCHANGES:** 1.35 Med Fat Meat, 0.34 Vegetable, 1.05 Fats, 0.27 Other Carbs  

**DIRECTIONS**  
Mash tofu and chop vegetables. Combine all ingredients and chill.

---

**Tofu and Spaghetti Squash**  
Serves 4  

**INGREDIENTS**  
- 2 lbs SPAGHETTI SQUASH, RAW  
- 1 cup ONION, RAW  
- 2 cloves GARLIC, RAW  
- 3 medium ZUCCHINI W/SKIN, RAW  
- 1 tbsp OLIVE OIL, EXTRA VIRGIN  
- 28 oz TOMATO, CANNED, CRUSHED  
- 1 lb TOFU, EXTRA FIRM  
- 1/8 tsp BLACK PEPPER, GROUND  

**EXCHANGES:** 1.42 Very Lean Meat, 6.92 Vegetable, 1.78 Fats, 0 Other Carbs  

**DIRECTIONS**  
Pierce spaghetti squash in several places with a long skewer. Place on baking sheet and bake at 350 degrees for 45 minutes or until knife tender, turning squash over half way through baking. As an alternate, squash can be microwaved in a glass pie plate on HIGH for 15 minutes, turning half way through. Meanwhile cook sliced onion, minced garlic, and sliced zucchini in olive oil for 5 minutes. Add canned tomatoes, cubed tofu, and pepper. Bring to a boil; simmer 10 minutes. Cut spaghetti squash, remove and discard seeds, scrape out strands of spaghetti squash with a fork into a bowl. Serve with tofu mixture.

---

**Black Bean and Sweet Potato Salad**  
Serves 3  

**INGREDIENTS**  
- 8 cups SALAD BLEND, ITALIAN  
- 1 3/4 cup BLACK BEAN  
- 2 cups SWEET POTATO, CANNED  
- 1/2 cup CELERY, RAW  
- 1/4 cup SALAD DRESSING, CITRUS  

**EXCHANGES:** 2.69 Starch, 0.58 Very Lean Meat, 0.9 Vegetable, 1.48 Fats  

**DIRECTIONS**  
Gently mix all ingredients together. If you prefer, you can dice and cook 2 large sweet potatoes instead of using canned.

---

**Crispy Tofu**  
Serves 4
**INGREDIENTS**

1 tbsp GARLIC SALT
1 lb TOFU, FIRM, RAW
3 tbsp WHEAT FLOUR, WHITE, ALL PURPOSE
1 tsp PEPPER, BLACK, GROUND
1 tsp OLIVE OIL

**EXCHANGES:** 0.26 Starch, 2.55 Very Lean Meat, 1.88 Fats, 0.06 Other Carbs

**DIRECTIONS**

Cut tofu into 1-inch cubes or into slices to use for a sandwich. Combine dry ingredients in a bowl with a tight lid. Add tofu, cover, and shake. Heat oil in a nonstick skillet. Add tofu and cook over medium heat, turning often, until golden brown.

---

**Green Vegetables with Sesame Ginger Dressing**

Comment: Provides 1-1/2 servings of vegetables

Serves 4

**INGREDIENTS**

2 cups SNAP BEAN, FROZEN (GREEN BEAN)
4 fl oz WATER, MUNICIPAL
1 tsp VINEGAR DRESSING, ORIENTAL RICE WINE
1/2 tsp SESAME OIL
1 tsp HONEY, STRAINED OR EXTRACTED
2 cups BROCCOLI, RAW
2 tbsp SOY SAUCE (SHOYU), LITE
1/2 tsp GINGER ROOT, RAW

**EXCHANGES:** 1.43 Vegetable, 0.11 Fats, 0.11 Other Carbs

**DIRECTIONS**

Whisk dressing ingredients together. Set aside.

Cut green beans into 2-inch pieces.

If using frozen vegetables, cook green beans and broccoli following microwave directions on packaging.

If using fresh vegetables, microwave green beans with water in covered bowl on high for 2-3 minutes. Remove cover carefully, allowing steam to escape away from you; stir green beans and add fresh broccoli florets. Cover and microwave together on high for 2 minutes.

Drain green beans and broccoli; mix in dressing while still warm. Let vegetables chill in refrigerator until ready to serve (at least 5 to 10 minutes).

---

**Pasta with Grilled Vegetables**

Serves 6

**INGREDIENTS**

2 cups KIDNEY BEAN, RED, CANNED
2 tbsp OLIVE OIL
Vegan Meal Plan - 1200 calories - Recipe Listing

Sunflower Crunch Salad
Serves 2

**INGREDIENTS**
6 cups LETTUCE, COS OR ROMAINE, RAW
8 floweret CAULIFLOWER, RAW
1/2 cup GREEN PEPPER, SWEET, RAW (BELL)
1/2 cup CARROT, RAW
1/4 cup ONION, RAW
1/2 cup CHICKPEAS, CANNED (GARBANZO)
1/4 cup BEET, RAW
6 oz TOFU, EXTRA FIRM
1/4 cup SALAD DRESSING, GARLIC, NONFAT
1/4 cup SUNFLOWER SEED, DRIED

**EXCHANGES:**
0.6 Starch, 1.19 Very Lean Meat, 2.72 Vegetable, 1.82 Fats, 0.06 Other Carbs

**DIRECTIONS**
Wash and dry lettuce leaves and tear into a bowl. Drain and cut tofu into cubes and grate beets. Add all ingredients to the lettuce and toss with salad dressing.

Tofu and Bean Casserole
Serves 4

**INGREDIENTS**
1 3/4 cup BLACK BEAN
15 oz TOMATO, CANNED, FS
1 cup CORN, NIBLETS, FROZEN
1/2 tsp CUMIN, GROUND
1 cup SALSA, RTS
8 oz TOFU, SOFT, NIGAN
6.64 oz WHOLE WHEAT TORTILLA

2 tbsp VINEGAR, APPLE CIDER
1/2 lb KAMUT SPIRALS PASTA, KOSHER, ORGANIC
4 tbsp PARSLEY, RAW
1 small ONION, RAW
3 tomatoes TOMATO, RED, RIPE, RAW
2 large ZUCCHINI W/SKIN, RAW
3 tbsp BASIL, FRESH
1 tbsp OLIVE OIL
2 tbsp SALAD DRESSING, CITRUS

**EXCHANGES:**
2.49 Starch, 1.45 Vegetable, 1.7 Fats, 0.01 Other Carbs

**DIRECTIONS**
Mix the beans, 2 Tbsp olive oil, and vinegar. Refrigerate several hours. Cook pasta, drain, rinse and toss with bean mixture. Stir in parsley and vinaigrette. Refrigerate. Cut onion and tomatoes into quarters and cut zucchini into 1-inch chunks. Brush vegetables with olive oil and place on skewers. Grill, turning often until lightly charred. Chop vegetables and toss into pasta salad. Add chopped basil.
### Easy Vegan Pancakes
**Serves 4**

**INGREDIENTS**
- 1 cup WHEAT FLOUR, WHITE, ALL PURPOSE
- 1 tbsp SUGAR, GRANULATED
- 2 tbsp BAKING POWDER, DOUBLE ACTING
- 1/8 tsp SALT, TABLE
- 1 cup SOY MILK, FLUID (SOYMILK)
- 2 tbsp CANOLA OIL (RAPESEED OIL)

**EXCHANGES:**
- 1.42 Starch
- 0.26 Lowfat Milk
- 1.38 Fats
- 0.2 Other Carbs

**DIRECTIONS**
Combine flour, sugar, baking powder, and salt. Mix in soy milk and oil. Beat just until batter is smooth. Pour 1/3 cup batter onto hot, oiled griddle. Flip when bubbles appear on surface (about 2 minutes). Cook about 1 to 2 minutes on the other side.

### Blueberry Pancake Sauce
**Serves 8**

**INGREDIENTS**
- 12 oz BLUEBERRY, UNSWEETENED, FROZEN
- 2 tbsp ORANGE JUICE
- 1 tbsp LEMON JUICE, RAW

**EXCHANGES:**
- 0.4 Fruit

**DIRECTIONS**
Combine blueberries, orange juice, and lemon juice in a 4-cup glass measure. Microwave uncovered on high until just heated through, stirring once or twice. Makes 8 1/4 cup servings.

As an alternate, 2 cups fresh blueberries can be used in place of frozen.

You can make this ahead of time and freeze in ice cube trays. After they are frozen, put in a plastic bag and just microwave individual cubes to thaw when you need them.
Vegan Banana Bread
Serves 16

**INGREDIENTS**
- 1/2 cup SUGAR, GRANULATED
- 2 cups BANANA, RAW
- 2 cups WHOLE WHEAT FLOUR
- 1 tsp BAKING POWDER, DOUBLE ACTING
- 1/2 tsp BAKING SODA
- 1 tsp CINNAMON, GROUND
- 1 serving COOKING OIL SPRAY, OLIVE OIL
- 3.5 oz TOFU, SILKEN, SOFT

**EXCHANGES:** 0.64 Starch, 0.06 Very Lean Meat, 0.42 Fruit, 0.03 Fats, 0.41 Other Carbs

**DIRECTIONS**
Blend tofu in a mixer or food processor until smooth and creamy. With a mixer, beat together sugar, blended tofu, and mashed bananas. Add dry ingredients. Mix well. Pour into a loaf pan sprayed with cooking spray. Bake at 350 for 45 minutes. Cool, remove from pan, and slice into 16 pieces. These can be frozen for a quick snack.

Grilled Portobella Club
Serves 4

**INGREDIENTS**
- 2 tbsp VINEGAR DRESSING, BALSAMIC WINE
- 2 tbsp LEMON JUICE, RAW
- 2 tbsp WATER, MUNICIPAL
- 1 tsp OLIVE OIL
- 1 tsp OREGANO, DRIED, GROUND
- 1 tsp BASIL, DRIED, GROUND
- 1 tsp ROSEMARY, DRIED
- 1/2 tsp PEPPER, BLACK, GROUND
- 2 cloves GARLIC, RAW
- 1 lb MUSHROOM, PORTABELLA, RAW
- 1 serving COOKING OIL SPRAY, OLIVE OIL
- 4 rolls HARD ROLL
- 4 oz CHEESE ALTERNATIVE, MOZZARELLA
- 4 innerleafs LETTUCE, COS OR ROMAINE, RAW
- 4 slices TOMATO, RED, RIPE, RAW
- 1/4 cup MARINARA PASTA SAUCE, RTS

**EXCHANGES:** 2.1 Starch, 1 Med Fat Meat, 1.58 Vegetable, 0.03 Fruit, 0.22 Fats, 0.19 Other Carbs

**DIRECTIONS**
Combine first 10 ingredients in a large zip-top plastic bag, seal, and marinate 30 minutes. Remove the 4 mushroom caps, reserving marinade. Prepare grill or broiler. Place mushrooms on grill rack or broiler pan coated with cooking spray, grill 6 to 8 minutes on each side or until browned, basting occasionally with reserved marinade. Spread 1 1/2 teaspoons red pepper sauce over cut sides of rolls. Place 1 mushroom cap on bottom half of roll, top with 1 soy cheese slice, 1 lettuce leaf, 1 tomato slice, and roll top.
Vegan Meal Plan - 1200 calories - Recipe Listing

Vegan Chili
Serves 8

INGREDIENTS
1/4 cup RAISIN, SEEDLESS
5 cups ONION, RAW
1/4 cup SESAME OIL
8 oz TOFU, FIRM, RAW
2 tbsp VINEGAR, RED WINE
2 tbsp CHILI POWDER
2 tbsp GARLIC, RAW
1/2 cup BROWN RICE, MEDIUM GRAIN, COOKED
1 3/4 cup BLACK TURTLE BEAN, CANNED
1 3/4 cup KIDNEY BEAN, CANNED
1 cup CORN, YELLOW, BOILED, NO SALT
2 1/3 cups TOMATO PUREE, CANNED, NO SALT
1 medium whole TOMATO, RED, RIPE, RAW
2 tbsp MUSTARD, PREPARED, YELLOW

EXCHANGES: 1.44 Starch, 0.94 Very Lean Meat, 3.32 Vegetable, 0.23 Fruit, 1.75 Fats
0.09 Other Carbs

DIRECTIONS
Dice raisins and onions and brown in sesame oil over medium heat for 5 minutes. Mash the tofu and add along with vinegar, chili powder, mustard, and garlic, and saute for 5 minutes over low heat. Add the cooked rice. Drain the beans and corn, and reserve the liquid. Add the beans and corn to the chili pot. Add the diced tomato and tomato puree, and mix together. At this point, if the mixture is too thick, add some of the reserved liquid. Cook on low heat for 20 minutes. Serve in bowls garnished with scallions, if desired.

Tomatoes Stuffed with White Bean Salad
Serves 4

INGREDIENTS
1 3/4 cup WHITE BEAN, CANNED
1/2 cup ONION, RAW
1/2 cup GREEN PEPPER, SWEET, RAW (BELL)
1/4 cup PARSLEY, RAW
2 tbsp VINEGAR, RED WINE
1 tbsp OLIVE OIL
1/4 tsp PEPPER, BLACK, GROUND
4 medium whole TOMATO, RED, RIPE, RAW

EXCHANGES: 1.76 Starch, 1.57 Vegetable, 0.66 Fats, 0 Other Carbs

DIRECTIONS
Combine beans, red onion, green pepper, parsley, vinegar, olive oil and pepper to taste in a bowl. Stir gently to blend. Set aside. Just before serving, cut off top from each tomato. Using teaspoon, scoop out pulp and reserve for another use. Sprinkle inside of each tomato with a dash of salt. Arrange on a platter. Carefully spoon bean salad into tomatoes, dividing evenly. Serve at room temperature.
Scrambled Tofu
Serves 2

**INGREDIENTS**
- 2 cups MUSHROOM, RAW
- 1 cup RED PEPPER, SWEET, RAW
- 1 cup ONION, SPRING OR SCALLIONS, RAW
- 1 clove GARLIC, RAW
- 1 lb TOFU, SILKEN, FIRM
- 1/4 cup SALSA, RTS
- 1/2 tsp SALT, TABLE
- 1/4 tsp PEPPER, BLACK, GROUND
- 2 tbsp BASIL, FRESH
- 2 tbsp PARSLEY, RAW
- 1 tbsp OLIVE OIL

**EXCHANGES:** 0.35 Starch, 2.24 Very Lean Meat, 2.55 Vegetable, 2.08 Fats, 0.02 Other Carbs

**DIRECTIONS**
Heat oil in a large nonstick skillet. Add chopped mushrooms, red pepper, scallions, and garlic. Cook, stirring as needed until vegetables are softened, 10 to 12 minutes. Stir in diced tofu, salsa, salt, and pepper. Cook, stirring as needed until tofu is heated, about 5 minutes. Add chopped basil and parsley.

Grilled Soy Cheese Sandwich
Serves 1

**INGREDIENTS**
- 2 slices WHOLE WHEAT BREAD, CP
- 2 oz CHEESE ALTERNATIVE, CHEDDAR FLAVORED
- 1/2 cup SPINACH, BABY

**EXCHANGES:** 1.72 Starch, 2 Med Fat Meat, 0.2 Vegetable

**DIRECTIONS**
Put cheese and baby spinach leaves between the 2 slices of bread. Coat a nonstick skillet with vegetable oil spray. Cook sandwich on medium heat until brown on each side, flipping once.

Blueberry Muffins
Serves 12

**INGREDIENTS**
- 1 1/2 cup WHEAT FLOUR, WHITE, ALL PURPOSE
- 1 1/2 cup CORNMEAL, YELLOW, ENRICHED
- 1 tbsp BAKING POWDER, DOUBLE ACTING
- 1 cup SOY MILK, FLUID (SOYMILK)
- 1/3 cup MAPLE SYRUP, 100%
- 1 cup BLUEBERRY, RAW
- 1.75 oz TOFU, SILKEN, SOFT

**EXCHANGES:** 1 Starch, 0.04 Very Lean Meat, 0.11 Fruit, 0.09 Lowfat Milk, 0.02 Fats 0.39 Other Carbs
**DIRECTIONS**
Mix dry ingredients. Blend tofu in a blender or food processor until smooth and creamy. Mix wet ingredients (including tofu). Mix all ingredients together until just moistened. Pour into 12 muffin tins, lightly sprayed with cooking spray or put a paper muffin cup in each tin. Bake 20-25 minutes.

**Veggie Sandwich**
Serves 1

**INGREDIENTS**
- 2 slices MIXED GRAIN BREAD
- 2 medium slice TOMATO, RED, RIPE, RAW
- 1/4 cup CUCUMBER W/PEEL, RAW
- 1 medium slice ONION, RAW
- 2 tbsp HUMMUS, COMMERCIAL (SEASONED MASHED CHICKPEAS)

**EXCHANGES:** 1.95 Starch, 0.73 Vegetable, 0.63 Fats

**DIRECTIONS**
Spread hummus on each slice of bread. Add vegetables to one slice and top with the other slice.

**Tofu Fajitas**
Serves 6

**INGREDIENTS**
- 2 tbsp OLIVE OIL
- 1 large ONION, RAW
- 1 large RED PEPPER, SWEET, RAW
- 1 large GREEN PEPPER, SWEET, RAW (BELL)
- 1 cup MUSHROOM, RAW
- 1 lb TOFU, FIRM, RAW
- 3/4 cups SALSA, RTS
- 3/4 cups TOMATO, RED, RIPE, RAW
- 3/4 cups AVOCADO, RAW
- 9.96 oz WHOLE WHEAT TORTILLA

**EXCHANGES:** 1.8 Starch, 1.7 Very Lean Meat, 1.57 Vegetable, 0.5 Fruit, 2.56 Fats

**DIRECTIONS**
Slice onion and peppers. Drain excess water from tofu by squeezing between 2 paper towels. Cut into 1-inch strips. Heat olive oil over medium-high heat. Add onions and saute, stirring, until translucent. Stir in peppers and mushrooms and saute until they begin to soften, about 5 minutes. Add tofu and gently stir-fry about 5 more minutes. Divide mixture between 6 tortillas and garnish with chopped tomatoes, salsa, and avocado, if desired.

**Lentil, Pear, and Soy Cheese Salad**
Serves 4

**INGREDIENTS**
- 1 1/2 cup LENTIL, RAW
Vegan Meal Plan - 1200 calories

Recipe Listing

Vegan Meal Plan - 1200 calories

3/4 tsp SALT, TABLE
1/2 tsp PEPPER, BLACK, GROUND
1/4 cup LIME JUICE, RAW
2 tbsp HONEY, STRAINED OR EXTRACTED
1/2 tsp GINGER, GROUND
2 medium pear PEAR, RAW
2 cups WATERCRESS, RAW
4 oz CHEESE ALTERNATIVE, MOZZARELLA, NONFAT
2 tbsp PECAN, DRIED, RAW

EXCHANGES: 2.89 Starch, 0.76 Very Lean Meat, 0.55 Med Fat Meat, 0.07 Vegetable
3.87 Fruit, 0.49 Fats, 0.55 Other Carbs

DIRECTIONS
In a saucepan of boiling water, cook lentils with 1/4 teaspoon salt and pepper for 20-25 minutes. Drain. Meanwhile, in a medium bowl, whisk lime juice, honey, ginger, remaining salt and pepper. Add lentils and cool. Cut pears into 1/2 inch chunks and add to lentil mixture with chopped watercress. Toss. Sprinkle with shredded soy cheese and pecans.

Pea-Barley Breakfast
Comment: Try this different and nutritious breakfast (or lunch or dinner)!
Serves 4

INGREDIENTS
1 1/2 cup SPLIT PEA, RAW
1 small ONION, RAW
1 large CARROT, RAW
1 large stalk CELERY, RAW
1 clove GARLIC, RAW
1/2 cup BARLEY, PEARLED, RAW
1/2 tsp SALT, TABLE
1/4 tsp PEPPER, BLACK, GROUND
7 cups WATER, MUNICIPAL

EXCHANGES: 3.4 Starch, 1.95 Very Lean Meat, 0.72 Vegetable, 0 Other Carbs

DIRECTIONS
Combine in a pot the split peas, chopped onion, diced carrot and celery, minced garlic, and 6 cups water. Bring to a boil and simmer uncovered for an hour, stirring once or twice and adding water to thin as needed. Meanwhile, in a saucepan cook the barley in 1 cup water 40-60 minutes or until tender. Puree the split pea mixture and mix with the barley, salt and pepper. This can be frozen in 1-serving portions and microwaved for a quick breakfast or lunch.

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