

# Planet Beach<sup>®</sup>

## a contempo spa<sup>™</sup>

Vegan Meal Plan - 1200 calories

### Sunday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 servings	Apple-Oatmeal Pancakes	273	404	10	93	2
8 fl oz	TEA, GREEN	237	0	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
6 fl oz	HERBAL TEA, BREWED	178	2	0	0	0
1 fruit	ORANGE, CALIFORNIA, RAW	121	59	1	14	0
lunch						
2 slices	WHOLE WHEAT BREAD, CP	56	138	5	26	2
12 fl oz	WATER, MUNICIPAL	356	0	0	0	0
1 serving	Eggless "Egg Salad"	174	139	9	10	8
snack						
2/3 cups	SOYBEAN, EDAMAME	85	120	10	9	5
12 fl oz	WATER, DRINKING	355	0	0	0	0
dinner						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Tofu and Spaghetti Squash	705	303	17	40	10

**DAILY TOTALS** 2894\* 1184 53 192 30

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  
1.34 Other Carbs

### Monday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 fl oz	TEA, GREEN	237	0	0	0	0
1/2 cup	SOY MILK, FLUID (SOYMILK)	123	64	5	6	2
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
1/2 cup	100% BRAN CEREAL, RTE	44	125	6	34	1
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	16	94	4	3	8
8 oz	WATER, DRINKING WATER, CARBONATED	227	0	0	0	0
lunch						
1 serving	Black Bean and Sweet Potato Salad	435	327	11	54	8
12 fl oz	WATER, DRINKING	355	0	0	0	0
snack						
2 tbsp	HUMMUS, COMMERCIAL (SEASONED MASHED CH	31	52	2	4	3
2 crackers	RYE WAFER CRACKER, PLAIN	22	73	2	18	0
1 cup	WATERMELON, RAW	152	46	1	11	0
8 fl oz	TEA, GREEN	237	0	0	0	0
dinner						
1 serving	Crispy Tofu	124	199	19	10	11
2 servings	Green Vegetables with Sesame Ginger Dressing	297	109	7	21	2
12 fl oz	WATER, DRINKING	355	0	0	0	0

**DAILY TOTALS** 2864\* 1220 58 191 38

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

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### Vegan Meal Plan - 1200 calories Week 1

#### Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1/3 cup	GRANOLA CEREAL, RTE	41	199	6	22	10
1/4 cup	BLUEBERRY, RAW	36	21	0	5	0
1/2 cup	SOY MILK, FLUID (SOYMILK)	123	64	5	6	2
8 fl oz	TEA, GREEN	237	0	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 fruit	ORANGE, CALIFORNIA, RAW	121	59	1	14	0
lunch						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Lentil, Pear, and Soy Cheese Salad	231	405	27	69	3
snack						
8 oz	WATER, DRINKING WATER, CARBONATED	227	0	0	0	0
1 can	VEGETARIAN VEGETABLE SOUP, CONDENSED	298	176	5	29	5
dinner						
1 serving	Pasta with Grilled Vegetables	325	317	13	44	10
12 fl oz	WATER, DRINKING	355	0	0	0	0
<b>DAILY TOTALS</b>		<b>2702*</b>	<b>1258</b>	<b>58</b>	<b>190</b>	<b>33</b>

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

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1/2 cup	CANTALOUPE, RAW	80	27	1	7	0
1 serving	Easy Vegan Pancakes	110	223	6	32	8
6 fl oz	COFFEE, BREWED, PREPARED	178	2	0	0	0
1 serving	Blueberry Pancake Sauce	48	24	0	6	0
1 oz	SOY MILK, FLUID (SOYMILK)	28	15	1	1	1
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
6 oz	SOY YOGURT, VANILLA	170	150	5	26	3
6 fl oz	HERBAL TEA, BREWED	178	2	0	0	0
1/2 cup	STRAWBERRY, RAW	83	27	1	6	0
lunch						
1 serving	Sunflower Crunch Salad	471	291	17	34	12
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
dinner						
1 serving	Tofu and Bean Casserole	420	332	16	52	6
12 fl oz	WATER, DRINKING	355	0	0	0	0
<b>DAILY TOTALS</b>		<b>2852*</b>	<b>1184</b>	<b>47</b>	<b>183</b>	<b>33</b>

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

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### Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Pea-Barley Breakfast	566	358	21	68	1
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 fruit	ORANGE, CALIFORNIA, RAW	140	69	1	18	0
12 fl oz	WATER, DRINKING	355	0	0	0	0
lunch						
1 serving	Grilled Portobella Club	275	312	15	45	8
12 fl oz	WATER, DRINKING	355	0	0	0	0
snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 oz	PUMPKIN & SQUASH SEED, DRIED	28	153	7	5	13
dinner						
1 serving	Vegan Chili	381	325	14	48	11
12 fl oz	WATER, DRINKING	355	0	0	0	0
<b>DAILY TOTALS</b>		<b>3046*</b>	<b>1237</b>	<b>59</b>	<b>184</b>	<b>36</b>

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

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 oz	SOY MILK, FLUID (SOYMILK)	28	15	1	1	1
1 serving	Scrambled Tofu	470	265	20	19	14
6 fl oz	COFFEE, BREWED, PREPARED	178	2	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
8 fl oz	TEA, GREEN	237	0	0	0	0
1 serving	Vegan Banana Bread	56	104	3	24	1
lunch						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Grilled Soy Cheese Sandwich	124	283	18	29	10
1 cup	WATERMELON, RAW	152	46	1	11	0
snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 tbsp	HUMMUS, COMMERCIAL (SEASONED MASHED CH	16	26	1	2	2
1 cracker	RYE WAFER CRACKER, PLAIN	11	37	1	9	0
dinner						
2 servings	Tomatoes Stuffed with White Bean Salad	582	413	20	69	8
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
<b>DAILY TOTALS</b>		<b>2801*</b>	<b>1210</b>	<b>65</b>	<b>165</b>	<b>37</b>

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

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### Saturday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Blueberry Muffins	69	124	3	26	1
6 oz	SOY YOGURT, VANILLA	170	150	5	26	3
8 fl oz	TEA, GREEN	237	0	0	0	0
1/2 cup	STRAWBERRY, RAW	83	27	1	6	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 oz	CHEESE ALTERNATIVE, CHEDDAR FLAVORED	28	70	6	1	4
1/3 cup	GRAPE, EUROPEAN-TYPE, RAW	51	35	0	9	0
lunch						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
1 serving	Veggie Sandwich	163	201	8	33	5
snack						
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
12 fl oz	WATER, DRINKING	355	0	0	0	0
2 tbsp	BLACK BEAN DIP, SPICY, NONFAT	30	30	2	5	0
0.6 oz	CRACKERS, WHOLE WHEAT	17	70	3	11	1
dinner						
1 serving	Tofu Fajitas	292	359	18	36	17
8 fl oz	TEA, GREEN	237	0	0	0	0
<b>DAILY TOTALS</b>		<b>2594*</b>	<b>1218</b>	<b>48</b>	<b>188</b>	<b>34</b>

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

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### DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
2822*	1216	56	185	34

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

## Vegan Meal Plan - 1200 calories - Recipe Listing

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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.

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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.

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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.

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Crispy Tofu  
Serves 4

## Vegan Meal Plan - 1200 calories - Recipe Listing

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### 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.

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### 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).

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### Pasta with Grilled Vegetables

Serves 6

### INGREDIENTS

2 cups KIDNEY BEAN, RED, CANNED  
2 tbsp OLIVE OIL



### Vegan Meal Plan - 1200 calories - Recipe Listing

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2 tbsp VINEGAR, APPLE CIDER  
 1/2 lb KAMUT SPIRALS PASTA, KOSHER, ORGANIC  
 4 tbsp PARSLEY, RAW  
 1 small ONION, RAW  
 3 tomatos 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.

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#### 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.

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#### 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



## Vegan Meal Plan - 1200 calories - Recipe Listing

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EXCHANGES: 3.05 Starch, 0.97 Very Lean Meat, 1.53 Vegetable, 0.36 Fats, 0.03 Other Carbs

### DIRECTIONS

Preheat oven to 400 degrees. Lightly oil a medium-sized casserole dish. In a large bowl, combine beans, tomatoes, salsa, corn, and cumin. Place 2 tortillas to cover the bottom of the casserole dish- you might need to trim them a bit and add the extra pieces to empty areas of the dish. Cover tortilla layer with half of the beans. Crumble the tofu and sprinkle half of it over the bean mixture. Repeat layering. Bake for 20 minutes. Remove casserole, cover, and let cool for a least 15 minutes before serving.

### 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 Meal Plan - 1200 calories - Recipe Listing

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### 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.

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### 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 innerleaves 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 6-8 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

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### 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.

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### 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.

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## Vegan Meal Plan - 1200 calories - Recipe Listing

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### 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.

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### 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.

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### Blueberry Muffins

Serves 12

#### INGREDIENTS

1 1/2 cup WHEAT FLOUR, WHITE, ALL PURPOSE  
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

## Vegan Meal Plan - 1200 calories - Recipe Listing

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### 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

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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  
0.87 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.

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### 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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