



Vegan Outreach Meal Plan - 1800 calories Single Day Report Meal Plan by Dina Aronson, MS, RD

Date: Tuesday

PCF Ratio



Carbs (55%) Protein (16%) Fat (29%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Trans Fat (g)	Omega-3 (g)	Dietary Fiber (g)
BLUEBERRY, RAW	1 cup	145	81	1	20	1	0	0	0	4
TEA, SPECIALTY, GREEN	8 fl oz	237	0	0	0	0	0	0	0	0
Kashi Breakfast Pilaf	.5 cup	140	170	6	30	3	0	0	0	6
WALNUT, ENGLISH, DRIED, RAW	2 tbsp	15	98	2	2	10	1	0	1	1
SOYMILK, ORIGINAL ENRICHED	1 cup	240	130	7	17	4	1	0	0	0
Meal Total:		777	479	16	70	17	1	0	1	11

Morning Snack

APPLE, RAW	1 medium	138	81	0	21	0	0	0	0	4
ALMOND BUTTER	1 tbsp	16	95	4	4	8	0	0	0	0
Meal Total:		154	176	4	25	8	0	0	0	4

Lunch

ORANGE, CALIFORNIA, RAW	1 fruit	121	59	1	14	0	0	0	0	3
LETTUCE, COS OR ROMAINE, RAW	2 cups	112	16	2	3	0	0	0	0	2
cherry tomatoes	1 cup	149	31	5	7	1	0	0	0	2
FLAXSEED OIL	2 tsp	0	80	0	0	9	1	0	5	0
VINEGAR DRESSING, BALSAMIC WINE	1 tbsp	17	18	0	4	0	0	0	0	0
BURRITO, NON-DAIRY	1 burrito	170	180	9	48	6	1	0	0	5
SUNFLOWER SEED, NO SALT ADDED	1 oz	28	165	5	7	14	1	0	0	3
Meal Total:		597	549	23	83	31	3	0	5	15

Afternoon Snack

HUMMUS,	2 tbsp	28	46	2	4	3	0	0	0	2
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Vegan Outreach Meal Plan - 1800 calories Single Day Report (continued)

Afternoon Snack	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Trans Fat (g)	Omega-3 (g)	Dietary Fiber (g)
COMMERCIAL										
CARROT, BABY, RAW	6 medium	60	23	1	5	0	0	0	0	1
CRISPBREAD, RYE ORIGINAL	2 slices	18	60	1	14	0	0	0	0	4
Meal Total:		106	129	4	23	3	0	0	0	7

Dinner

SPAGHETTI PASTA, WHOLE WHEAT, COOKED	1.5 cups	210	260	11	56	1	0	0	0	9
MARINARA SAUCE	1/2 cup	125	71	2	10	3	0	0	0	2
Vegetarian Meatballs	5 meatballs	75	90	16	7	3	0	0	0	3
BROCCOLI, BOILED W/SALT	1 cup	156	44	5	8	1	0	0	0	5
Meal Total:		566	465	34	81	7	1	0	0	19

Daily Total:	2,200	1,799	80	281	66	5	0	7	55
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Breakfast	Folate (mcg)	Vit B-12 (mcg)	Vit-C (mg)	Vit-E IU (IU)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	
BLUEBERRY, RAW	9	0	19	2	9	0	7	129	9	0	
TEA, SPECIALTY, GREEN	0	0	0	0	0	0	0	0	0	0	
Kashi Breakfast Pilaf	0	0	0	0	20	1	0	0	15	0	
WALNUT, ENGLISH, DRIED, RAW	15	0	0	1	15	0	24	66	0	0	
SOYMILK, ORIGINAL ENRICHED	60	3	0	7	300	2	40	240	140	1	
Meal Total:		83	3	19	10	343	4	71	435	164	1

Morning Snack

APPLE, RAW	4	0	8	1	10	0	7	159	0	0	
ALMOND BUTTER	0	0	0	0	0	0	0	140	3	0	
Meal Total:		4	0	8	1	10	0	7	299	3	0

Lunch

ORANGE, CALIFORNIA, RAW	47	0	59	0	48	0	12	217	0	0
LETTUCE, COS OR ROMAINE, RAW	152	0	27	1	40	1	7	325	9	0
cherry tomatoes	22	0	29	1	8	1	16	331	13	0
FLAXSEED OIL	0	0	0	0	0	0	0	0	0	0

Vegan Outreach Meal Plan - 1800 calories Single Day Report (continued)

	Folate (mcg)	Vit B-12 (mcg)	Vit-C (mg)	Vit-E IU (IU)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)
Lunch										
VINEGAR DRESSING, BALSAMIC WINE	0	0	0	0	0	0	0	8	230	0
BURRITO, NON-DAIRY	0	0	0	0	0	0	0	0	550	0
SUNFLOWER SEED, NO SALT ADDED	67	0	0	21	20	1	37	241	1	2
Meal Total:	289	0	114	23	116	3	72	1,121	803	2
Afternoon Snack										
HUMMUS, COMMERCIAL	23	0	0	0	11	1	20	64	106	1
CARROT, BABY, RAW	20	0	5	0	14	0	7	167	21	0
CRISPBREAD, RYE ORIGINAL	0	0	0	0	0	0	0	0	0	0
Meal Total:	43	0	5	0	24	1	27	231	127	1
Dinner										
SPAGHETTI PASTA, WHOLE WHEAT, COOKED	11	0	0	0	32	2	63	92	6	2
MARINARA SAUCE	13	0	10	2	28	1	21	369	515	0
Vegetarian Meatballs	0	0	0	0	200	0	0	0	420	0
BROCCOLI, BOILED W/SALT	78	0	116	4	72	1	37	456	409	1
Meal Total:	101	0	126	6	331	4	122	917	1,350	3
Daily Total:	521	3	273	40	824	13	298	3,002	2,447	6