



MEAL	FOOD	CALORIES	PROTEIN	FAT	CARBS
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BREAKFAST

OATMEAL	40 g rolled oats	151.6	5.3	2.6	27.1
	120 g fresh or frozen berries	61.2	0.5	0.8	14.6
	30 g vegan protein powder	118.2	25.5	1.8	0.9
	14 g flax seeds (2 tbsp)	74.8	2.6	5.9	4.0
	cinnamon, stevia, sweetener (if desired)	≈ 0			
TOTAL	MEAL 1 =	405.7	33.8	11.1	46.6

LUNCH

VEGGIE TOFU SCRAMBLE	200 g firm tofu	207.5	24.0	11.1	7.6
	170 g cooked black beans	240.8	14.2	1.1	44.8
	300 g vegetables (mushrooms, bell pepper, carrots, onions, broccoli etc.)	93.0	5.2	18.6	0.7
	dry seasonings, herbs, lemon juice (if desired)	≈ 0			
TOTAL	MEAL 2 =	541.3	43.4	7.1	12.9

WEIGHTLIFTING**SNACK**

SMOOTHIE	200 g soy milk	60.9	6.4	3.2	3.0
	100 g banana (1 medium size)	89.0	1.1	0.3	22.8
	200 g mixed frozen berries	111.1	1.6	0.0	27.0
	40 g vegan protein powder	157.6	33.9	2.4	1.2
TOTAL	MEAL 3 =	418.6	43.1	5.9	54.0

DINNER

LENTILS AND SWEET POTATOES	80 g red lentils (uncooked weight)	286.4	19.1	1.7	50.5
	300 g sweet potato	258.0	4.7	0.2	60.4
	70 g dark leafy greens	16.1	2.0	0.3	2.5
	15 g tahini (1 tbsp)	85.5	2.7	7.2	3.9
	dry seasonings, herbs, lemon juice (if desired)	≈ 0			
TOTAL	MEAL 4 =	646.0	28.5	9.4	117.3

TOTAL	2012	148.7	39.3	266.0
TARGET	2000	150	40	260