



<b>BREAKFAST</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
• 1/2 cup oatmeal (40 g)	151.6	5.3	27.1	2.6
• 1/2 cup fresh/frozen berries (120 g)	58.7	0.5	14.0	0.7
• 2 tbsp flax seeds (14 g)	74.8	2.6	4.0	5.9
• 1/4 pumpkin seeds (16 g)	71.4	3.0	8.6	3.1
• 1 cup almond milk (240 g)	36.0	1.4	1.4	2.6
• 1 scoop protein powder (30 g)	118.2	25.5	0.9	1.8
<b>Total</b>	<b>510.6</b>	<b>38.1</b>	<b>56</b>	<b>16.8</b>

<b>LUNCH</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
• 1/2 cup raw lentils (95 g)	343.7	23.0	60.6	2.1
• 4 cups of vegetables such as broccoli, carrot, tomato, peas, onion, cabbage, zucchini, mushroom, bell pepper (300 g)	99.0	6.0	19.5	0.8
• If desired dry seasonings, lemon juice or other low-calorie condiments				
<b>Total</b>	<b>454.7</b>	<b>29</b>	<b>2.8</b>	<b>83.1</b>

<b>DINNER</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
• 1/2 cup cooked chickpeas (230 g)	105.6	5.4	17.1	2.1
• 1/2 block firm tofu (232 g)	176.3	18.7	4.3	11.1
• 1 large sweet potato or medium regular potato (150 g)	130.7	2.4	30.6	0.1
• 2-3 large handfuls of dark leafy greens (100 g)	23.0	2.9	3.6	0.4
• If desired dry seasonings, lemon juice or other low-calorie condiments				
<b>Total</b>	<b>435.7</b>	<b>29.3</b>	<b>55.7</b>	<b>13.7</b>

<b>SNACK</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
• 1 scoop protein powder (30 g)	118.2	25.5	0.9	1.8
• Handful of nuts e.g walnuts (28 g)	185.4	4.3	3.9	18.5
• 1 piece fruit such as apple, orange, mango, pineapple (180 g)	94.6	0.5	25.1	0.3
<b>Total</b>	<b>398.2</b>	<b>30.2</b>	<b>29.9</b>	<b>20.6</b>

<b>TOTAL =</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>
	<b>1799</b>	<b>126.7</b>	<b>53.9</b>	<b>224.7</b>