

Vegetarian Meal Plan

DAY 1

Breakfast	Fried Egg	2 large (140 g)
	Mushrooms, Fresh	1 cups (97 g)
	Cheddar Cheese	1/4 cup (28.3 g)
Lunch	Tofu Vermicelli Soup with Mushrooms and Carrots	1 serving (339 g)
Dinner	Vegan Seitan Pepper Steak with Rice	2 serving (746 g)
Snack	Mango Chia Pudding (Sweetened)	1 serving (259 g)

DAY 2

Breakfast	Raspberries	20 raspberries (38 g)
	Almonds	1 handful (26 g)
	Plain Yogurt (Whole Milk)	1 container (6 oz) (170 g)
Lunch	Vegan Potato, Seitan, Peppers and Carrots Breakfast Skillet	1 serving (804 g)
Dinner	Lemon Kale Seitan Pasta	1 serving (194 g)
Snack	Kale Chips	1 serving (64 g)

DAY 3

Breakfast	Vegan Tofu and Black Beans Breakfast Skillet	2 serving (664 g)
Lunch	Vegan Chickpea Avocado Toast	1 serving (238 g)
Dinner	Chickpeas with Kale & Sun-Dried Tomatoes	1 serving (299 g)
Snack	Cottage Cheese	8 oz (226 g)
	Strawberry	1 cup (320 g)

DAY 4

Breakfast	Mixed Berries Breakfast Protein Smoothie	2 serving (872 g)
Lunch	Tomato Basil and Haloumi Salad	2 serving (436 g)
Dinner	Vegan Lentil Stew with Carrots, Tomatoes and Celery	1 serving (422 g)
Snack	Cantaloupe Melon	1 melon, small (about 4-1/4" dia) (441 g)

DAY 5

Breakfast	Eggs with Spinach	1 serving (164 g)
Lunch	Lemon Kale Seitan Pasta	1 serving (194 g)
Dinner	Seitan and Eggplant over Rice	1 serving (338 g)
Snack	Mango-Almond Smoothie Bowl	2 serving (468 g)

DAY 6

Breakfast	Vegan Mongolian Seitan over Brown Rice	2 serving (484 g)
Lunch	Honey Halloumi Salad with Quinoa	1 serving (348 g)
Dinner	Cottage Cheese	8 oz (226 g)
	Raspberries	20 raspberries (38 g)
Snack	Coffee (Unsweetened)	1 portion(s) (50 g)
	Fat-Free Milk	1 cup (245 g)

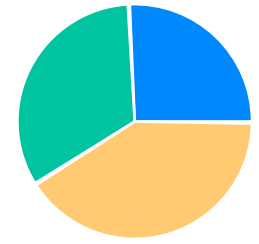
DAY 7

Breakfast	Egg White, Bell Pepper, and Spinach Scramble	2 serving (366 g)
Lunch	Vegan Blended Garlic Brussels Sprout Soup	2 serving (704 g)
Dinner	Tofu and Green Peas Fried Rice	2 serving (862 g)
Snack	Seaweed snacks	2 snack pack (10 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D	Fried Egg	Tofu Vermicelli Soup with Mushrooms and Carrots	Vegan Seitan Pepper Steak with Rice	Mango Chia Pudding (Sweetened)
A	2 large (140 g)	1 serving (339 g)	2 serving (746 g)	1 serving (259 g)
Y	Mushrooms, Fresh 1 cups (97 g)			
1	Cheddar Cheese ¼ cup (28.3 g)			
D	Raspberries	Vegan Potato, Seitan, Peppers and Carrots Breakfast Skillet	Lemon Kale Seitan Pasta	Kale Chips
A	20 raspberries (38 g)	1 serving (804 g)	1 serving (194 g)	1 serving (64 g)
Y	Almonds 1 handful (26 g)			
2	Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g)			
D	Vegan Tofu and Black Beans Breakfast Skillet	Vegan Chickpea Avocado Toast	Chickpeas with Kale & Sun-Dried Tomatoes	Cottage Cheese
A	2 serving (664 g)	1 serving (238 g)	1 serving (299 g)	8 oz (226 g)
Y				Strawberry 1 cup (320 g)
3				
D	Mixed Berries Breakfast Protein Smoothie	Tomato Basil and Haloumi Salad	Vegan Lentil Stew with Carrots, Tomatoes and Celery	Cantaloupe Melon
A	2 serving (872 g)	2 serving (436 g)	1 serving (422 g)	1 melon, small (about 4-¼" dia) (441 g)
Y				
4				
D	Eggs with Spinach	Lemon Kale Seitan Pasta	Seitan and Eggplant over Rice	Mango-Almond Smoothie Bowl
A	1 serving (164 g)	1 serving (194 g)	1 serving (338 g)	2 serving (468 g)
Y				
5				
D	Vegan Mongolian Seitan over Brown Rice	Honey Halloumi Salad with Quinoa	Cottage Cheese	Coffee (Unsweetened)
A	2 serving (484 g)	1 serving (348 g)	8 oz (226 g)	1 portion(s) (50 g)
Y			Raspberries 20 raspberries (38 g)	Fat-Free Milk 1 cup (245 g)
6				
D	Egg White, Bell Pepper, and Spinach Scramble	Vegan Blended Garlic Brussels Sprout Soup	Tofu and Green Peas Fried Rice	Seaweed snacks
A	2 serving (366 g)	2 serving (704 g)	2 serving (862 g)	2 snack pack (10 g)
Y				
7				

Macronutrient summary

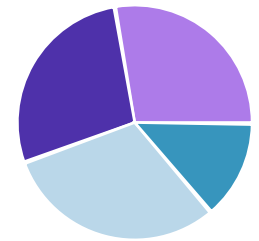
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	10369.7	1481.4
Protein [g]	688.2	98.3
Fat [g]	391.8	56
Carbs [g]	1089.1	155.6
Fiber [g]	204.2	29.2
Net Carbs [g]	884.9	126.4



26 % Protein 33 % Fat
41 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	413.2	31.4	17.4	35.1	6.4	28.7
Lunch	412.8	24.8	17.9	40.8	6.7	34.1
Dinner	454.9	33.2	12.7	54.6	10.1	44.5
Snack	200.4	9	8	25.1	5.9	19.1



28 % Breakfast 28 %
Lunch 31 % Dinner 14
% Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1443	98	56.5	142.4	22.3	120.1
Day 2	1495.5	95.1	54.5	167.2	25.6	141.6
Day 3	1501.1	92.8	55.4	167.1	54.7	112.4
Day 4	1424.6	93.7	54.9	154.5	32.7	121.8
Day 5	1527.3	101.3	58.7	164.5	27.1	137.4
Day 6	1536.9	106.6	55.3	155.8	10.2	145.6
Day 7	1441.2	100.7	56.5	137.4	31.6	105.8

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Fried Egg 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
Mushrooms, Fresh 1 cups (97 g)	21.3	3	0.3	3.2	1	2.2
Cheddar Cheese 1/4 cup (28.3 g)	114.1	6.5	9.4	0.9	0	0.9
TOTAL FOR BREAKFAST	409.9	28.5	30.5	5.2	1	4.2
Lunch						
Tofu Vermicelli Soup with Mush-rooms and Carrots 1 serving (339 g)	170.2	9.5	7.2	17.3	1.7	15.6
TOTAL FOR LUNCH	170.2	9.5	7.2	17.3	1.7	15.6
Dinner						
Vegan Seitan Pepper Steak with Rice 2 serving (746 g)	657.1	55.2	10.6	88.6	10.6	78
TOTAL FOR DINNER	657.1	55.2	10.6	88.6	10.6	78
Snack						
Mango Chia Pudding (Sweet-ened) 1 serving (259 g)	205.9	4.9	8.2	31.3	9.1	22.2
TOTAL FOR SNACK	205.9	4.9	8.2	31.3	9.1	22.2
TOTAL FOR DAY 1	1443	98	56.5	142.4	22.3	120.1

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
Almonds 1 handful (26 g)	150.5	5.5	13	5.6	3.3	2.3
Plain Yogurt (Whole Milk) 1 container (6 oz) (170 g)	103.7	5.9	5.5	7.9	0	7.9
TOTAL FOR BREAKFAST	274	11.9	18.8	18.1	5.7	12.4
Lunch						
Vegan Potato, Seitan, Peppers and Carrots Breakfast Skillet 1 serving (804 g)	730.4	54.8	16.9	95.7	15.2	80.5
TOTAL FOR LUNCH	730.4	54.8	16.9	95.7	15.2	80.5
Dinner						
Lemon Kale Seitan Pasta 1 serving (194 g)	343.3	26.4	4.5	49.1	2.9	46.2
TOTAL FOR DINNER	343.3	26.4	4.5	49.1	2.9	46.2
Snack						
Kale Chips 1 serving (64 g)	147.8	2	14.4	4.4	1.8	2.6
TOTAL FOR SNACK	147.8	2	14.4	4.4	1.8	2.6
TOTAL FOR DAY 2	1495.5	95.1	54.5	167.2	25.6	141.6

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Tofu and Black Beans Breakfast Skillet 2 serving (664 g)	647.6	41	26.8	65.8	22.4	43.4
TOTAL FOR BREAKFAST	647.6	41	26.8	65.8	22.4	43.4
Lunch						
Vegan Chickpea Avocado Toast 1 serving (238 g)	264.9	10.6	10.7	34.7	10.7	24
TOTAL FOR LUNCH	264.9	10.6	10.7	34.7	10.7	24
Dinner						
Chickpeas with Kale & Sun-Dried Tomatoes 1 serving (299 g)	322.3	15.3	12	43.5	13.6	29.9
TOTAL FOR DINNER	322.3	15.3	12	43.5	13.6	29.9
Snack						
Cottage Cheese 8 oz (226 g)	183.1	23.6	5.1	10.8	0	10.8
Strawberry 1 cup (320 g)	83.2	2.2	0.6	12.5	8	4.5
TOTAL FOR SNACK	266.3	25.9	5.8	23.2	8	15.2
TOTAL FOR DAY 3	1501.1	92.8	55.4	167.1	54.7	112.4

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Mixed Berries Breakfast Protein Smoothie 2 serving (872 g)	461.1	49.3	7.2	57.3	8	49.3
TOTAL FOR BREAKFAST	461.1	49.3	7.2	57.3	8	49.3
Lunch						
Tomato Basil and Haloumi Salad 2 serving (436 g)	504.5	25.1	38.6	15.7	2.3	13.4
TOTAL FOR LUNCH	504.5	25.1	38.6	15.7	2.3	13.4
Dinner						
Vegan Lentil Stew with Carrots, Tomatoes and Celery 1 serving (422 g)	309	15.6	8.3	45.6	18.4	27.2
TOTAL FOR DINNER	309	15.6	8.3	45.6	18.4	27.2
Snack						
Cantaloupe Melon 1 melon, small (about 4-1/4" dia) (441 g)	149.9	3.7	0.8	36	4	32
TOTAL FOR SNACK	149.9	3.7	0.8	36	4	32
TOTAL FOR DAY 4	1424.6	93.7	54.9	154.5	32.7	121.8

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Eggs with Spinach 1 serving (164 g)	284.8	14.2	23.8	4.1	1.5	2.6
TOTAL FOR BREAKFAST	284.8	14.2	23.8	4.1	1.5	2.6
Lunch						
Lemon Kale Seitan Pasta 1 serving (194 g)	343.3	26.4	4.5	49.1	2.9	46.2
TOTAL FOR LUNCH	343.3	26.4	4.5	49.1	2.9	46.2
Dinner						
Seitan and Eggplant over Rice 1 serving (338 g)	380.7	47.1	4.3	43.4	7.3	36.1
TOTAL FOR DINNER	380.7	47.1	4.3	43.4	7.3	36.1
Snack						
Mango-Almond Smoothie Bowl 2 serving (468 g)	518.4	13.6	26.2	67.9	15.4	52.5
TOTAL FOR SNACK	518.4	13.6	26.2	67.9	15.4	52.5
TOTAL FOR DAY 5	1527.3	101.3	58.7	164.5	27.1	137.4

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Mongolian Seitan over Brown Rice 2 serving (484 g)	619	46.8	9.7	85.8	4.2	81.6
TOTAL FOR BREAKFAST	619	46.8	9.7	85.8	4.2	81.6
Lunch						
Honey Halloumi Salad with Quinoa 1 serving (348 g)	630.8	27.3	40	42.5	3.5	39
TOTAL FOR LUNCH	630.8	27.3	40	42.5	3.5	39
Dinner						
Cottage Cheese 8 oz (226 g)	183.1	23.6	5.1	10.8	0	10.8
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
TOTAL FOR DINNER	202.8	24.1	5.4	15.3	2.5	12.8
Snack						
Coffee (Unsweetened) 1 portion(s) (50 g)	1	0.2	0	0.1	0	0.1
Fat-Free Milk 1 cup (245 g)	83.3	8.3	0.2	12.2	0	12.2
TOTAL FOR SNACK	84.3	8.4	0.2	12.3	0	12.3
TOTAL FOR DAY 6	1536.9	106.6	55.3	155.8	10.2	145.6

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Egg White, Bell Pepper, and Spinach Scramble 2 serving (366 g)	196.4	27.9	4.7	9.6	2.2	7.4
TOTAL FOR BREAKFAST	196.4	27.9	4.7	9.6	2.2	7.4
Lunch						
Vegan Blended Garlic Brussels Sprout Soup 2 serving (704 g)	245.3	19.6	7.4	30.7	10.6	20.1
TOTAL FOR LUNCH	245.3	19.6	7.4	30.7	10.6	20.1
Dinner						
Tofu and Green Peas Fried Rice 2 serving (862 g)	969.2	48.5	44	96.9	15.3	81.6
TOTAL FOR DINNER	969.2	48.5	44	96.9	15.3	81.6
Snack						
Seaweed snacks 2 snack pack (10 g)	30.3	4.7	0.4	0.2	3.4	-3.2
TOTAL FOR SNACK	30.3	4.7	0.4	0.2	3.4	-3.2
TOTAL FOR DAY 7	1441.2	100.7	56.5	137.4	31.6	105.8

Eggs with Spinach

🕒 20 min 🍽️ 2 servings

Per serving: 285 Kcal 14g Protein 24g Fat 4g Carbs

Ingredients

- Eggs, 4 large (200 g)
- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 1/2 teaspoons (1 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 2 servings (28 g)
- Garlic, 2 clove (6 g)
- Baby spinach, 3 cup (90 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Heat the oil in a large skillet over medium heat. Add the garlic, red pepper flakes, oregano, basil, salt, and pepper. Cook, stirring, until fragrant, about 1 minute.

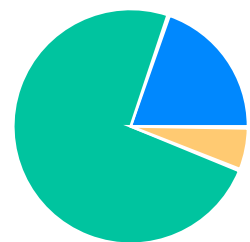
Add the spinach and cook, stirring, until wilted, about 2 minutes.

Crack the eggs into the skillet and cook until whites are set and yolks are still runny, about 4 minutes.

Serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	569.7	173.7	284.9
Protein [g]	28.4	8.7	14.2
Fat [g]	47.6	14.5	23.8
Carbs [g]	8.2	2.5	4.1
Fiber [g]	3	0.9	1.5
Net Carbs [g]	5.2	1.6	2.6



20 % Protein 75 % Fat 6 % Carbs

Tofu and Green Peas Fried Rice

🕒 30 min 🍽️ 2 servings

Per serving: 485 Kcal 24g Protein 22g Fat 49g Carbs

Ingredients

- **Salt**, 1/4 teaspoon (1.4 g)
- **Peas**, 1 cup (145 g)
- **Carrot**, 1/2 cup (80.5 g)
- **Onion**, 1 quarter cup (39 g)
- **Sesame oil**, 1 tablespoon (14 g)
- **Vegetable oil**, 1 tablespoon (13.6 g)
- **Garlic**, 2 clove (6 g)
- **Soy sauce**, 2 tbsp (36 g)
- **Rice**, 1 cup (185 g)
- **Tofu**, 1 block (340 g)
- **Pepper**, 1/2 teaspoon (1 g)



Instructions

Heat vegetable oil in a large pan or wok over medium heat.

Add minced garlic and diced onion to the pan and sauté until fragrant and onions are translucent.

Add diced tofu to the pan and cook until lightly browned on all sides.

Push the tofu to one side of the pan and add the diced carrot. Stir-fry for a few minutes until carrots are slightly tender.

Add frozen green peas to the pan and cook until heated through.

Push all the ingredients to one side of the pan and add the cooked rice to the other side. Break up any clumps of rice with a spatula.

Drizzle soy sauce and sesame oil over the rice and mix everything together until well combined.

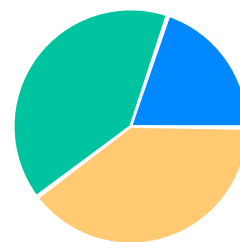
Season with salt and pepper to taste.

Continue cooking for another 2-3 minutes until everything is heated through.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	969.2	112.5	484.6
Protein [g]	48.5	5.6	24.3
Fat [g]	44	5.1	22
Carbs [g]	96.9	11.2	48.5
Fiber [g]	15.3	1.8	7.7
Net Carbs [g]	81.6	9.5	40.8



20 % Protein 40 % Fat 40 %
Carbs

Vegan Lentil Stew with Carrots, Tomatoes and Celery

🕒 30 min 🍽️ 4 servings

Per serving: 309 Kcal 16g Protein 8g Fat 46g Carbs

Ingredients

- **Turmeric**, 1/2 teaspoon (1.1 g)
- **Vegetable broth**, 4 cups (783.3 g)
- **Paprika**, 1 teaspoon (2 g)
- **Carrots**, 2 portion (122 g)
- **Olive oil**, 2 servings (28 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 3 clove (9 g)
- **Lentils**, 1 cup (192 g)
- **Celery stalks**, 2 (8 g)
- **Canned tomatoes**, 1 can (411 g)
- **Cumin**, 1 teaspoon (2 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 4 servings (16 g)



Instructions

In a large pot, heat the olive oil over medium heat.

Add the diced onion, carrots, celery, and minced garlic. Saute for 5 minutes until the vegetables are slightly softened.

Add the lentils, diced tomatoes (with their juices), vegetable broth, cumin, paprika, turmeric, salt, and pepper to the pot. Stir well to combine.

Bring the stew to a boil, then reduce the heat to low. Cover and simmer for 20 minutes or until the lentils are tender.

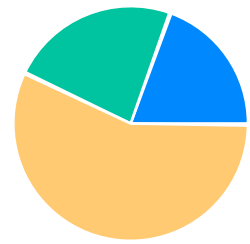
Taste and adjust the seasonings if needed.

Serve the stew hot, garnished with fresh parsley.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1234.7	73.2	308.7
Protein [g]	62.3	3.7	15.6
Fat [g]	33.1	2	8.3
Carbs [g]	182.2	10.8	45.6
Fiber [g]	73.7	4.4	18.4
Net Carbs [g]	108.5	6.4	27.1



20 % Protein 23 % Fat 57 %
Carbs

Vegan Chickpea Avocado Toast

🕒 20 min 🍽️ 4 servings

Per serving: 264 Kcal 11g Protein 11g Fat 35g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Lime juice**, 1 tablespoon (15 g)
- **Tomato**, 1 small (90.9 g)
- **Chickpeas**, 1 can (453 g)
- **Grain bread**, 4 slices (112.9 g)
- **Onion**, 1 small (70 g)
- **Cumin**, 1/2 teaspoon (1 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

In a medium bowl, mash the chickpeas with a fork until slightly chunky.

Add the lime juice, cumin, salt, and pepper to the mashed chickpeas and mix well.

Toast the slices of bread until golden brown.

Spread the mashed chickpea mixture evenly on each slice of toast.

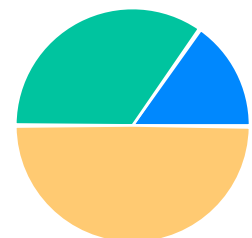
Slice the avocado and divide it among the toasts, placing the slices on top of the chickpeas.

Top with sliced red onion, diced tomato, and chopped cilantro.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1057.5	111.3	264.4
Protein [g]	42.3	4.5	10.6
Fat [g]	42.8	4.5	10.7
Carbs [g]	138.4	14.6	34.6
Fiber [g]	42.7	4.5	10.7
Net Carbs [g]	95.7	10.1	23.9



15% Protein 35% Fat 50% Carbs

Vegan Tofu and Black Beans Breakfast Skillet

🕒 25 min 🍽️ 2 servings

Per serving: 324 Kcal 21g Protein 13g Fat 33g Carbs

Ingredients

- **Turmeric**, 1 teaspoons (2.3 g)
- **Paprika**, 1/2 teaspoon (1 g)
- **Cilantro**, 2 servings (0.2 g)
- **Olive oil**, 1 servings (14 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 clove (6 g)
- **Black beans**, 1 cup (172 g)
- **Bell pepper**, 1 (119 g)
- **Tofu**, 1 cup (248 g)
- **Spinach**, 1 cup (30 g)
- **Cumin**, 1/2 teaspoon (1 g)
- **Salt and pepper**, 2 servings (1 g)



Instructions

Heat olive oil in a skillet over medium heat.

Add diced onion and minced garlic to the skillet and sauté until onion becomes translucent.

Add diced bell pepper and crumbled tofu to the skillet. Cook for 5 minutes, stirring occasionally.

Add cooked black beans, chopped spinach, turmeric, cumin, paprika, salt, and pepper to the skillet. Stir well to combine all ingredients.

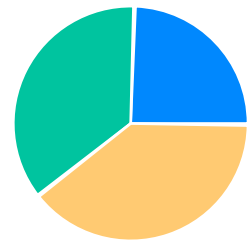
Cook for an additional 5-7 minutes or until the spinach wilts and the flavors meld together.

Remove from heat and garnish with fresh cilantro.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	647.6	97.5	323.8
Protein [g]	41	6.2	20.5
Fat [g]	26.8	4	13.4
Carbs [g]	65.8	9.9	32.9
Fiber [g]	22.4	3.4	11.2
Net Carbs [g]	43.4	6.5	21.7



25 % Protein 36 % Fat 39 %
Carbs

Honey Halloumi Salad with Quinoa

🕒 25 min 🍽️ 2 servings

Per serving: 631 Kcal 27g Protein 40g Fat 43g Carbs

Ingredients

- Lemon juice, 1 tablespoons (15 g)
- Cucumber, 1/4 cup (32.1 g)
- Olive oil, 2 tablespoon (27 g)
- Honey, 2 tablespoons (40 g)
- Quinoa, 1 cup (185 g)
- Halloumi cheese, 200 g (200 g)
- Salad greens, 2 cups (80 g)
- Cherry tomatoes, 1/2 cup (74.5 g)
- Onion, 1/4 cup (40 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a small bowl, whisk together honey, olive oil, lemon juice, salt, and pepper to make the dressing.

Heat a non-stick pan over medium heat and cook the halloumi slices for 2-3 minutes on each side until golden brown.

In a large salad bowl, combine cooked quinoa, mixed salad greens, cherry tomatoes, red onion, and cucumber.

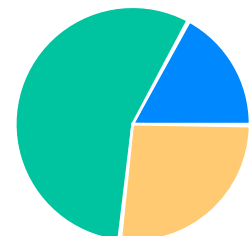
Drizzle the dressing over the salad and toss well to coat.

Top the salad with the cooked halloumi slices.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1261.6	181.4	630.8
Protein [g]	54.6	7.8	27.3
Fat [g]	80	11.5	40
Carbs [g]	85	12.2	42.5
Fiber [g]	6.9	1	3.5
Net Carbs [g]	78.1	11.2	39.1



17% Protein 56% Fat 27% Carbs

Vegan Seitan Pepper Steak with Rice

🕒 20 min 🍽️ 4 servings

Per serving: 329 Kcal 28g Protein 5g Fat 44g Carbs

Ingredients

- Carrot, 1 cup chopped (128 g)
- Bell pepper, 1 cup, chopped (149 g)
- Ginger, 1 tsp (2 g)
- Vegetable oil, 1 tablespoon (13.6 g)
- Garlic, 3 clove (9 g)
- Soy sauce, 2 tbsp (36 g)
- Bell pepper, 1 cup (155.1 g)
- Cornstarch, 1 tablespoon (8 g)
- Seitan, 3 cup (420 g)
- Onion, 1 (110 g)
- Broccoli florets, 1 cup (91 g)
- Pepper, 1/2 teaspoon (1 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Rice, 2 cups (370 g)



Instructions

In a small bowl, whisk together soy sauce, cornstarch, ginger, black pepper, and red pepper flakes. Set aside.

Heat vegetable oil in a large skillet or wok over medium-high heat.

Add seitan strips and stir-fry for 2-3 minutes until lightly browned.

Add sliced bell peppers, onion, garlic, broccoli, and carrots to the skillet. Stir-fry for another 3-4 minutes until vegetables are tender-crisp.

Pour the soy sauce mixture over the vegetables and seitan. Stir well to coat everything evenly.

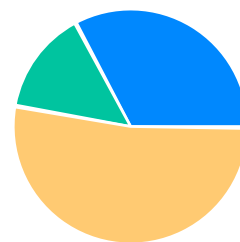
Continue cooking for 2-3 minutes until the sauce thickens and coats the ingredients.

Remove from heat and serve the vegan seitan pepper steak over cooked rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1315	88.1	328.8
Protein [g]	110.5	7.4	27.6
Fat [g]	21.3	1.4	5.3
Carbs [g]	177.3	11.9	44.3
Fiber [g]	21.1	1.4	5.3
Net Carbs [g]	156.2	10.5	39.1



33 % Protein 14 % Fat 53 %
Carbs

Mango Chia Pudding (Sweetened)

🕒 15 min 🍽️ 2 servings

Per serving: 206 Kcal 5g Protein 8g Fat 31g Carbs

Ingredients

- Mango, 1 small (207 g)
- Chia seeds, 1/4 cup (40.9 g)
- Maple syrup, 1 tablespoons (20 g)
- Almond milk, 1 cup (250 g)



Instructions

In a bowl, combine chia seeds and almond milk. Stir well to avoid any clumps.

Let the mixture sit for 10 minutes, stirring occasionally to prevent the chia seeds from clumping together.

In a separate bowl, mash the diced mango with a fork until smooth.

Add the mashed mango, maple syrup to the chia seed mixture. Stir until well combined.

Cover the bowl and refrigerate to allow the chia seeds to absorb the liquid and thicken.

Once the pudding has thickened, give it a good stir to break up any clumps.

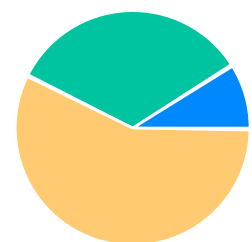
Divide the pudding into serving bowls or jars.

Top with fresh mango slices.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	411.8	79.5	205.9
Protein [g]	9.7	1.9	4.9
Fat [g]	16.3	3.1	8.2
Carbs [g]	62.7	12.1	31.4
Fiber [g]	18.1	3.5	9.1
Net Carbs [g]	44.6	8.6	22.3



9 % Protein 34 % Fat 57 % Carbs

Mixed Berries Breakfast Protein Smoothie

🕒 5 min 🍵 2 servings

Per serving: 231 Kcal 25g Protein 4g Fat 29g Carbs

Ingredients

- **Banana**, 1 medium (7" to 7-7/8" long) (118 g)
- **Greek yogurt**, 1 cup (206.8 g)
- **Berries**, 1 cups (155 g)
- **Protein powder**, 1 scoop (30 g)
- **Almond milk**, 1 cup (250 g)
- **Ice cubes**, 2 servings (112 g)



Instructions

Wash the mixed berries and remove any stems.

Peel and slice the ripe banana.

In a blender, combine the mixed berries, banana, Greek yogurt, protein powder, almond milk.

Blend on high speed until smooth and creamy.

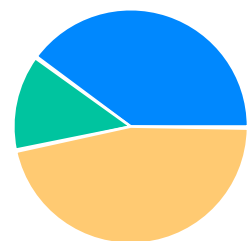
Add ice cubes and blend again until the smoothie reaches your desired consistency.

Pour into glasses and serve immediately.

Enjoy your high protein mixed berries breakfast smoothie!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	461.1	52.9	230.6
Protein [g]	49.3	5.7	24.7
Fat [g]	7.2	0.8	3.6
Carbs [g]	57.3	6.6	28.7
Fiber [g]	8	0.9	4
Net Carbs [g]	49.3	5.7	24.7



40 % Protein 13 % Fat 47 % Carbs

Kale Chips

🕒 15 min 🍽️ 2 servings

Per serving: 148 Kcal 2g Protein 15g Fat 4g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 2 servings (28 g)
- Kale, 1 small bunch (92.9 g)
- Pepper, 1/2 teaspoon (1 g)



Instructions

Preheat your oven to 350°F (175°C).

Wash and dry the kale leaves thoroughly.

Remove the stems and tear the kale into bite-sized pieces.

In a large bowl, toss the kale with olive oil, salt, pepper, and any optional seasonings.

Spread the seasoned kale evenly on a baking sheet.

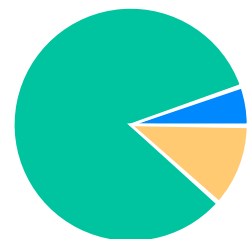
Bake for 10-12 minutes, or until the edges of the kale are crispy and slightly browned.

Remove from the oven and let the kale chips cool for a few minutes before serving.

Enjoy your homemade Kale Chips!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	295.5	231.1	147.8
Protein [g]	4.1	3.2	2.1
Fat [g]	28.9	22.6	14.5
Carbs [g]	8.8	6.9	4.4
Fiber [g]	3.6	2.8	1.8
Net Carbs [g]	5.2	4.1	2.6



5 % Protein 84 % Fat 11 % Carbs

Seitan and Eggplant over Rice

🕒 10 min 🍽️ 2 servings

Per serving: 381 Kcal 47g Protein 4g Fat 43g Carbs

Ingredients

- Eggplant, 1/2 large (229 g)
- Vegetable oil, 1 teaspoon (4.4 g)
- Soy sauce, 1 tbsp (18 g)
- brown rice, cooked, 1 cup (155 g)
- seitan, strips/cubes, 1 cup (270 g)



Instructions

Cook the rice according to package instructions.

Heat the vegetable oil in a large skillet over medium-high heat.

Add the seitan to the skillet and cook for 3-4 minutes, or until browned.

Add the sliced eggplant to the skillet and cook for an additional 3-4 minutes, or until tender.

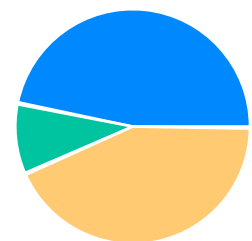
Stir in the soy sauce and cook for another minute to coat the seitan and eggplant.

Serve the seitan and eggplant over the cooked rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	761.5	112.5	380.8
Protein [g]	94.2	13.9	47.1
Fat [g]	8.5	1.3	4.3
Carbs [g]	86.7	12.8	43.4
Fiber [g]	14.5	2.1	7.3
Net Carbs [g]	72.2	10.7	36.1



47 % Protein 10 % Fat 43 % Carbs

Chickpeas with Kale & Sun-Dried Tomatoes

🕒 10 min 🍽️ 2 servings

Per serving: 322 Kcal 15g Protein 12g Fat 44g Carbs

Ingredients

- Oregano, 1/2 teaspoons (1 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 2 clove (6 g)
- Kale, 2 cups (95.7 g)
- Sun-dried tomatoes, 1/4 cup (26.4 g)
- Chickpeas, 1 can (453 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add minced garlic and sauté for 1-2 minutes until fragrant.

Add chickpeas, kale, sun-dried tomatoes, dried oregano, salt, and pepper to the skillet.

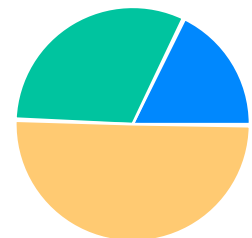
Stir well to combine all the ingredients.

Cook for 5-7 minutes, stirring occasionally, until the kale is wilted and the chickpeas are heated through.

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	644.7	107.9	322.4
Protein [g]	30.6	5.1	15.3
Fat [g]	24.1	4	12.1
Carbs [g]	86.9	14.5	43.5
Fiber [g]	27.2	4.6	13.6
Net Carbs [g]	59.7	10	29.9



18% Protein 32% Fat 51% Carbs

Tomato Basil and Haloumi Salad

🕒 10 min 🍽️ 2 servings

Per serving: 252 Kcal 13g Protein 19g Fat 8g Carbs

Ingredients

- Basil leaves, 1/4 cup (5.8 g)
- Olive oil, 1 tablespoon (13.5 g)
- Balsamic vinegar, 1 tbsp (16 g)
- Haloumi cheese, 100 g (100 g)
- Cherry tomatoes, 2 cups (298 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

Heat a non-stick frying pan over medium-high heat.

Add the haloumi slices to the pan and cook for 2-3 minutes per side, or until golden brown.

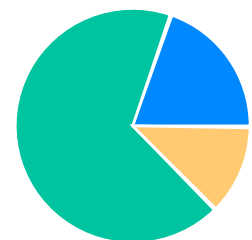
In a large bowl, combine the cherry tomatoes, torn basil leaves, olive oil, and balsamic vinegar. Season with salt and pepper to taste.

Add the cooked haloumi slices to the bowl and gently toss everything together.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	503.4	115.7	251.7
Protein [g]	25.1	5.8	12.6
Fat [g]	38.5	8.8	19.3
Carbs [g]	15.6	3.6	7.8
Fiber [g]	2.3	0.5	1.2
Net Carbs [g]	13.3	3.1	6.7



20% Protein 68% Fat 12% Carbs

Vegan Potato, Seitan, Peppers and Carrots Breakfast Skillet

🕒 15 min 🍽️ 2 servings

Per serving: 731 Kcal 55g Protein 17g Fat 96g Carbs

Ingredients

- **Turmeric**, 1/2 teaspoons (1.1 g)
- **Paprika**, 1 teaspoon (2 g)
- **Potatoes**, 4 potato medium (2-1/4" to 3-1/4" dia) (852 g)
- **Carrot**, 1 portion (61 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 clove (6 g)
- **Bell pepper**, 1 medium (approx 2-3/4" long, 2-1/2" dia.) (119 g)
- **Seitan**, 3 cup (420 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add diced onion and minced garlic to the skillet. Sauté until onion becomes translucent.

Add diced potatoes and cook for about 5 minutes, stirring occasionally, until they start to soften.

Add sliced seitan, diced red bell pepper, and grated carrot to the skillet. Cook for another 5 minutes.

Sprinkle paprika, turmeric, salt, and pepper over the skillet mixture. Stir well to combine.

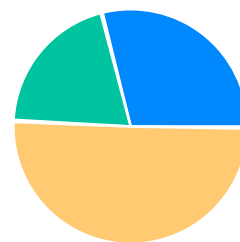
Continue cooking for an additional 3-5 minutes, or until the potatoes are fully cooked and everything is heated through.

Remove from heat and garnish with fresh parsley.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1460.9	90.8	730.5
Protein [g]	109.6	6.8	54.8
Fat [g]	33.7	2.1	16.9
Carbs [g]	191.3	11.9	95.7
Fiber [g]	30.4	1.9	15.2
Net Carbs [g]	160.9	10	80.5



29 % Protein 20 % Fat 51 %
Carbs

Mango-Almond Smoothie Bowl

🕒 10 min 🍽️ 2 servings

Per serving: 259 Kcal 7g Protein 13g Fat 34g Carbs

Ingredients

- Turmeric powder, 1/2 teaspoons (1.1 g)
- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Mango cubes, 1 cup (172 g)
- Cinnamon, 1/4 teaspoon (0.5 g)
- Ginger powder, 1/2 teaspoons (1 g)
- Chia seeds, 1 tbsp (12 g)
- Almond butter, 1 tbsp (16 g)
- Almond milk, 1/2 cup (125 g)
- Almonds, 1/4 cup (22.1 g)



Instructions

In a blender, combine the diced mango, frozen banana, almond milk, almond butter, chia seeds, turmeric powder, ginger powder, and cinnamon.

Blend until smooth and creamy.

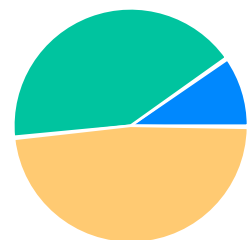
Pour the smoothie mixture into a bowl.

Top with sliced almonds.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	518.4	110.8	259.2
Protein [g]	13.6	2.9	6.8
Fat [g]	26.2	5.6	13.1
Carbs [g]	67.9	14.5	34
Fiber [g]	15.4	3.3	7.7
Net Carbs [g]	52.5	11.2	26.3



10% Protein 42% Fat 48% Carbs

Lemon Kale Seitan Pasta

🕒 10 min 🍽️ 4 servings

Per serving: 343 Kcal 26g Protein 5g Fat 49g Carbs

Ingredients

- Juice of lemon, 2 tablespoons (30 g)
- Olive oil, 1 tablespoon (13.5 g)
- Onion, 1 small (70 g)
- Garlic, 2 clove (6 g)
- Kale, 2 cups (95.7 g)
- Pasta, 4 serving (216 g)
- Salt and pepper, 2 tsp (4 g)
- cubed seitan, 4 serving (340 g)



Instructions

Cook the pasta according to package instructions. Drain and set aside.

In a large skillet, heat the olive oil over medium heat.

Add the diced onion and minced garlic, and sauté until the onion becomes translucent.

Add the crumbled seitan to the skillet and cook until lightly browned.

Stir in the chopped kale and cook until wilted.

Add the cooked pasta to the skillet and toss to combine.

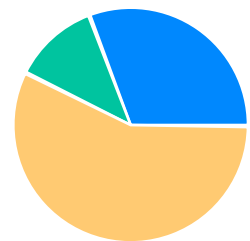
Squeeze the lemon juice over the pasta and season with salt and pepper to taste.

Cook for an additional 1-2 minutes to allow the flavors to meld together.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1371.5	176.9	342.9
Protein [g]	105.5	13.6	26.4
Fat [g]	17.8	2.3	4.5
Carbs [g]	196.3	25.3	49.1
Fiber [g]	11.8	1.5	3
Net Carbs [g]	184.5	23.8	46.1



31 % Protein 12 % Fat 57 % Carbs

Vegan Mongolian Seitan over Brown Rice

🕒 20 min 🍽️ 2 servings

Per serving: 310 Kcal 23g Protein 5g Fat 43g Carbs

Ingredients

- Olive oil, 2 teaspoons (8 g)
- Garlic, 2 clove (6 g)
- Soy sauce, 1/4 cup (55.8 g)
- Maple syrup, 2 tablespoons (40 g)
- cooked brown rice, 1 cup (190 g)
- Ginger, minced, 1 tsp (2 g)
- green onions, chopped, 1 stalk (12 g)
- seitan, cubed, 2 serving (170 g)



Instructions

Cut the seitan into small bite-sized cubes.

In a small bowl, whisk together soy sauce, maple syrup, ginger and minced garlic.

Heat oil in a non-stick skillet over medium-high heat.

Add the seitan cubes to the skillet and cook for about 5 minutes, until lightly browned.

Pour the soy sauce mixture over the seitan and stir to coat evenly.

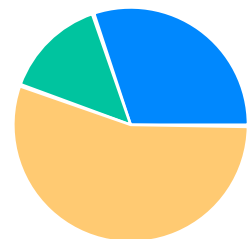
Continue cooking for another 5 minutes, until the sauce thickens slightly and coats the seitan.

Serve the Mongolian seitan over cooked brown rice.

Garnish with sliced green onions.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	619	128	309.5
Protein [g]	46.8	9.7	23.4
Fat [g]	9.7	2	4.9
Carbs [g]	85.8	17.7	42.9
Fiber [g]	4.2	0.9	2.1
Net Carbs [g]	81.6	16.9	40.8



30 % Protein 14 % Fat 56 % Carbs

Vegan Blended Garlic Brussels Sprout Soup

🕒 15 min 🍽️ 4 servings

Per serving: 123 Kcal 10g Protein 4g Fat 15g Carbs

Ingredients

- **Vegetable broth**, 2 cups (392 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 4 clove (12 g)
- **Brussels sprouts**, 1 pound (453.6 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Almond milk**, 1 cup (250 g)
- **Tofu**, 8 oz (226.8 g)



Instructions

In a large pot, heat some oil over medium heat.

Add the minced garlic and chopped onion. Sauté until the onion becomes translucent.

Add the Brussels sprouts to the pot and cook for 5 minutes, stirring occasionally.

Pour in the vegetable broth and almond milk. Bring to a boil, then reduce heat and simmer for 10 minutes or until the Brussels sprouts are tender.

While the soup is simmering, heat a separate pan over medium heat and lightly pan-fry the tofu cubes until golden brown on all sides.

Once the Brussels sprouts are tender, remove the pot from heat and let it cool slightly.

Using an immersion blender or regular blender, blend the soup until smooth and creamy.

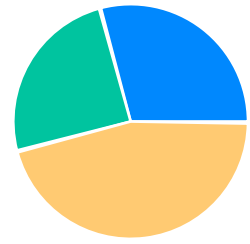
Season with salt and pepper to taste.

Serve the soup hot, topped with the pan-fried tofu cubes.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	490	34.8	122.5
Protein [g]	39.2	2.8	9.8
Fat [g]	14.7	1	3.7
Carbs [g]	61.3	4.4	15.3
Fiber [g]	21.2	1.5	5.3
Net Carbs [g]	40.1	2.9	10



29 % Protein 25 % Fat 46 %
Carbs

Tofu Vermicelli Soup with Mushrooms and Carrots

🕒 25 min 🍽️ 4 servings

Per serving: 170 Kcal 10g Protein 7g Fat 17g Carbs

Ingredients

- **Vegetable broth**, 4 cups (783.3 g)
- **Carrot**, 1 portion (61 g)
- **Green onions**, 2 green onions (24 g)
- **Mushrooms**, 1 cup, whole (96 g)
- **Ginger**, 1 tsp (2 g)
- **Sesame oil**, 1 tablespoon (14 g)
- **Garlic**, 2 cloves (6 g)
- **Soy sauce**, 1 tbsp (18 g)
- **Vermicelli noodles**, 50 g (50 g)
- **Salt and pepper**, 2 pinch (0.2 g)
- **Tofu**, 300 g (300 g)



Instructions

In a large pot, heat sesame oil over medium heat.

Add garlic and ginger. Sauté for 1-2 minutes.

Add vegetable broth and bring to a boil.

Reduce heat to low and add carrots and mushrooms. Simmer for 5 minutes or until vegetables are tender.

Add tofu and vermicelli noodles. Cook for an additional 3-4 minutes or until noodles are cooked through.

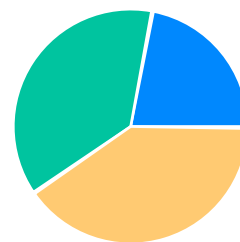
Stir in soy sauce, salt, and pepper. Adjust seasoning according to taste.

Remove from heat and garnish with chopped green onions.

Serve the Tofu Vermicelli clear Soup hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	679.8	50.2	170
Protein [g]	37.8	2.8	9.5
Fat [g]	28.6	2.1	7.2
Carbs [g]	69	5.1	17.3
Fiber [g]	6.8	0.5	1.7
Net Carbs [g]	62.2	4.6	15.6



22 % Protein 38 % Fat 40 %
Carbs

Egg White, Bell Pepper, and Spinach Scramble

🕒 15 min 🍽️ 2 servings

Per serving: 98 Kcal 14g Protein 2g Fat 5g Carbs

Ingredients

- Egg whites, 1 cup (243 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 1 teaspoons (4 g)
- Onions, 1/4 cup (38.5 g)
- Tomatoes, 1/4 cup (35.8 g)
- Pepper, 1/4 teaspoon (0.5 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Herbs, 1/4 teaspoon (0.2 g)



Instructions

Heat a non-stick skillet over medium heat and coat it with olive oil.

Add the diced bell peppers and onions to the skillet and sauté until they start to soften, about 2 minutes.

Add the diced tomatoes and chopped spinach to the skillet and cook for an additional 1-2 minutes until the spinach wilts.

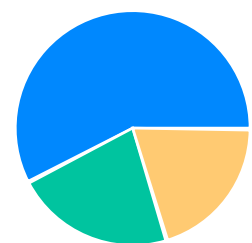
Pour the egg whites into the skillet and season with salt, black pepper, and dried herbs if desired.

Stir the mixture continuously until the egg whites are fully cooked and scrambled, about 3-4 minutes.

Remove from heat and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	196.4	53.6	98.2
Protein [g]	27.9	7.6	14
Fat [g]	4.7	1.3	2.4
Carbs [g]	9.6	2.6	4.8
Fiber [g]	2.2	0.6	1.1
Net Carbs [g]	7.4	2	3.7



58 % Protein 22 % Fat 20 % Carbs

Shopping List

Dairy and Egg Products

- Fried Egg, 2 large (140 g)
- Cheddar Cheese, 1/4 cup (28.3 g)
- Plain Yogurt (Whole Milk), 1 container (6 oz) (170 g)
- Greek yogurt, 1 cup (206.8 g)
- Almond milk, 2 1/2 cup (625.3 g)
- Eggs, 2 large (100 g)
- Egg whites, 1 cup (242.7 g)
- Haloumi cheese, 100 1/5 g (100.2 g)
- Halloumi cheese, 100 g (100.1 g)
- Cottage Cheese, 16 oz (452 g)
- Fat-Free Milk, 1 cup (245 g)

Vegetables and Vegetable Products

- Mushrooms, Fresh, 1 cups (97 g)
- Cilantro, 2 servings (0.2 g)
- Onion, 2 small (140 g)
- Garlic, 14 1/3 clove (42.8 g)
- Bell pepper, 1 (118.9 g)
- Spinach, 1 cup (30 g)
- Baby spinach, 1 1/2 cup (45 g)
- Ginger, minced, 1 tsp (2 g)
- green onions, chopped, 1 stalk (12 g)
- Onions, 1/4 cup (38.4 g)
- Tomatoes, 1/4 cup (35.8 g)
- Spinach, 1/4 cups (7.2 g)
- Bell peppers, 1/4 cup (35.8 g)
- Carrot, 3/4 portion (45.8 g)
- Green onions, 1/2 green onions (6 g)
- Mushrooms, 1/3 cup, whole (24 g)
- Ginger, 2/3 tsp (1.5 g)
- Garlic, 1/2 cloves (1.5 g)
- Potatoes, 2 potato medium (2-1/4" to 3-1/4" dia) (426 g)
- Onion, 3/4 medium (2-1/2" dia) (82.5 g)
- Bell pepper, 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (59.5 g)
- Parsley, 1 tablespoons (4 g)
- Cilantro, 0 cup (1 g)

- Tomato, 1/3 small (22.8 g)
- Onion, 1/3 small (17.5 g)
- Cherry tomatoes, 2 cups (298.5 g)
- Kale, 2 cups (95.8 g)
- Cucumber, 1/7 cup (16 g)
- Salad greens, 1 cups (40 g)
- Cherry tomatoes, 1/3 cup (37.3 g)
- Onion, 1/7 cup (20 g)
- Brussels sprouts, 1/2 pound (227.1 g)
- Carrot, 1/2 cup chopped (63.9 g)
- Bell pepper, 1/2 cup, chopped (74.4 g)
- Bell pepper, 1/2 cup (77.5 g)
- Onion, 1/2 (55 g)
- Broccoli florets, 1/2 cup (45.5 g)
- Sun-dried tomatoes, 1/7 cup (13.2 g)
- Carrots, 1/2 portion (30.5 g)
- Celery stalks, 1/2 (2 g)
- Parsley, 1 servings (4 g)
- Eggplant, 1/4 large (114.4 g)
- Peas, 1 cup (145.1 g)
- Carrot, 1/2 cup (80.5 g)
- Onion, 1 quarter cup (39 g)
- Kale, 1/2 small bunch (46.5 g)
- Seaweed snacks, 2 snack pack (10 g)

Fruits and Fruit Juices

- Raspberries, 40 raspberries (76 g)
- Banana, 2 medium (7" to 7-7/8" long) (236.1 g)
- Berries, 1 cups (155.1 g)
- Avocado, 1/3 avocado, ns as to florida or california (50.4 g)
- Lime juice, 1/3 tablespoon (3.8 g)
- Juice of lemon, 1 tablespoons (15 g)
- Lemon juice, 1/2 tablespoons (7.5 g)
- Mango, 1/2 small (103.5 g)
- Strawberry, 1 cup (320 g)
- Cantaloupe Melon, 1 melon, small (about 4-1/4" dia) (441 g)
- Mango cubes, 1 cup (172.1 g)

Nut and Seed Products

- Almonds, 1 handful (26 g)

- Chia seeds, 1/7 cup (20.4 g)
- Chia seeds, 1 tbsp (12 g)
- Almond butter, 1 tbsp (16 g)

Spices and Herbs

- Turmeric, 1 1/4 teaspoons (2.8 g)
- Paprika, 1 1/4 teaspoon (2.5 g)
- Cumin, 1 1/2 teaspoon (3 g)
- Salt and pepper, 2 servings (1 g)
- Basil, 1/3 teaspoon (0.3 g)
- Oregano, 1/2 teaspoons (1 g)
- Salt, 2/3 teaspoon (3.6 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Pepper, 1/7 tsp (0.3 g)
- Pepper, 1 1/7 teaspoon (2.3 g)
- Herbs, 1/4 teaspoon (0.2 g)
- Salt and pepper, 1/2 pinch (0.1 g)
- Salt and pepper, 4 1/2 tsp (9 g)
- Basil leaves, 1/3 cup (5.8 g)
- Balsamic vinegar, 1 tbsp (16 g)
- Turmeric, 1/7 teaspoon (0.3 g)
- Salt, 1/2 tsp (3 g)
- Turmeric powder, 1/2 teaspoons (1.1 g)
- Cinnamon, 1/3 teaspoon (0.5 g)
- Ginger powder, 1/2 teaspoons (1 g)

Fats and Oils

- Olive oil, 3 1/2 servings (49 g)
- Olive oil, 2 teaspoons (8 g)
- Sesame oil, 1 1/3 tablespoon (17.5 g)
- Olive oil, 4 tablespoon (54 g)
- Vegetable oil, 1 1/2 tablespoon (20.4 g)
- Vegetable oil, 1/2 teaspoon (2.2 g)

Legumes and Legume Products

- Black beans, 1 cup (171.9 g)
- Soy sauce, 1/3 cup (55.8 g)
- Soy sauce, 3 3/4 tbsp (67.5 g)
- Chickpeas, 3/4 can (340.1 g)

Other

- Tofu, 1 cup (247.8 g)
- Tofu, 75 g (75.1 g)
- Seitan, 3 cup (419.8 g)
- Tofu, 4 oz (113.5 g)
- Lentils, 1/3 cup (48 g)
- seitan, strips/cubes, 1/2 cup (134.9 g)
- Tofu, 1 block (340.2 g)

Health Foods

- Protein powder, 1 scoop (30 g)

Frozen

- Ice cubes, 2 servings (112 g)

Sweets

- Maple syrup, 2 1/2 tablespoons (50 g)
- Honey, 1 tablespoons (20 g)

Cereal Grains and Pasta

- cooked brown rice, 1 cup (190.1 g)
- Vermicelli noodles, 12 1/2 g (12.5 g)
- Pasta, 2 serving (108.1 g)
- Quinoa, 1/2 cup (92.6 g)
- Cornstarch, 1/2 tablespoon (4 g)
- Rice, 1 cups (184.8 g)
- brown rice, cooked, 1/2 cup (77.4 g)
- Rice, 1 cup (185.1 g)

Branded Food Products Database

- seitan, cubed, 2 serving (170.1 g)
- cubed seitan, 2 serving (170.2 g)

Soups, Sauces, and Gravies

- Vegetable broth, 3 cups (588.1 g)

Baked Products

- Grain bread, 1 slices (28.3 g)
- Almonds, 1/3 cup (22.1 g)

Canned and Jarred

- Canned tomatoes, 1/3 can (102.8 g)

Beverages

- Coffee (Unsweetened), 1 portion(s) (50 g)