



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

Date: Wednesday

PCF Ratio



Carbs (68%) Protein (14%) Fat (18%)

	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Trans Fat (g)	Omega-3 (g)	Dietary Fiber (g)
Breakfast										
SOYMILK, VANILLA ENRICHED	1 cup	240	150	7	22	4	1	0	0	0
BANANA, RAW	1 medium	118	109	1	28	1	0	0	0	3
RAISIN BRAN, RTE	1 cup	61	186	6	47	1	0	0	0	8
Meal Total:		419	445	14	97	6	1	0	0	11
Morning Snack										
CANTALOUPE, RAW	1 medium wedge	69	24	1	6	0	0	0	0	1
WHOLE WHEAT VEGETABLE CRACKERS, NONFAT	5 crackers	14	50	2	11	0	0	0	0	2
Meal Total:		83	74	3	17	0	0	0	0	3
Lunch										
Vegan Chili	1 servings	381	322	15	47	11	2	0	0	11
Salad	1 serving	325	80	3	17	1	0	0	0	5
CORNBREAD MIX, PREPARED	1 piece	60	188	4	29	6	2	0	0	1
Meal Total:		766	590	22	93	17	3	0	0	17
Afternoon Snack										
ORANGE JUICE PLUS CALCIUM	6 fl oz	187	83	2	20	0	0	0	0	0
MIXED NUTS	2 tbsp	14	90	3	3	8	1	0	0	1
Meal Total:		201	173	5	22	8	1	0	0	1
Dinner										
Brown Rice and Lentil Pilaf	1 serving	424	454	17	90	3	1	0	0	14
Broccoli with Garlic and Olive Oil	1 serving	118	72	6	2	4	1	0	0	4

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

Dinner	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Trans Fat (g)	Omega-3 (g)	Dietary Fiber (g)
Meal Total:		541	525	23	92	7	1	0	0	17
Daily Total:		2,010	1,807	66	321	39	7	0	1	49

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)
SOYMILK, VANILLA ENRICHED	60	3	0	7	300	2	40	260	140	1
BANANA, RAW	22	0	11	0	7	0	34	467	1	0
RAISIN BRAN, RTE	122	2	0	1	35	5	89	437	354	4
Meal Total:	204	5	11	9	342	7	163	1,164	495	5

Morning Snack	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)
CANTALOUPE, RAW	12	0	29	0	8	0	8	213	6	0
WHOLE WHEAT VEGETABLE CRACKERS, NONFAT	0	0	2	0	0	0	0	70	80	0
Meal Total:	12	0	31	0	8	0	8	283	86	0

Lunch	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)
Vegan Chili	106	0	23	4	277	6	97	999	494	2
Salad	38	0	174	1	224	2	25	510	244	0
CORNBREAD MIX, PREPARED	33	0	0	0	44	1	12	77	467	0
Meal Total:	177	0	197	5	545	9	135	1,586	1,205	2

Afternoon Snack	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)
ORANGE JUICE PLUS CALCIUM	45	0	81	0	263	0	0	338	0	0
MIXED NUTS	0	0	0	0	10	0	0	0	25	0
Meal Total:	45	0	81	0	273	0	0	338	25	0

Dinner	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)
Brown Rice and Lentil Pilaf	196	0	3	1	55	5	165	544	251	3
Broccoli with Garlic and Olive Oil	151	0	140	3	65	1	25	451	9	1
Meal Total:	347	0	143	4	120	5	190	995	260	4
Daily Total:	784	5	463	18	1,287	22	496	4,365	2,072	11