



# Vegan Outreach Meal Plan - 2300 calories Single Day Report Meal Plan by Dina Aronson, MS, RD

Date: Monday

PCF Ratio



■ Carbs (53%)
 ■ Protein (15%)
 ■ Fat (32%)

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)
Scrambled Tofu	1 serving	470	268	20	20	13	2	0	0	5
WHOLE WHEAT BREAD, CP	2 slices	56	138	5	26	2	1	0	0	4
CANTALOUPE, RAW	2 medium wedge	138	48	1	12	0	0	0	0	1
MARGARINE SPREAD, TUB	1 tbsp	14	75	0	0	9	0	0	0	0
<b>Meal Total:</b>		678	529	27	57	25	3	0	0	10

## Morning Snack

SOY YOGURT, VANILLA	6 oz	170	150	5	26	3	0	0	0	0
FLAX SEED	2 tbsp	24	118	5	8	8	1	0	4	7
<b>Meal Total:</b>		194	268	10	34	11	1	0	4	7

## Lunch

Black Bean and Sweet Potato Salad	1.5 servings	658	509	18	81	12	0	0	0	18
GRAPEFRUIT, RAW	1 fruit	246	91	1	24	0	0	0	0	0
<b>Meal Total:</b>		904	600	19	105	12	0	0	0	18

## Afternoon Snack

TRAIL MIX SNACK, REGULAR	2 oz	57	262	8	25	17	3	0	0	0
<b>Meal Total:</b>		57	262	8	25	17	3	0	0	0

## Dinner

QUINOA COOKED	1.5 cups	360	384	18	51	12	0	0	0	12
Grilled vegetables	1 servings	442	195	6	30	8	1	0	0	8
<b>Meal Total:</b>		802	579	24	81	20	1	0	0	20

## Evening Snack

## Vegan Outreach Meal Plan - 2300 calories Single Day Report (continued)

Evening 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)
FRUIT SALAD, WATER PACK	1 cup	245	74	1	19	0	0	0	0	2
<b>Meal Total:</b>		245	74	1	19	0	0	0	0	2
<b>Daily Total:</b>		2,880	2,312	88	322	86	8	0	5	57

  

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)
Scrambled Tofu	70	0	163	3	142	5	95	1,081	819	2
WHOLE WHEAT BREAD, CP	28	0	0	1	40	2	48	141	295	1
CANTALOUPE, RAW	23	0	58	0	15	0	15	426	12	0
MARGARINE SPREAD, TUB	0	0	0	0	0	0	0	0	75	0
<b>Meal Total:</b>		121	0	221	4	198	7	1,648	1,202	4

  

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)
SOY YOGURT, VANILLA	0	0	0	0	0	0	0	0	25	0
FLAX SEED	67	0	0	2	48	1	87	163	8	1
<b>Meal Total:</b>		67	0	0	2	48	1	87	33	1

  

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)
Black Bean and Sweet Potato Salad	42	0	91	1	166	8	47	710	1,002	0
GRAPEFRUIT, RAW	30	0	94	0	27	0	22	362	2	0
<b>Meal Total:</b>		72	0	185	1	193	8	69	1,072	1

  

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)
TRAIL MIX SNACK, REGULAR	40	0	1	0	44	2	90	388	130	2
<b>Meal Total:</b>		40	0	1	44	2	90	388	130	2

  

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)
QUINOA COOKED	48	0	0	9	45	6	192	780	18	7
Grilled vegetables	71	0	60	0	41	2	51	1,202	188	1
<b>Meal Total:</b>		119	0	60	9	86	243	1,982	206	8

  

Evening 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)
FRUIT SALAD, WATER PACK	7	0	5	0	17	1	12	191	7	0
<b>Meal Total:</b>		7	0	5	0	17	1	191	7	0
<b>Daily Total:</b>		426	0	472	16	585	27	659	5,445	15