



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

Date: Wednesday

PCF Ratio



■ Carbs (66%)
 ■ Protein (14%)
 ■ Fat (19%)

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)
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	2 medium wedge	138	48	1	12	0	0	0	0	1
WHOLE WHEAT VEGETABLE CRACKERS, NONFAT	5 crackers	14	50	2	11	0	0	0	0	2
Meal Total:		152	98	3	23	0	0	0	0	3

Lunch

Vegan Chili	1.5 servings	571	482	22	71	16	2	0	0	17
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:		956	751	29	117	22	4	0	0	23

Afternoon Snack

ORANGE JUICE PLUS CALCIUM	6 fl oz	187	83	2	20	0	0	0	0	0
MIXED NUTS	3 tbsp	21	135	5	4	12	2	0	0	2
Meal Total:		208	218	6	23	12	2	0	0	2

Dinner

Brown Rice and Lentil Pilaf	1.5 servings	635	680	25	136	5	1	0	0	20
Broccoli with Garlic and Olive Oil	1.5 servings	176	108	9	3	7	1	0	0	6

Vegan Outreach Meal Plan - 2300 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:		812	788	34	138	11	2	0	1	26
Daily Total:		2,546	2,300	87	398	52	9	0	1	65

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

CANTALOUPE, RAW	23	0	58	0	15	0	15	426	12	0
WHOLE WHEAT VEGETABLE CRACKERS, NONFAT	0	0	2	0	0	0	0	70	80	0
Meal Total:	23	0	60	0	15	0	15	496	92	0

Lunch

Vegan Chili	159	0	34	5	415	10	146	1,498	741	3
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:	230	0	208	7	683	13	183	2,085	1,452	3

Afternoon Snack

ORANGE JUICE PLUS CALCIUM	45	0	81	0	263	0	0	338	0	0
MIXED NUTS	0	0	0	0	15	1	0	0	38	0
Meal Total:	45	0	81	0	278	1	0	338	38	0

Dinner

Brown Rice and Lentil Pilaf	294	0	5	2	83	7	247	816	377	5
Broccoli with Garlic and Olive Oil	226	0	210	4	97	1	38	676	14	1
Meal Total:	520	0	214	5	180	8	285	1,493	391	6
Daily Total:	1,023	5	575	21	1,498	29	647	5,576	2,468	14