



## Meal Plan 18

<b>Breakfast</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Oats	1/2 c dry	150.0	27.0	3.0	5.0
Tofutti Brand Cream Cheese	2 Tbl	60.0	2.0	5.0	0.2
Hemp Seeds	3 Tbl	159.0	6.0	13.8	12.0
Blueberries	100 g	57.0	14.5	0.3	0.7
Banana	65 g	57.9	14.8	0.2	0.7
Elevate Protein Powder	1/2 scoop	65.0	2.0	0.8	12.0
	<b>Total:</b>	<b>548.9</b>	<b>66.3</b>	<b>23.1</b>	<b>30.7</b>
<b>On-the-go-Lunch</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Elevate Protein Powder	1 scoop	130.0	4.0	1.5	24.0
PB and J Trail Mix	30g	150.0	17.0	8.0	3.0
Bolthouse Farms Green Goddess Juice	15.2 oz bottle	240.0	56.0	0.0	3.0
Almond Butter	32 g	196.5	6.0	17.8	6.7
	<b>Total:</b>	<b>716.5</b>	<b>83.0</b>	<b>27.3</b>	<b>36.7</b>
<b>Dinner</b>	<b>Amount</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
Gardein Beefless Tips	whole bag	425.0	22.5	15.0	50.0
Sweet Potatoes/Yams, raw	170 g	153.0	34.2	0.3	2.6
Veggies of choice	2 c	50.0	8.0	0.0	4.0
Avocado	75 g	120.0	6.4	11.0	1.5
	<b>Total:</b>	<b>748.0</b>	<b>71.0</b>	<b>26.4</b>	<b>58.1</b>
<b>Grand Total:</b>		<b>2013.3</b>	<b>220.4</b>	<b>76.7</b>	<b>125.4</b>