

# A DAY OF PLANTSTRONG MEALS

## WOMEN (~2000 CALORIES A DAY)

Breakfast	Calories	Sodium (mg)	Protein (g)	Fiber (g)
Rip's Big Bowl - Original (1 serving)	200	60	6	6
Soy Milk (1 cup)	100	35	9	1
Blueberries (1/2 cup)	60	0	0	3.1
Sliced Banana (1 whole)	105	0	1.3	3.1
Black Tea (1 cup)	0	0	0	0

Lunch	Calories	Sodium (mg)	Protein (g)	Fiber (g)
Creamy White Bean Chili	350	170	7	5
Baked Potato Sweet or Regular (1/2 potato)	80	10	2.2	1.9
Steamed Broccoli (1 cup)	30	30	2.4	2.2
Hot Sauce** (1 tbsp)	15	210	0	0
Green Tea (1 cup)	0	0	0	0

Dinner	Calories	Sodium (mg)	Protein (g)	Fiber (g)
PLANTSTRONG Pizza (2 slices, 1/3 pizza)	240	220	9	9
Sliced Mushrooms (1/2 cup)	10	0	1.4	0.4
Sliced Bell Pepper (1/2 cup)	15	0	0.5	0.7
Olives (3 whole, in brine, sliced)	15	85	0.1	0.4
Cubed Tempeh (1/3 block)	170	0	13	4

### Side Salad w/ Lemon Avocado Dressing

Romaine Lettuce (2 cups)	20	5	1.2	1.7
Carrots (1/2 cup chopped)	30	45	0.7	2.8
Tomatoes (10 grape tomatoes)	30	10	1.5	2
Avocado (1/4 avocado)	80	5	1	3.25
Lemon	5	0	0	0
Salt / Pepper (1/8 tsp each)	0	300	0	0

Dessert	Calories	Sodium (mg)	Protein (g)	Fiber (g)
Handful of Granola (1 serving)	110	50	3	2

Snacks	Calories	Sodium (mg)	Protein (g)	Fiber (g)
Honeycrisp Apple (1 Whole)	100	0	0.5	4.4
Almond Butter (1 tbsp)	90	0	3.5	2
Medjool Dates (1 whole)	65	0	0.5	1.6
Popcorn (1/2 bag)	165	0	4.5	6
Balsamic Vinegar (1 tbsp)	15	5	0	0
Salt (1/8 tsp)	0	300	0	0

<b>Total</b>	<b>2085</b>	<b>1235</b>	<b>68.3</b>	<b>62.55</b>
<b>Sodium Ratio</b>	<b>0.59</b>			



# A DAY OF PLANTSTRONG MEALS

## MEN (~2500 CALORIES A DAY)

Breakfast	Calories	Sodium (mg)	Protein (g)	Fiber (g)
Rip's Big Bowl - Original (1 serving)	200	60	6	6
Soy Milk (1 cup)	100	35	9	1
Blueberries (1/2 cup)	60	0	0	3.1
Sliced Banana (1 whole)	105	0	1.3	3.1
Black Tea (1 cup)	0	0	0	0
Lunch	Calories	Sodium (mg)	Protein (g)	Fiber (g)
Creamy White Bean Chili	350	170	7	5
Baked Potato Sweet or Regular (1 whole)	165	20	4.3	3.8
Steamed Broccoli (1 cup)	30	30	2.4	2.2
Hot Sauce** (1 tbsp)	15	210	0	0
Green Tea (1 cup)	0	0	0	0
Dinner	Calories	Sodium (mg)	Protein (g)	Fiber (g)
PLANTSTRONG Pizza (3 slices, 1/2 pizza)	360	330	12	12
Sliced Mushrooms (1/2 cup)	10	0	1.4	0.4
Sliced Bell Pepper (1/2 cup)	15	0	0.5	0.7
Olives (3 whole, in brine, sliced)	15	85	0.1	0.4
Cubed Tempeh (1/3 block)	170	0	13	4
Side Salad w/ Lemon Avocado Dressing				
Romaine Lettuce (2 cups)	20	5	1.2	1.7
Carrots (1/2 cup chopped)	30	45	0.7	2.8
Tomatoes (10 grape tomatoes)	30	10	1.5	2
Avocado (1/4 avocado)	80	5	1	3.25
Lemon	5	0	0	0
Salt / Pepper (1/8 tsp each)	0	300	0	0
Dessert	Calories	Sodium (mg)	Protein (g)	Fiber (g)
Handful of Granola (2 servings)	220	100	6	4
Snacks	Calories	Sodium (mg)	Protein (g)	Fiber (g)
Honeycrisp Apple (1 whole)	100	0	0.5	4.4
Almond Butter (2 tbsp)	180	0	7	4
Medjool Dates (2 whole)	130	0	0.9	3.2
Popcorn (1/2 bag)	165	0	4.5	6
Balsamic Vinegar (1 tbsp)	15	5	0	0
Salt (1/8 tsp)	0	300	0	0
<b>Total</b>	<b>2555</b>	<b>1405</b>	<b>80.3</b>	<b>73.05</b>
<b>Sodium Ratio</b>	<b>0.55</b>			

