

PlantPure

5-Day Sample Meal Plan

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PlantPure Entrees are intended to serve as the flavorful centerpiece of your lunch and dinner meals. We strongly recommend that you combine these entrees with side salads, veggies and/or fruit. We also recommend that you eat a wholesome breakfast, and that you stick to fruits and cut veggies for snacks.

We developed the following sample meal plan to show what your overall dietary intake would be if you follow our advice.

Day 1 – Sweet Bourbon Vegetables & African Stew

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Carbohydrate	Fiber	Protein	Calories
Breakfast	1 c cooked oatmeal	3.6	32.4	9	28	4	6	166
	1c blueberries	0.5	4.5	1	21	3.6	1	84
	1 banana	0.4	3.6	1	27	3	1.3	105
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	African Stew	18	160	580	70	12	18	500
Snack	1 cup carrots & celery sticks	0.1	0.9	58	2	2.3	0.8	28
	1 c grapes	0.2	1.8	3	27.3	1.4	1	104
Dinner	Bourbon Vegetables	8	70	640	72	10	22	460
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T balsamic vinaigrette	0	0	10	22	1.6	3	85
	1 c steamed broccoli	0.6	5.4	64	11.2	5.1	3.7	55
Dessert	1 c strawberries	0.5	4.5	2	11.7	3	1	49
Daily Total		32.3 g	286.7	1424 mg	323.6 g	50.3	60.9 g	1762
Recomended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	Required caloric intake depends on activity level, body size and gender

Note: Daily sugars have not been added to this nutritional chart because it would be misleading to do so; most of the sugar consumed in the daily meal plan we have suggested is naturally occurring.

Day 2 – Peanuttty Buddha Bowl & Asian Stewed Tofu

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 banana	0.4	3.6	1	27	3	1.3	105
	2 slices Ezekial sprouted toast	1	9	150	30	6	8	160
	2 tablespoons fruit only sweetened jam	0	0	0	6	0	0	50
	orange	0	0	0	11.3	2.3	0.9	45
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	Peanuttty Buddha Bowl	24	220	480	32	8	20	400
Snack	1/4 c popcorn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
	peach	0.3	2.7	0	12.9	2	1.2	51
Dinner	Asian Stewed Tofu	8	70	420	58	8	20	380
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T balsamic vinaigrette	0	0	10	22	1.6	3	85
	2 c roasted cauliflower	0.2	1.9	64	11.3	5.4	4.2	54
Dessert	1 cup raspberries	0.8	7.2	1	14.7	8	1.5	64
Daily Total		36.6 g (20% of total calories)	331.5	1184.5 mg	282.6 g	53.6 g	67.4 g	1650 cal.
Recomended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	Total required caloric intake depends on one's activity level, body size and gender, and may be higher than indicated here

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Day 3 – Japanese Coconut Vegetables & Smoky Creole Beans and Rice

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 c Ezekiel Whole Grain Cereal	2	18	400	80	12	16	380
	1 c plain almond milk	2.5	22.5	150	8	1	1	60
Snack	1 cup raspberries	0.8	7.2	1	14.7	8	1.5	64
	1 banana	0.4	3.6	1	27	3	1.3	105
Lunch	Japanese Coconut Vegetables	22	180	520	80	6	14	540
Snack	1/4 c popcorn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
	1 cup carrots & celery sticks	0.1	0.9	58	2	2.3	0.8	28
Dinner	Smoky Creole Beans & Rice	4	30	420	88	14	18	440
	1 c roasted brussel sprouts	0.8	7.2	33	11	4	4	56
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T herb cashew dressing	5.3	47.7	126	4.2	1	3.2	74
Dessert	1 c frozen peaches blended into ice cream	0.3	2.7	0	12.9	2	1.2	51
Daily Total		39.8 g (17.0% total calories)	334.2 cal.	1765.5 mg	360.5	58.3 g	67.8 g	1961 cal.
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	Total required caloric intake depends on one's activity level, body size and gender, and may be higher than indicated here

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Day 4 – Garden Sesame Noodles & Spaghetti and Italian Veggie Balls

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 c cooked oatmeal	3.6	32.4	9	28	4	6	166
	1c blueberries	0.5	4.5	1	21	3.6	1	84
	1 banana	0.4	3.6	1	27	3	1.3	105
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	Garden Sesame Noodles	18	160	660	66	14	16	480
Snack	1/4 c popcorn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
	orange	0	0	0	11.3	2.3	0.9	45
Dinner	Spaghetti & Italian Veggie Balls	9	80	420	72	8	22	460
	spiralized zucchini 1 cup	0.4	3.6	10	4.2	1.2	1.5	21
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T sweet tahini dressing	5	45	6.3	6.2	1	1.7	76
	1 frozen banana blended into ice cream	0.4	3.6	1	27	3	1.3	105
Daily Total		39.2 g (19.5% total calories)	349.8 cal.	1166.8 mg	320.1 g	49.4 g	59 g	1798 cal
Recomended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	Total required caloric intake depends on one's activity level, body size and gender, and may be higher than indicated here

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Day 5 – White Bean Chili Mac & Thai Drunken Veggies

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 banana	0.4	3.6	1	27	3	1.3	105
	2 slices Ezekial sprouted toast	1	9	150	30	6	8	160
	2 tablespoons fruit only sweetened jam	0	0	0	6	0	0	50
	orange	0	0	0	11.3	2.3	0.9	45
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	White Bean Chili Mac	2	20	520	90	14	20	460
Snack	1 cup raspberries	0.8	7.2	1	14.7	8	1.5	64
	1 cup carrots & celery sticks	0.1	0.9	58	2	2.3	0.8	28
Dinner	Thai Drunken Veggies	12	100	600	70	12	18	460
	1 c asparagus steamed	0.4	3.6	25	7.4	3.6	4.3	40
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T balsamic vinaigrette	0	0	10	22	1.6	3	85
Dessert	1 c frozen cherries blended into ice cream	0.7	6.3	0	24.7	3.2	1.6	97
Daily Total		17.8 g (9.0% of total calories)	154.2 cal	1421 mg	336.5 g	60.3 g	62.5 g	1720 cal.
Recomended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	Total required caloric intake depends on one's activity level, body size and gender, and may be higher than indicated here

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Weekly Averages

	Average Daily Calories	Daily Fat Calories	% of Total Calories as Fat Calories	Daily Added Oil	Daily Sodium	Daily Fiber	Daily Protein
Day 1	1762	286.7	16%	0	1424	50.3	60.9
Day 2	1650	331.5	20%	0	1185	53.6	67.4
Day 3	1961	334.2	17%	0	1766	58.3	67.8
Day 4	1798	349.8	20%	0	1167	49.4	59.0
Day 5	1720	154.2	9%	0	1421	60.3	62.5
Averages	1778 Cal	291 Cals	16%	0	1393	54 g	64g
Recomended Daily Allowances					2400 mg	25 g	50 g

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