

Sample Meal Plan								
Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Carbohydrate	Fiber	Protein	Calories
Breakfast	1 banana	0.4	3.6	1	27	3	1.3	105
	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 c orange juice	0.5	5	2	25.8	0	1.7	112
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	PlantPure Entree (average)*	14	127	605	70	7	18	472
	orange	0	0	0	11.3	2.3	0.9	45
Snack	1 cup raspberries	0.8	7.2	1	14.7	8	1.5	64
	1/4 c pop corn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
Dinner	PlantPure Entree (average)*	14	127	605	70	7	18	472
	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 with a half of a frozen banana into ice cream	0.9	8.1	0.5	38.2	4.7	2.2	150
		36.6	331.9	1293	385.4	50.5	60.9	2011
Totals		36.6 g (16.5% of total calories)	331.9	1293	385.4 g	50.5 g	60.9 g	2011 cal.
Recommended 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.								
(*) Composite average nutrition for (15) PlantPure frozen entrees								