

Destination Fitness
Detroit, Mi 48224
Phone #: 313-355-3873
destination.fitness@yahoo.com

Meal Planner For: Vegan!, Be My
For the Date Range: 2/7/21 to 2/13/21

DAY # 1

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - PB, walnut banana on bread. W/milk.						
1.00	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
1.25	tablespoon	Peanut Butter	5.00	4.38	10.19	118.75
0.50	each	Small banana	0.50	11.50	0.00	45.00
0.50	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
Totals:			12.47	41.51	12.31	309.36
AM Snack - Spread peanut butter on rice cake; top w/banana.						
1.00	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
1.00	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
0.50	each	Small banana	0.50	11.50	0.00	45.00
Totals:			2.30	19.60	3.30	110.00
Lunch - Cheese "burger" on bun w/carrots.						
1.00	tablespoon	Balsamic vinegar	0.00	2.00	0.00	10.00
2.00	each	Boca Vegan Veggie Burgers	26.00	18.00	5.00	200.00
1.00	cup	Broccoli	3.72	11.20	0.64	54.60
2.00	slice	Go Veggie Dairy Free Cheddar Slices	2.00	10.00	4.00	70.00
1.00	cup	carrots	1.13	11.69	0.29	50.00
2.00	cup	fresh spinach	1.60	2.18	0.24	13.80
Totals:			34.45	55.07	10.17	398.40
PM Snack - Top apple w/ almond butter.						
0.50	each	Apple	0.15	10.50	0.25	40.50
0.50	tablespoon	almond butter	1.00	1.50	4.50	50.50
Totals:			1.15	12.00	4.75	91.00
Dinner - Saute all ing ex rice in oil. Pour over rice.						
0.25	cup	Beans	3.00	8.50	0.25	50.00
0.50	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
1.00	each	Garlic clove	0.19	0.99	0.02	4.47
1.00	cup	Meatless ground	24.00	10.00	3.00	160.00
2.00	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
0.50	cup	Tomato sauce	2.00	8.00	0.00	30.00
1.00	each	bell pepper	2.80	19.20	0.40	80.00
1.50	tea spoon	olive oil	0.00	0.00	6.75	60.00
Totals:			34.69	70.99	11.42	502.47
Evening Snack						
1.00	each	Pear	0.70	25.10	0.00	98.00
Totals:			0.70	25.10	0.00	98.00
Actual Totals for Day # 1:			85.76	224.27	41.95	1509.23
Actual % of Total Calories:			21.21	55.45	23.34	

DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Top yogurt w/berries/nuts. sausage per directions.						
1.00	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
1.00	each	Tofurkey Vegan Breakfast Links	10.00	6.00	6.00	120.00
0.50	tablespoon	almond butter	1.00	1.50	4.50	50.50
Totals:			15.00	34.50	10.50	310.50
AM Snack						
1.00	each	Pear	0.70	25.10	0.00	98.00
Totals:			0.70	25.10	0.00	98.00
Lunch - Spread hummus on wrap, top w/veg/cheese.						
1.00	ounce(s)	Daiya Shredded Vegan Cheese	1.00	7.00	6.00	90.00
1.00	each	Food for Life Brown Rice Tortillas	2.00	24.00	2.50	130.00
0.50	cup	Grated carrots	0.50	5.50	0.00	22.50
3.00	tablespoon	Hummus	3.00	6.00	4.50	75.00
0.50	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
0.50	cup	kale	1.11	3.36	0.23	16.75
Totals:			11.58	53.49	15.36	399.86
PM Snack						
16.00	each	almonds, unsalted	0.00	0.00	8.00	80.00
Totals:			0.00	0.00	8.00	80.00
Dinner - Saute carrots add beans/lentils/over rice. sp sala						
0.50	cup	Black beans	7.00	20.00	0.50	100.00
0.50	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
0.75	cup	Cooked lentils	13.50	30.00	0.75	172.50
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
1.00	tablespoon	White vinegar	0.00	0.01	0.00	3.06
0.25	cup	carrots	0.28	2.92	0.07	12.50
2.00	cup	fresh spinach	1.60	2.18	0.24	13.80
Totals:			31.88	85.61	6.56	511.86
Evening Snack						
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals:			7.00	8.00	4.00	100.00
Actual Totals for Day # 2:			66.16	206.70	44.42	1500.22
Actual % of Total Calories:			17.75	55.44	26.81	

DAY # 3

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Prepare oatmeal w/milk. Top w berries.						
0.66	cup	Dry steel cut oats	6.60	35.64	3.30	198.00
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
0.12	cup	Strawberries	0.12	1.12	0.00	7.50
Totals:			13.73	44.77	7.30	305.50
AM Snack						
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals:			7.00	8.00	4.00	100.00
Lunch - Burrito per directions. W/salad top w/nuts/vin.						
1.00	each	Amy's Bean & Rice Burrito - Non-Dairy	10.00	52.00	8.00	320.00
1.00	tablespoon	Balsamic vinegar	0.00	2.00	0.00	10.00
3.00	tablespoon	Soy nuts, unsalted	3.00	0.00	0.00	15.00
2.00	cup	mixed greens	0.00	2.00	0.00	10.00
Totals:			13.00	56.00	8.00	355.00
PM Snack						
0.50	cup	Grapes	0.50	13.50	0.00	50.00
14.00	each	almonds, unsalted	0.00	0.00	7.00	70.00
Totals:			0.50	13.50	7.00	120.00
Dinner - Saute "beef"/veg in oil. Serve w/rice/spin salad.						
2.00	tablespoon	Balsamic vinegar	0.00	4.00	0.00	20.00
1.00	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
0.25	cup	Edamame, shelled	5.00	3.50	1.75	50.00
1.00	3/4 cup	Gardein, beefless tips	20.00	9.00	6.00	170.00
0.75	cup	Mixed vegetables (non starchy)	0.75	5.25	0.00	30.00
2.00	cup	fresh spinach	1.60	2.18	0.24	13.80
0.33	tea spoon	olive oil	0.00	0.00	1.49	13.20
Totals:			32.35	68.93	11.48	517.00
Evening Snack						
1.50	tablespoon	Raisins	0.00	12.00	0.00	52.50
0.50	cup	Soy nuts, salted	4.00	3.50	2.50	55.00
Totals:			4.00	15.50	2.50	107.50
Actual Totals for Day # 3:			70.58	206.70	40.28	1505.00
Actual % of Total Calories:			19.18	56.18	24.63	

DAY # 4

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Top yogurt w/berries/nuts. sausage per directions.						
1.00	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
1.00	each	Tofurkey Vegan Breakfast Links	10.00	6.00	6.00	120.00
0.50	tablespoon	almond butter	1.00	1.50	4.50	50.50
Totals:			15.00	34.50	10.50	310.50
AM Snack						
1.00	each	Pear	0.70	25.10	0.00	98.00
Totals:			0.70	25.10	0.00	98.00
Lunch - Spread hummus on wrap, top w/veg/cheese.						
1.00	ounce(s)	Daiya Shredded Vegan Cheese	1.00	7.00	6.00	90.00
1.00	each	Food for Life Brown Rice Tortillas	2.00	24.00	2.50	130.00
0.50	cup	Grated carrots	0.50	5.50	0.00	22.50
3.00	tablespoon	Hummus	3.00	6.00	4.50	75.00
0.50	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
0.50	cup	kale	1.11	3.36	0.23	16.75
Totals:			11.58	53.49	15.36	399.86
PM Snack						
16.00	each	almonds, unsalted	0.00	0.00	8.00	80.00
Totals:			0.00	0.00	8.00	80.00
Dinner - Saute carrots add beans/lentils/over rice. sp sala						
0.50	cup	Black beans	7.00	20.00	0.50	100.00
0.50	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
0.75	cup	Cooked lentils	13.50	30.00	0.75	172.50
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
1.00	tablespoon	White vinegar	0.00	0.01	0.00	3.06
0.25	cup	carrots	0.28	2.92	0.07	12.50
2.00	cup	fresh spinach	1.60	2.18	0.24	13.80
Totals:			31.88	85.61	6.56	511.86
Evening Snack						
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals:			7.00	8.00	4.00	100.00
Actual Totals for Day # 4:			66.16	206.70	44.42	1500.22
Actual % of Total Calories:			17.75	55.44	26.81	

DAY # 5

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Prepare oatmeal w/milk. Top w berries.						
0.66	cup	Dry steel cut oats	6.60	35.64	3.30	198.00
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
0.12	cup	Strawberries	0.12	1.12	0.00	7.50
Totals:			13.73	44.77	7.30	305.50
AM Snack						
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals:			7.00	8.00	4.00	100.00
Lunch - Burrito per directions. W/salad top w/nuts/vin.						
1.00	each	Amy's Bean & Rice Burrito - Non-Dairy	10.00	52.00	8.00	320.00
1.00	tablespoon	Balsamic vinegar	0.00	2.00	0.00	10.00
3.00	tablespoon	Soy nuts, unsalted	3.00	0.00	0.00	15.00
2.00	cup	mixed greens	0.00	2.00	0.00	10.00
Totals:			13.00	56.00	8.00	355.00
PM Snack						
0.50	cup	Grapes	0.50	13.50	0.00	50.00
14.00	each	almonds, unsalted	0.00	0.00	7.00	70.00
Totals:			0.50	13.50	7.00	120.00
Dinner - Saute "beef"/veg in oil. Serve w/rice/spin salad.						
2.00	tablespoon	Balsamic vinegar	0.00	4.00	0.00	20.00
1.00	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
0.25	cup	Edamame, shelled	5.00	3.50	1.75	50.00
1.00	3/4 cup	Gardein, beefless tips	20.00	9.00	6.00	170.00
0.75	cup	Mixed vegetables (non starchy)	0.75	5.25	0.00	30.00
2.00	cup	fresh spinach	1.60	2.18	0.24	13.80
0.33	tea spoon	olive oil	0.00	0.00	1.49	13.20
Totals:			32.35	68.93	11.48	517.00
Evening Snack						
1.50	tablespoon	Raisins	0.00	12.00	0.00	52.50
0.50	cup	Soy nuts, salted	4.00	3.50	2.50	55.00
Totals:			4.00	15.50	2.50	107.50
Actual Totals for Day # 5:			70.58	206.70	40.28	1505.00
Actual % of Total Calories:			19.18	56.18	24.63	

DAY # 6

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Spread bread w/nut butter. W/grapes/soy milk.						
1.00	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
0.25	cup	Grapes	0.25	6.75	0.00	25.00
1.00	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
1.00	tablespoon	almond butter	2.00	3.00	9.00	101.00
Totals:			13.25	32.75	13.50	306.00
AM Snack - Melon salad.						
0.50	1 cup, diced (approx 20 pieces)	Melons, honeydew, raw	0.46	7.73	0.12	30.60
0.50	1 cup, diced	Watermelon, raw	0.46	5.74	0.11	22.80
1.00	cup	fresh cantaloupe	1.31	12.73	0.30	53.04
Totals:			2.23	26.19	0.53	106.44
Lunch - Grill mush/sauce. Hummus on muffin w/mushroom.						
1.00	each	Genesis 1:29 Sprouted Whole Grain English Muffins	8.00	30.00	4.00	180.00
2.00	tablespoon	Hummus	2.00	4.00	3.00	50.00
1.00	1 piece whole	Mushrooms, portabella, raw	1.77	3.25	0.29	18.48
1.00	1 tablespoon	Sauce, teriyaki, ready-to-serve	1.07	2.80	0.00	16.02
1.00	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
1.25	cup	carrots	1.41	14.61	0.36	62.50
2.00	cup	mixed greens	0.00	2.00	0.00	10.00
Totals:			14.33	59.39	7.66	351.08
PM Snack						
0.75	cup	Edamame, in pods, prepared from frozen	11.25	9.75	5.25	135.00
Totals:			11.25	9.75	5.25	135.00
Dinner - Season.saute tempeh/veg in oil. Over rice.						
1.00	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
0.50	cup	Mixed vegetables (non starchy)	0.50	3.50	0.00	20.00
0.33	1 teaspoon	Oil, coconut	0.00	0.00	1.47	13.25
0.75	1 cup	Tempeh	25.26	9.51	13.45	239.04
Totals:			30.76	58.01	16.92	492.29
Evening Snack						
0.50	cup	Milk, Almond	1.00	5.00	1.25	35.00
0.50	cup	guacamole	0.25	1.00	1.88	21.25
Totals:			1.25	6.00	3.12	56.25
Actual Totals for Day # 6:			73.07	192.10	46.99	1447.06
Actual % of Total Calories:			19.70	51.79	28.50	

DAY # 7

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Blend milk w/ protein powder. W/melon/nut salad.						
1.00	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
0.25	1 cup, diced (approx 20 pieces)	Melons, honeydew, raw	0.23	3.86	0.06	15.30
1.00	1 tablespoon	Nuts, walnuts, black, dried	1.88	0.75	4.63	48.28
1.00	scoop	RAW Fit	28.00	12.00	1.00	170.00
0.25	cup	fresh cantaloupe	0.33	3.18	0.08	13.26
Totals:			31.43	21.79	8.76	286.84
AM Snack - Mix soy nuts/raisins.						
2.00	tablespoon	Raisins	0.00	16.00	0.00	70.00
0.25	cup	Soy nuts, salted	2.00	1.75	1.25	27.50
Totals:			2.00	17.75	1.25	97.50
Lunch - Top wrap w hummus/veg/ roll. Spinach salad & apple						
1.00	each	Apple	0.30	21.00	0.50	81.00
1.00	each	Food for Life Brown Rice Tortillas	2.00	24.00	2.50	130.00
0.50	cup	Fresh white mushrooms	1.08	1.14	0.12	7.70
0.25	cup	Grated carrots	0.25	2.75	0.00	11.25
5.00	tablespoon	Hummus	5.00	10.00	7.50	125.00
1.00	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
0.50	cup	Roasted eggplant	0.41	4.32	0.12	17.33
3.00	cup	fresh spinach	2.40	3.27	0.36	20.70
Totals:			11.44	67.48	12.09	402.98
PM Snack						
0.50	cup	Grapes	0.50	13.50	0.00	50.00
10.00	each	almonds, unsalted	0.00	0.00	5.00	50.00
Totals:			0.50	13.50	5.00	100.00
Dinner - Saute tofu w/veg/soy. W/spinach/vin salad.						
1.00	tablespoon	Balsamic vinegar	0.00	2.00	0.00	10.00
0.25	cup	Edamame, shelled	5.00	3.50	1.75	50.00
6.00	ounce(s)	Firm tofu	12.00	6.00	6.00	150.00
1.25	cup	Mixed vegetables (non starchy)	1.25	8.75	0.00	50.00
1.00	1 cup	Quinoa, cooked	8.14	39.41	3.55	222.00
1.00	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
2.00	cup	fresh spinach	1.60	2.18	0.24	13.80
Totals:			27.99	61.84	11.54	500.80
Evening Snack - Fresh berry salad.						
0.75	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
0.75	cup	fresh raspberries	0.75	11.25	0.75	45.00
Totals:			1.24	25.40	1.49	104.29
Actual Totals for Day # 7:			74.60	207.75	40.14	1492.40
Actual % of Total Calories:			20.02	55.75	24.24	

Destination Fitness
Detroit, Mi 48224
Phone #: 313-355-3873
destination.fitness@yahoo.com

Grocery List For: Vegan!, Be My
For the Date Range: 2/7/21 to 2/13/21

Individual Foods

Food	Quantity	Measure
Proteins (Healthy)		
Milk, Almond	0.5	cup
Meatless ground	1	cup
Gardein, beefless tips	2	3/4 cup
RAW Fit	1	scoop
Beans	0.25	cup
Firm tofu	6	ounce(s)
Almond Breeze, unsweetened vanilla almond milk	1	cup
Edamame, shelled	0.75	cup
Peanut butter	1	tea spoon
Starchy Carbohydrates (Healthy)		
Genesis 1:29 Sprouted Whole Grain English Muffins	1	each
Fibrous Carbohydrates (Healthy)		
Food for Life Brown Rice Tortillas	3	each
Brown rice, cooked	4.5	cup
Dry steel cut oats	1.32	cup
Ezekiel 4:9 bread, sprouted 100% whole wheat	1	slice
Cooked lentils	1.5	cup
Jams/ Spreads/Sauces/ Syrups		
Soy sauce, low sodium	1	tea spoon
Peanut Butter	1.25	tablespoon
Fruits & Fruit Juices		
Raisins	5	tablespoon
Small banana	1	each
Pear	3	each
Frozen unsweetened blueberries	0.75	cup
fresh cantaloupe	1.25	cup
fresh raspberries	0.75	cup
Grapes	1.75	cup
Strawberries	2.25	cup
Melons, honeydew, raw	0.75	1 cup, diced (approx 20
Watermelon, raw	0.5	1 cup, diced
Protein Snack Foods (Healthy)		
Soy nuts, salted	1.25	cup
Soy nuts, unsalted	6	tablespoon

Fats & Oils

olive oil	2.16	tea spoon
Oil, coconut	0.33	1 teaspoon
Vegetables		
Roasted eggplant	0.5	cup
Edamame, in pods, prepared from frozen	0.75	cup
Garlic clove	1	each
bell pepper	1	each
Tomato sauce	0.5	cup
Fresh white mushrooms	0.5	cup
fresh spinach	15	cup
Grated carrots	1.25	cup
Broccoli	1	cup
mixed greens	6	cup
Mixed vegetables (non starchy)	3.25	cup
carrots	2.75	cup
kale	1	cup
Onion - chopped	2	tablespoon
Mushrooms, portabella, raw	1	1 piece whole
Breads and baked goods		
Bread, Ezekiel Cinnamon Raisin	3	slice
Carb. Snack Foods (Healthy)		
Apple	1.5	each
Rice cake - plain, Quaker	1	each
Soups and Gravies		
Sauce, teriyaki, ready-to-serve	1	1 tablespoon
Beverages		
Silk Plain Soy Milk	9	cup
Nuts & Seeds		
almonds, unsalted	70	each
almond butter	2.5	tablespoon
Nuts, walnuts, black, dried	1	1 tablespoon
Misc. Meats		
Boca Vegan Veggie Burgers	2	each
Dressings		
Italian dressing, reduced fat	1	tablespoon
Balsamic vinegar	8	tablespoon
Rice, grains, flour		
Quinoa, cooked	1	1 cup
Beans, Lentils		
Black beans	1	cup
Hummus	13	tablespoon
Tempeh	0.75	1 cup
Soymilk, original and vanilla, unfortified	1.5	1 cup
Seasonings		

White vinegar	2	tablespoon
Vinegar, balsamic	1	1 tablespoon
Miscellaneous		
Daiya Shredded Vegan Cheese	2	ounce(s)
Go Veggie Dairy Free Cheddar Slices	2	slice
Tofurkey Vegan Breakfast Links	2	each
guacamole	0.5	cup
Meals, Entrees and Sidedishes		
Amy's Bean & Rice Burrito - Non-Dairy	2	each

Important Notes

* If you have a medical condition, please consult with your doctor before following this meal plan.

* According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.

* Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.