

2000 Calorie Menu Plan for Plant Based Diet

Day 1	Day 2	Day 3	Day 4	Day 5
<p><u>Breakfast</u> 1 cup Oatmeal 2 tablespoons Almond butter mixed in, top with cinnamon ½ cup Blueberries 1 cup Almond Milk (fortified with Vitamin D and Calcium)</p> <p><u>Snack</u> 6 oz Soy Yogurt, plain (fortified Vitamin D and Calcium) 1 cup fresh peach slices</p> <p><u>Lunch</u> Couscous Salad- 1 cup cooked couscous 3 tablespoons dried pine nuts ½ cup chopped red bell pepper 1 cup spinach, chopped 1 tablespoon olive oil 2 teaspoons balsamic vinegar 1 tablespoon minced shallot and garlic 1 tablespoon chopped black olive Add desired spices</p>	<p><u>Breakfast</u> 4 oz. firm tofu, scrambled ½ cup kale, chopped ¼ cup mushrooms, chopped ¼ cup salsa 1 slice Whole Grain bread 1tablespoon vegan ‘butter’ spread (non-hydrogenated) 1 cup almond milk (fortified with Vitamin D and calcium) 1 cup chunks of pineapple and melon</p> <p><u>Snack</u> 1/2 cup Hummus ½ cup baby carrots</p> <p><u>Lunch</u> 1 cup whole wheat macaroni 2 tablespoons pesto (no cheese) ½ cup garbanzo beans ¼ cup sun dried tomatoes, chopped 2 tablespoons sunflower seed kernels ¼ cup grapes</p>	<p><u>Breakfast</u> 1 cup soy milk (fortified with Vitamin D and Calcium) Fruit Salad- ½ cup pineapple chunks ½ cup melon chunks ½ cup strawberries 1 kiwi, chopped 22 almonds</p> <p><u>Snack</u> 6 whole wheat crackers 2 tablespoon chunky peanut butter</p> <p><u>Lunch</u> Eggless Egg Salad 4 oz. firm tofu, strained and crumbled 2 tablespoons vegan mayo 4 tablespoons chopped celery and peas 1 pita pocket Season to taste ½ cup baked sweet potato Sprinkled with 2 tablespoons nutritional yeast</p>	<p><u>Breakfast</u> 2 slices whole wheat bread, toasted ½ large avocado, smashed onto bread 4 tomato slices 2 pieces vegetarian bacon 1 banana 1 cup almond milk (fortified with Vitamin D and Calcium)</p> <p><u>Snack</u> ½ cup applesauce 6 whole wheat crackers 2 tablespoons peanut butter</p> <p><u>Lunch</u> 1 cup Spinach 8 strawberries, chopped ¼ cup candied walnuts 2 teaspoons balsamic vinegar ¼ cup Baba Ganoush (eggplant hummus) ½ cup cucumber slices ¼ pita bread, cut into pieces for dipping</p>	<p><u>Breakfast</u> 6 in. whole wheat tortilla ½ cup pinto beans 4 tablespoons salsa ¼ cup lettuce, jalapeno, onion 1 cup soy milk (fortified with Vitamin D and Calcium) 1 orange</p> <p><u>Snack</u> ½ cup hummus ½ cup baby carrots</p> <p><u>Lunch</u> Lentil Soup- 1 cup cooked lentils 1 cup vegetable broth ½ cup potatoes, boiled and diced ½ cup parsnip, boiled and diced Season with garlic and pepper Serve with 6 whole wheat crackers 1 medium peach</p>

<p><u>Snack</u> 1 banana 2 cups air popped popcorn Sprinkle with cinnamon or cumin</p> <p><u>Dinner</u> Veggie Chili- ½ cup black beans ¾ cup canned tomatoes and liquid ½ cup sliced zucchini ½ cup cauliflower florets Season with cumin, chili powder, garlic and pepper Simmer until vegetables are soft Serve topped with ¼ chopped green onions and 2 tablespoons nutritional yeast (for cheesy flavor) 2 pitas 8 oz. almond milk (fortified with Vitamin D and Calcium)</p> <p>2000 cal, 64 grams protein</p>	<p><u>Snack</u> 6 oz. plain soy yogurt (fortified with Vitamin D and Calcium) 1 medium peach</p> <p><u>Dinner</u> 1 half a large Spaghetti Squash, baked and scooped into a bowl Mix in 1 tablespoon sesame oil 1 tablespoon toasted sesame seeds ¼ cherry tomatoes, halved 1 cup chopped spinach 3 tablespoons chopped black olive Serve with 1 pita bread 1 cup almond milk (fortified with Vitamin D and Calcium)</p> <p>2000 cal, 74 grams protein</p>	<p><u>Snack</u> 1 banana 6 oz. plain soy yogurt</p> <p><u>Dinner</u> 8 oz. almond milk (fortified with Vitamin D and Calcium) Vietnamese Noodle Bowl- ½ cup Rice noodles 1 cup bean sprouts, chopped lettuce, mint, basil, cucumber, carrot slivers ½ cup grilled tempeh 1 teaspoon fish sauce Season with chili flakes</p> <p>2000 cal, 88 grams protein</p>	<p><u>Snack</u> 1 cup soy milk (fortified with Vitamin D and Calcium) ¼ cup trail mix (nuts and dried fruit)</p> <p><u>Dinner</u> Stir Fry: 1 cup quinoa, cooked 2 cups steamed Brussels sprouts, red bell pepper, cauliflower, mushroom, squash, etc. 2 teaspoons soy sauce 2 table spoons nutritional yeast</p> <p>2000 cal, 73 grams protein</p>	<p><u>Snack</u> 2 cups air-popped popcorn Season with cumin or cinnamon</p> <p><u>Dinner</u> 1 cup almond milk (fortified with Vitamin D and Calcium) 4 ounces marinated, baked tofu ½ cup brown rice, rolled into balls 1 tablespoon sesame oil 1 cup steamed sugar snap peas 1 cup fresh raspberries and blueberries</p> <p>2000 cal, 90 grams protein</p>
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