

Daily Routine Fitness
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Meal Planner For: [{Template, Vegan}, 1500 Calorie]
For the Date Range: 1/11/2002 to 1/17/2002

DAY # 1
1/11/2002

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - You can add banana to oatmeal						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
1.00	cup	Milk, Almond	2.00	10.00	2.00	70.00
1.00	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
Totals:			7.03	61.02	4.41	290.84
AM Snack - Top crackers with hummus						
5.00	1 cracker	Crackers, whole-wheat, low salt	1.76	13.72	3.44	88.60
1.00	1 cup	Hummus, commercial	19.75	35.73	24.00	415.00
Totals:			21.51	49.45	27.44	503.60
Lunch - Veggie burger						
1.00	each	Bun - hamburger	3.70	21.60	2.20	123.00
12.00	medium	Carrots - baby, raw	0.00	0.00	0.00	48.00
0.25	table spoon	Catsup - tomato	0.05	1.02	0.03	4.00
2.50	ounce(s)	GARDENBURGER, Veggie Medley	7.50	21.25	0.00	125.00
1.00	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.22	0.27	0.20	3.35
0.25	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
2.00	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
Totals:			12.04	45.97	2.53	312.28
PM Snack -						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:			1.14	39.26	0.64	150.16
Dinner - Vegetable stir fry						
0.50	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	2.85	4.92	0.11	25.76
2.00	table spoon	LA CHOY Light Soy Sauce	2.00	4.00	0.00	29.20
0.50	cup	LA CHOY Snow Pea Pods, Frozen	1.00	4.50	0.00	20.70
3.00	1 slice	MORI-NU, Tofu, silken, extra firm	18.65	5.04	4.79	138.60
0.50	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	0.85	2.06	0.18	10.92
0.25	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
0.50	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
Totals:			28.30	46.65	6.00	349.41
Actual Totals for Day 1/11/2002:			70.01	242.34	41.02	1606.28
Actual % of Total Calories:			17.30	59.89	22.81	

DAY # 2
1/12/2002

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast -						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
1.00	1 packet, prepared	oats, instant, fortified, with bran and raisins, prepared with	4.88	30.42	1.95	157.95
Totals:			5.50	63.84	2.36	283.79
AM Snack - Top bagel with Tofutti cream cheese						
2.00	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	4.00	42.00	4.00	220.00
2.00	1 fruit without skin, medium	Kiwifruit, green, raw	1.73	22.28	0.79	92.72
1.00	table spoon	Tofutti Better Than Cream Cheese	0.00	0.00	4.00	40.00
10.00	fluid ounce(s)	Vegetable juice - V8, no salt	1.67	13.33	0.00	60.00
Totals:			7.40	77.62	8.79	412.72
Lunch - Bean, cheese and veggie burrito						
0.50	0.5 cup, shredded	Lettuce, cos or romaine, raw	0.17	0.46	0.04	2.38
3.00	ounce(s)	NU TOFU Cheddar Flavor Cheese Alternative	18.00	3.00	12.00	236.25
0.50	cup	OLD EL PASO Vegetarian Refried Beans	1.00	17.00	1.00	100.00
2.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0.25	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
1.00	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals:			20.57	31.21	14.13	395.73
PM Snack -						
6.00	each	MORNINGSTAR FARMS Chicken Nuggets	18.00	24.00	6.00	240.00
Totals:			18.00	24.00	6.00	240.00
Dinner - Toss together tofu, spaghetti veggies and olive oi						
2.00	table spoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
2.00	1 slice	MORI-NU, Tofu, silken, extra firm	12.43	3.36	3.19	92.40
0.25	table spoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	3.50	30.00
0.25	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
0.50	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
0.50	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0.50	1 teaspoon	Spices, garlic powder	0.23	1.02	0.01	4.63
Totals:			18.26	44.11	7.38	297.03
Actual Totals for Day 1/12/2002:			69.74	240.78	38.67	1629.27
Actual % of Total Calories:			17.54	60.57	21.89	

DAY # 3

1/13/2002

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast -						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
1.00	1 cup sections, with juice	Grapefruit, raw, pink and red and white, all areas	1.45	18.58	0.23	73.60
6.00	each	MORNINGSTAR FARMS Breakfast Links	24.00	0.00	6.00	189.00
Totals:			26.08	52.00	6.64	388.44
AM Snack -						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
1.00	1 bar	Snacks, granola bars, hard, plain	2.47	15.78	4.85	115.39
Totals:			3.10	49.20	5.26	241.24
Lunch - Large salad						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1.00	tea spoon	EDEN FOOD Organic Garlic Sesame Shake	0.00	0.00	1.00	20.00
0.50	table spoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	7.00	60.00
4.00	ounce(s)	Portabella Mushrooms	4.00	4.00	0.00	40.68
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
2.00	1 cup, balls	Watermelon, raw	1.88	23.25	0.46	92.40
Totals:			8.48	48.25	9.26	321.08
PM Snack - You can toast bagel and top with butter						
2.00	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	4.00	42.00	4.00	220.00
1.00	table spoon	Natural Touch Soy Butter	3.00	5.00	5.00	85.00
Totals:			7.00	47.00	9.00	305.00
Dinner - Top chicken patty with salsa						
1.00	each	MORNINGSTAR FARMS Chicken Patties	7.00	14.00	9.00	177.00
4.00	table spoon	PROGRESSO Black Beans	0.00	8.00	0.00	55.00
3.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0.25	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
1.00	cup	Zucchini, Frozen, Boiled, Drained	2.00	8.00	0.00	38.29
Totals:			10.90	37.53	9.40	311.12
Actual Totals for Day 1/13/2002:			55.57	233.98	39.57	1566.88
Actual % of Total Calories:			14.68	61.81	23.52	

DAY # 4
1/14/2002

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast -						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
1.50	biscuit	Shredded Wheat, Nabisco	3.00	28.50	1.50	120.00
1.00	cup	milk, coconut-Dairy free	0.00	8.00	4.00	70.00
Totals:			3.63	69.92	5.91	315.84
AM Snack -						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
0.75	1 cup, halves	Strawberries, raw	0.76	8.76	0.34	36.48
1.00	cup	milk, coconut-Dairy free	0.00	8.00	4.00	70.00
Totals:			1.39	50.18	4.75	232.32
Lunch - Veggie hot dog						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
8.00	medium	Carrots - baby, raw	0.00	0.00	0.00	32.00
2.00	1 stalk, medium (7-1/2" - 8" long)	Celery, raw	0.55	2.38	0.14	12.80
0.50	cup	HEALTH VALLEY Fat Free Honey Baked Beans	INF.00	INF.00-NAN(000).		INF.00
2.00	each	MORNINGSTAR FARMS Deli Franks	18.00	4.00	12.00	218.00
Totals:			INF.00	INF.00-NAN(000).		INF.00
PM Snack -						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
0.50	1 cup	Grapes, american type (slip skin), raw	0.29	7.89	0.16	30.82
Totals:			0.92	41.31	0.57	156.66
Dinner - Veggie stir fry						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1.00	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	5.70	9.84	0.22	51.52
1.00	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
1.00	table spoon	LA CHOY Light Soy Sauce	1.00	2.00	0.00	14.60
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0.50	1 cup	Tempeh	15.39	7.79	8.96	160.19
Totals:			24.53	33.69	9.86	299.57
Actual Totals for Day 1/14/2002:			INF.00	INF.00-NAN(000).		INF.00
Actual % of Total Calories:			14.68	61.81	23.52	

DAY # 5

1/15/2002

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - You can add blueberries to cereal						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
0.75	1 cup	Blueberries, raw	0.80	15.76	0.36	61.99
1.00	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water	5.55	27.31	3.18	159.12
Totals:			6.98	76.49	3.95	346.95
AM Snack -						
0.75	1 cup, halves	Apricots, dried, sulfured, stewed, with added sugar	2.37	59.25	0.30	228.82
10.00	fluid ounce(s)	Vegetable juice - V8, no salt	1.67	13.33	0.00	60.00
Totals:			4.04	72.58	0.30	288.82
Lunch - Soup and salad						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
0.50	table spoon	Balsamic Vinegar	0.00	1.00	0.00	5.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0.25	1 cup	Seeds, sunflower seed kernels, dried	7.48	7.20	18.53	210.24
8.50	ounce(s)	Tomato Soup / Campbell's low sod.	0.81	20.24	2.43	102.00
Totals:			10.22	71.36	21.77	492.08
PM Snack - You can toast bagel and top with butter						
2.00	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	4.00	42.00	4.00	220.00
1.00	table spoon	Natural Touch Soy Butter	3.00	5.00	5.00	85.00
Totals:			7.00	47.00	9.00	305.00
Dinner - Gardenburger, you can sautee green bns w/olive oil						
2.50	ounce(s)	GARDENBURGER Zesty Bean	8.75	23.75	2.50	150.00
4.00	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
1.00	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
0.50	table spoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	7.00	60.00
8.00	table spoon	Onion - chopped	0.80	7.20	0.00	32.00
Totals:			13.34	43.98	10.17	303.84
Actual Totals for Day 1/15/2002:			41.58	311.41	45.19	1736.69
Actual % of Total Calories:			9.14	68.49	22.36	

DAY # 6

1/16/2002

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast -						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
1.00	1 packet, prepared	oats, instant, fortified, with bran and raisins, prepared with	4.88	30.42	1.95	157.95
Totals:			5.50	63.84	2.36	283.79
AM Snack - Top crackers with hummus						
5.00	1 cracker	Crackers, whole-wheat, low salt	1.76	13.72	3.44	88.60
0.50	1 cup	Hummus, commercial	9.88	17.86	12.00	207.50
Totals:			11.63	31.58	15.44	296.10
Lunch - egg sandwich on pita bread						
8.00	medium	Carrots - baby, raw	0.00	0.00	0.00	32.00
1.00	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
1.00	each	Pita - wheat	2.80	15.60	0.70	75.00
0.50	table spoon	Relish - pickle	0.05	2.65	0.05	10.00
Totals:			23.45	31.95	7.85	319.00
PM Snack - You can add strawberries to yogurt						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:			1.14	39.26	0.64	150.16
Dinner -						
0.50	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
1.50	cup	Natural Touch Vegetarian Chili	27.00	31.50	1.50	255.00
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			29.04	48.22	9.07	399.09
Actual Totals for Day 1/16/2002:			70.77	214.85	35.36	1448.14
Actual % of Total Calories:			19.38	58.83	21.79	

DAY # 7
1/17/2002

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast -						
1.00	1 cup sections, with juice	Grapefruit, raw, pink and red and white, all areas	1.45	18.58	0.23	73.60
4.00	each	MORNINGSTAR FARMS Breakfast Links	16.00	0.00	4.00	126.00
1.50	cup	milk, coconut-Dairy free	0.00	12.00	6.00	105.00
Totals:			17.45	30.58	10.23	304.60
AM Snack -						
1.00	1 NLEA Serving	Apples, raw, with skin	0.63	33.42	0.41	125.84
0.75	1 cup, halves	Strawberries, raw	0.76	8.76	0.34	36.48
1.00	cup	milk, coconut-Dairy free	0.00	8.00	4.00	70.00
Totals:			1.39	50.18	4.75	232.32
Lunch - Tuno salad						
1.00	cup	Natural Touch Tuno (soy based)	21.00	6.00	6.00	180.18
0.50	table spoon	Relish - pickle	0.05	2.65	0.05	10.00
1.00	1 tablespoon	Salad dressing, mayonnaise, imitation, soybean without	0.01	2.23	6.73	67.96
1.00	1 medium whole (2-3/5" dia)	Tomatoes, red, ripe, raw, year round average	1.08	4.78	0.25	22.14
Totals:			22.15	15.66	13.02	280.28
PM Snack -						
6.00	each	MORNINGSTAR FARMS Chicken Nuggets	18.00	24.00	6.00	240.00
Totals:			18.00	24.00	6.00	240.00
Dinner - Vegetable Lo Mein Stir Fry						
2.00	table spoon	KIKKOMAN Lite Teriyaki Marinade & Sauce	0.00	6.00	0.00	30.00
2.00	1 slice	MORI-NU, Tofu, silken, extra firm	12.43	3.36	3.19	92.40
1.00	cup	Spaghetti - whole wheat, cooked, Health Valley	9.00	40.00	1.00	170.00
1.00	cup	Vegetables - mixed, frozen, boiled	5.20	23.80	0.20	108.00
Totals:			26.63	73.16	4.39	400.40
Actual Totals for Day 1/17/2002:			85.62	193.58	38.40	1457.60
Actual % of Total Calories:			23.42	52.95	23.63	

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.