



Vegetarian Meal Planner - 70kg Female, exercise 3-4 times per week, (Target 1848-2156 Kcal Per Day)

Quantity	Measurement	Weight (grams)	Food Description	Protein (grams)	Fats (grams)	Carbs (grams)	Calories
Breakfast							
2	each	114	Egg	12.0	12.0	0.0	156.0
3	each	84	Egg white	9.0	0.0	0.0	36.0
2	slices	60	Rye bread, light	6.0	2.0	28.0	154.0
1/2	1 small	55	Avocado	1.0	9.0	2.0	93.0
1	small	100	Tomato	1.0	0.0	4.0	20.0
Totals:				29.0	23.0	34.0	459.0
AM Snack							
1/4	cup nuts (15)	25	Nuts, mixed, unsalted:	3.7	15.0	4.1	166.2
1	scoop	30g	Whey Protein Shake	26.7	0.3	0.1	109.7
1/2	medium 16cm	85	Banana	0.5	0.0	12.5	52.0
Totals:				30.9	15.3	16.7	327.9
Lunch							
1/2	cup, dry	100	Soy beans, boiled	13.5	7.7	1.4	128.9
2	pieces	14	Rice cakes, thin	1.0	0.4	9.4	45.2
1/2	cup	30	Spinach	3.0	0.5	3.5	30.5
1	cup	120	Capsicum	1.5	0.0	8.5	40.0
1	small	100	Carrot	1.0	0.0	11.0	48.0
1	cup	60	Rocket leaves	1.5	0.0	1.5	12.0
Totals:				21.5	8.6	35.3	304.6
PM Snack							
1	medium	120	Peach	1.0	0.0	7.5	34.0
1	tablespoon	15	Seeds, pumpkin & sunflower mixed	6.0	5.5	6.5	99.5
1	tbsp	20	ABC Nut spread	1.7	6.0	0.8	64.0
Totals:				8.7	11.5	14.8	197.5
Dinner							
1/2	cup, cooked	100	Lentils	6.8	0.4	9.4	68.2
1	teaspoon	10	Coconut oil	0.0	5.0	0.0	45.0
1/2	cup	30	Spinach	3.0	0.5	3.5	30.5
1	small	100	Carrots	1.0	0.0	11.0	48.0
2	florets	45	Broccoli	2.0	0.0	5.0	28.0
1	5x5x1cm square	50	Tofu, firm	6.0	2.5	2.0	54.5
1/2	cup	60	Beans	1.0	0.0	4.5	22.0
Totals:				19.8	8.4	35.4	237.4
Evening Snack							
1	thin 1/4 slice	120	Watermelon	0.5	0.0	4.0	18.0
1	small tub	200	Yoghurt, Nestle No Fat mixed berry	9.0	0.0	10.0	76.0
1 scoop	scoop	30	Whey Protein Shake	26.7	0.3	0.1	109.7
Totals:				36.2	0.3	14.1	203.7
Actual Daily totals (grams):				179.8	65.3	126.2	
Actual Daily totals (Calories):				719.2	587.7	504.9	1730.2
Actual % of Total Calories:				40	32	28	100