

Planet Beach®

a contempo spa™

Vegan Meal Plan - 1600 calories

Sunday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 servings	Apple-Oatmeal Pancakes	273	404	10	93	2
2 servings	Blueberry Pancake Sauce	97	48	0	11	1
8 fl oz	TEA, GREEN	237	0	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
6 fl oz	HERBAL TEA, BREWED	178	2	0	0	0
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
6 oz	SOY YOGURT, VANILLA	170	150	5	26	3
lunch						
2 medium wedge	CANTALOUPE, RAW	138	47	1	11	0
2 slices	WHOLE WHEAT BREAD, CP	56	138	5	26	2
12 fl oz	WATER, MUNICIPAL	356	0	0	0	0
1 serving	Eggless "Egg Salad"	174	139	9	10	8
snack						
8 fl oz	TEA, GREEN	237	0	0	0	0
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 oz	SUNFLOWER SEED, DRIED	28	162	6	5	14
dinner						
1 serving	Tofu and Spaghetti Squash	705	303	17	40	10
1 serving	Broccoli with Garlic and Olive Oil	118	72	6	2	4
12 fl oz	WATER, DRINKING	355	0	0	0	0
DAILY TOTALS		3331*	1596	62	254	48

PCF: 15-60-25

EXCHANGES: 4.13 Starch, 2.34 Very Lean Meat, 1.35 Med Fat Meat, 8.95 Vegetable, 5.61 Fruit, 1.08 Skim Milk, 6.37 Fats
2.34 Other Carbs

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Monday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 fl oz	TEA, GREEN	237	0	0	0	0
3/4 cups	SOY MILK, FLUID (SOYMILK)	184	96	8	9	4
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
3/4 cups	100% BRAN CEREAL, RTE	65	187	8	51	1
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	16	94	4	3	8
8 oz	WATER, DRINKING WATER, CARBONATED	227	0	0	0	0
lunch						
1 serving	Black Bean and Sweet Potato Salad	435	327	11	54	8
12 fl oz	WATER, DRINKING	355	0	0	0	0
6 oz	SOY YOGURT, STRAWBERRY	170	150	5	27	3
1 tbsp	FLAX SEED	76	59	2	4	4
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
3 tbsp	HUMMUS, COMMERCIAL (SEASONED MASHED CH	47	78	4	7	5
3 crackers	RYE WAFER CRACKER, PLAIN	33	110	3	27	0
8 fl oz	TEA, GREEN	237	0	0	0	0
dinner						
1 serving	Crispy Tofu	124	199	19	10	11
2 servings	Green Vegetables with Sesame Ginger Dressing	297	109	7	21	2
12 fl oz	WATER, DRINKING	355	0	0	0	0
DAILY TOTALS		3206*	1612	73	261	47

PCF: 17-59-24

EXCHANGES: 4.79 Starch, 3.13 Very Lean Meat, 0.4 Lean Meat, 3.75 Vegetable, 3.09 Fruit, 1 Skim Milk, 0.79 Lowfat Milk, 6.62 Fats
1.27 Other Carbs

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Tuesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1/2 cup	GRANOLA CEREAL, RTE	61	299	9	32	15
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
3/4 cups	SOY MILK, FLUID (SOYMILK)	184	96	8	9	4
8 fl oz	TEA, GREEN	237	0	0	0	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 burrito	BURRITO, BREAKFAST	170	210	9	38	6
lunch						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Lentil, Pear, and Soy Cheese Salad	231	405	27	69	3
1 fruit	ORANGE, CALIFORNIA, RAW	121	59	1	14	0
snack						
8 oz	WATER, DRINKING WATER, CARBONATED	227	0	0	0	0
0.6 oz	CRACKERS, WHOLE WHEAT	17	70	3	11	1
1 can	VEGETARIAN VEGETABLE SOUP, CONDENSED	298	176	5	29	5
dinner						
1 serving	Pasta with Grilled Vegetables	325	317	13	44	10
12 fl oz	WATER, DRINKING	355	0	0	0	0
DAILY TOTALS		3007*	1690	76	258	47

PCF: 17-59-24

EXCHANGES: 11.89 Starch, 0.76 Very Lean Meat, 1.55 Med Fat Meat, 3.01 Vegetable, 2.55 Fruit, 0.79 Lowfat Milk, 4.99 Fats
0.55 Other Carbs

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Wednesday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 oz	SOY MILK, FLUID (SOYMILK)	28	15	1	1	1
1 serving	Breakfast Casserole	248	307	20	29	15
6 fl oz	COFFEE, BREWED, PREPARED	178	2	0	0	0
1/2 large	GRAPEFRUIT, RAW	166	53	1	13	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
6 oz	SOY YOGURT, VANILLA	170	150	5	26	3
6 fl oz	HERBAL TEA, BREWED	178	2	0	0	0
lunch						
1 serving	Sunflower Crunch Salad	471	291	17	34	12
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
1 medium	PEACH, RAW	98	38	1	9	0
snack						
2 tbsp	HUMMUS, COMMERCIAL (SEASONED MASHED CH	31	52	2	4	3
0.8 oz	CRACKERS, WHOLE WHEAT	23	93	4	15	2
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
dinner						
1 serving	Tofu and Bean Casserole	420	332	16	52	6
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Salad with Sunflower Seeds	333	127	5	18	5

DAILY TOTALS	3502*	1595	74	233	49
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PCF: 18-56-26

EXCHANGES: 6.28 Starch, 4.99 Very Lean Meat, 7.38 Vegetable, 3.41 Fruit, 1 Skim Milk, 0.12 Lowfat Milk, 6.27 Fats, 1.31 Other Carbs

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Thursday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Pea-Barley Breakfast	566	358	21	68	1
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
1/2 cup	STRAWBERRY, RAW	83	27	1	6	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 oz	PUMPKIN & SQUASH SEED, DRIED	28	153	7	5	13
1 fruit	ORANGE, CALIFORNIA, RAW	140	69	1	18	0
12 fl oz	WATER, DRINKING	355	0	0	0	0
lunch						
1 serving	Grilled Portobella Club	275	312	15	45	8
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 cup	WATERMELON, RAW	152	46	1	11	0
snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
3 servings	Nutty Protein Balls	31	145	6	12	9
dinner						
1 serving	Vegan Chili	381	325	14	48	11
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Salad	324	76	3	17	1

DAILY TOTALS 3774* 1601 70 250 46

PCF: 17-59-25

EXCHANGES: 7.02 Starch, 4.09 Very Lean Meat, 0.4 Lean Meat, 1 Med Fat Meat, 8.35 Vegetable, 4.03 Fruit, 6.45 Fats, 0.67 Other Carbs

Friday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 oz	SOY MILK, FLUID (SOYMILK)	28	15	1	1	1
6 fl oz	COFFEE, BREWED, PREPARED	178	2	0	0	0
1 serving	Scrambled Tofu	470	265	20	19	14
1/2 fruit	GRAPEFRUIT, RAW	128	41	1	10	0
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
1 serving	Apple Muffins	132	206	6	48	1
8 fl oz	TEA, GREEN	237	0	0	0	0
lunch						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 serving	Grilled Soy Cheese Sandwich	124	283	18	29	10
1 fruit	ORANGE, CALIFORNIA, RAW	121	59	1	14	0
6 oz	SOY YOGURT, STRAWBERRY	170	150	5	27	3
snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
3 tbsp	HUMMUS, COMMERCIAL (SEASONED MASHED CH	47	78	4	7	5
3 crackers	RYE WAFER CRACKER, PLAIN	33	110	3	27	0
dinner						
2 servings	Tomatoes Stuffed with White Bean Salad	582	413	20	69	8
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0

DAILY TOTALS 3197* 1642 79 252 44

PCF: 18-59-23

EXCHANGES: 8.76 Starch, 2.24 Very Lean Meat, 2 Med Fat Meat, 5.89 Vegetable, 2.95 Fruit, 1 Skim Milk, 0.12 Low Fat Milk, 4.35 Fats, 1.09 Other Carbs

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Saturday

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 slices	WHOLE WHEAT BREAD, TOASTED, CP	50	139	5	26	2
8 fl oz	TEA, GREEN	237	0	0	0	0
1/2 cup	STRAWBERRY, RAW	83	27	1	6	0
6 oz	SOY YOGURT, VANILLA	170	150	5	26	3
2 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	32	188	8	6	16
1 pack	Enrich Total Spa Nutrition - Daily Supplement Pack	0*	18	0	0	2
am snack						
12 fl oz	WATER, DRINKING	355	0	0	0	0
1 burrito	BURRITO, BREAKFAST	170	210	9	38	6
lunch						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
1 serving	Veggie Sandwich	163	201	8	33	5
snack						
8 oz	WATER, DRINKING WATER, CARBONATED	227	0	0	0	0
0.6 oz	CRACKERS, WHOLE WHEAT	17	70	3	11	1
1 can	VEGETARIAN VEGETABLE SOUP, CONDENSED	298	176	5	29	5
dinner						
1 serving	Tofu Fajitas	292	359	18	36	17
8 fl oz	TEA, GREEN	237	0	0	0	0
DAILY TOTALS		2706*	1610	63	231	58

PCF: 15-54-31

EXCHANGES: 9.83 Starch, 1.7 Very Lean Meat, 0.8 Lean Meat, 1 Med Fat Meat, 3.79 Vegetable, 2.14 Fruit, 1 Skim Milk, 6.38 Fats
1.05 Other Carbs

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DAILY AVERAGES (7 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
3246*	1621	71	248	49

PCF: 17-58-25

EXCHANGES: 7.53 Starch, 2.75 Very Lean Meat, 0.23 Lean Meat, 0.99 Med Fat Meat, 5.87 Vegetable, 3.4 Fruit, 0.73 Skim Milk, 5.92 Fats
0.26 Lowfat Milk, 1.18 Other Carbs

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.

Vegan Meal Plan - 1600 calories - Recipe Listing

Apple-Oatmeal Pancakes Serves 4

INGREDIENTS

3/4 cups WHOLE WHEAT FLOUR
1/8 cup OATS (OATMEAL)
2 tbsp OAT BRAN, RAW
1/2 tsp CINNAMON, GROUND
2 tsp BAKING POWDER
1/4 tsp SALT, IODIZED
1/4 cup RAISIN, SEEDLESS
1/2 cup APPLE W/SKIN, RAW
1 cup APPLE JUICE, UNSWEETENED
1/8 cup MAPLE SYRUP, 100%
1 oz SOY YOGURT, PLAIN

EXCHANGES: 1.2 Starch, 1.07 Fruit, 0.04 Skim Milk, 0.51 Other Carbs

DIRECTIONS

Combine dry ingredients. Add raisins and apple. Gently stir in juice until dry ingredients are completely moistened. Pour batter (1/4 cup per pancake) onto a nonstick skillet or griddle. Cook until bottom is brown. Flip and brown on other side. Top with a mixture of equal parts of maple syrup and plain soy yogurt.

Eggless "Egg Salad" Serves 6

INGREDIENTS

1 1/2 lb TOFU, FIRM
1/2 cup MAYONNAISE ALTERNATIVE, NAYONAISE
1/2 cup PARSLEY, RAW
1/4 cup PICKLE RELISH, SWEET
1/2 cup ONION, RAW
1/2 cup CELERY, RAW
1 tsp GARLIC POWDER

Vegan Meal Plan - 1600 calories - Recipe Listing

1 tsp SALT, TABLE
1 tbsp MUSTARD, PREPARED, YELLOW

EXCHANGES: 1.35 Med Fat Meat, 0.34 Vegetable, 1.05 Fats, 0.27 Other Carbs

DIRECTIONS

Mash tofu and chop vegetables. Combine all ingredients and chill.

Tofu and Spaghetti Squash
Serves 4

INGREDIENTS

2 lbs SPAGHETTI SQUASH, RAW
1 cup ONION, RAW
2 cloves GARLIC, RAW
3 medium ZUCCHINI W/SKIN, RAW
1 tbsp OLIVE OIL, EXTRA VIRGIN
28 oz TOMATO, CANNED, CRUSHED
1 lb TOFU, EXTRA FIRM
1/8 tsp BLACK PEPPER, GROUND

EXCHANGES: 1.42 Very Lean Meat, 6.92 Vegetable, 1.78 Fats, 0 Other Carbs

DIRECTIONS

Pierce spaghetti squash in several places with a long skewer. Place on baking sheet and bake at 350 degrees for 45 minutes or until knife tender, turning squash over half way through baking. As an alternate, squash can be microwaved in a glass pie plate on HIGH for 15 minutes, turning half way through. Meanwhile cook sliced onion, minced garlic, and sliced zucchini in olive oil for 5 minutes. Add canned tomatoes, cubed tofu, and pepper. Bring to a boil; simmer 10 minutes. Cut spaghetti squash, remove and discard seeds, scrape out strands of spaghetti squash with a fork into a bowl. Serve with tofu mixture.

Black Bean and Sweet Potato Salad
Serves 3

INGREDIENTS

8 cups SALAD BLEND, ITALIAN
1 3/4 cup BLACK BEAN
2 cups SWEET POTATO, CANNED
1/2 cup CELERY, RAW
1/4 cup SALAD DRESSING, CITRUS

EXCHANGES: 2.69 Starch, 0.58 Very Lean Meat, 0.9 Vegetable, 1.48 Fats

DIRECTIONS

Gently mix all ingredients together. If you prefer, you can dice and cook 2 large sweet potatoes instead of using canned.

Crispy Tofu
Serves 4

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INGREDIENTS

1 tbsp GARLIC SALT
1 lb TOFU, FIRM, RAW
3 tbsp WHEAT FLOUR, WHITE, ALL PURPOSE
1 tsp PEPPER, BLACK, GROUND
1 tsp OLIVE OIL

EXCHANGES: 0.26 Starch, 2.55 Very Lean Meat, 1.88 Fats, 0.06 Other Carbs

DIRECTIONS

Cut tofu into 1-inch cubes or into slices to use for a sandwich. Combine dry ingredients in a bowl with a tight lid. Add tofu, cover, and shake. Heat oil in a nonstick skillet. Add tofu and cook over medium heat, turning often, until golden brown.

Green Vegetables with Sesame Ginger Dressing

Comment: Provides 1-1/2 servings of vegetables

Serves 4

INGREDIENTS

2 cups SNAP BEAN, FROZEN (GREEN BEAN)
4 fl oz WATER, MUNICIPAL
1 tsp VINEGAR DRESSING, ORIENTAL RICE WINE
1/2 tsp SESAME OIL
1 tsp HONEY, STRAINED OR EXTRACTED
2 cups BROCCOLI, RAW
2 tbsp SOY SAUCE (SHOYU), LITE
1/2 tsp GINGER ROOT, RAW

EXCHANGES: 1.43 Vegetable, 0.11 Fats, 0.11 Other Carbs

DIRECTIONS

Whisk dressing ingredients together. Set aside.

Cut green beans into 2-inch pieces.

If using frozen vegetables, cook green beans and broccoli following microwave directions on packaging.

If using fresh vegetables, microwave green beans with water in covered bowl on high for 2-3 minutes. Remove cover carefully, allowing steam to escape away from you; stir green beans and add fresh broccoli florets. Cover and microwave together on high for 2 minutes.

Drain green beans and broccoli; mix in dressing while still warm. Let vegetables chill in refrigerator until ready to serve (at least 5 to 10 minutes).

Pasta with Grilled Vegetables

Serves 6

INGREDIENTS

2 cups KIDNEY BEAN, RED, CANNED
2 tbsp OLIVE OIL

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2 tbsp VINEGAR, APPLE CIDER
 1/2 lb KAMUT SPIRALS PASTA, KOSHER, ORGANIC
 4 tbsp PARSLEY, RAW
 1 small ONION, RAW
 3 tomatos TOMATO, RED, RIPE, RAW
 2 large ZUCCHINI W/SKIN, RAW
 3 tbsp BASIL, FRESH
 1 tbsp OLIVE OIL
 2 tbsp SALAD DRESSING, CITRUS

EXCHANGES: 2.49 Starch, 1.45 Vegetable, 1.7 Fats, 0.01 Other Carbs

DIRECTIONS

Mix the beans, 2 Tbsp olive oil, and vinegar. Refrigerate several hours. Cook pasta, drain, rinse and toss with bean mixture. Stir in parsley and vinaigrette. Refrigerate. Cut onion and tomatoes into quarters and cut zucchini into 1-inch chunks. Brush vegetables with olive oil and place on skewers. Grill, turning often until lightly charred. Chop vegetables and toss into pasta salad. Add chopped basil.

Sunflower Crunch Salad

Serves 2

INGREDIENTS

6 cups LETTUCE, COS OR ROMAINE, RAW
 8 floweret CAULIFLOWER, RAW
 1/2 cup GREEN PEPPER, SWEET, RAW (BELL)
 1/2 cup CARROT, RAW
 1/4 cup ONION, RAW
 1/2 cup CHICKPEAS, CANNED (GARBANZO)
 1/4 cup BEET, RAW
 6 oz TOFU, EXTRA FIRM
 1/4 cup SALAD DRESSING, GARLIC, NONFAT
 1/4 cup SUNFLOWER SEED, DRIED

EXCHANGES: 0.6 Starch, 1.19 Very Lean Meat, 2.72 Vegetable, 1.82 Fats, 0.06 Other Carbs

DIRECTIONS

Wash and dry lettuce leaves and tear into a bowl. Drain and cut tofu into cubes and grate beets. Add all ingredients to the lettuce and toss with salad dressing.

Tofu and Bean Casserole

Serves 4

INGREDIENTS

1 3/4 cup BLACK BEAN
 15 oz TOMATO, CANNED, FS
 1 cup CORN, NIBLETS, FROZEN
 1/2 tsp CUMIN, GROUND
 1 cup SALSA, RTS
 8 oz TOFU, SOFT, NIGAN
 6.64 oz WHOLE WHEAT TORTILLA

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EXCHANGES: 3.05 Starch, 0.97 Very Lean Meat, 1.53 Vegetable, 0.36 Fats, 0.03 Other Carbs

DIRECTIONS

Preheat oven to 400 degrees. Lightly oil a medium-sized casserole dish. In a large bowl, combine beans, tomatoes, salsa, corn, and cumin. Place 2 tortillas to cover the bottom of the casserole dish- you might need to trim them a bit and add the extra pieces to empty areas of the dish. Cover tortilla layer with half of the beans. Crumble the tofu and sprinkle half of it over the bean mixture. Repeat layering. Bake for 20 minutes. Remove casserole, cover, and let cool for a least 15 minutes before serving.

Blueberry Pancake Sauce
Serves 8

INGREDIENTS

12 oz BLUEBERRY, UNSWEETENED, FROZEN
2 tbsp ORANGE JUICE
1 tbsp LEMON JUICE, RAW

EXCHANGES: 0.4 Fruit

DIRECTIONS

Combine blueberries, orange juice, and lemon juice in a 4-cup glass measure. Microwave uncovered on high until just heated through, stirring once or twice. Makes 8 1/4 cup servings.

As an alternate, 2 cups fresh blueberries can be used in place of frozen.

You can make this ahead of time and freeze in ice cube trays. After they are frozen, put in a plastic bag and just microwave individual cubes to thaw when you need them.

Grilled Portobella Club
Serves 4

INGREDIENTS

2 tbsp VINEGAR DRESSING, BALSAMIC WINE
2 tbsp LEMON JUICE, RAW
2 tbsp WATER, MUNICIPAL
1 tsp OLIVE OIL
1 tsp OREGANO, DRIED, GROUND
1 tsp BASIL, DRIED, GROUND
1 tsp ROSEMARY, DRIED
1/2 tsp PEPPER, BLACK, GROUND
2 cloves GARLIC, RAW
1 lb MUSHROOM, PORTABELLA, RAW
1 serving COOKING OIL SPRAY, OLIVE OIL
4 rolls HARD ROLL
4 oz CHEESE ALTERNATIVE, MOZZARELLA
4 innerleafs LETTUCE, COS OR ROMAINE, RAW
4 slices TOMATO, RED, RIPE, RAW
1/4 cup MARINARA PASTA SAUCE, RTS

EXCHANGES: 2.1 Starch, 1 Med Fat Meat, 1.58 Vegetable, 0.03 Fruit, 0.22 Fats
0.19 Other Carbs

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DIRECTIONS

Combine first 10 ingredients in a large zip-top plastic bag, seal, and marinate 30 minutes. Remove the 4 mushroom caps, reserving marinade. Prepare grill or broiler. Place mushrooms on grill rack or broiler pan coated with cooking spray, grill 6 ;minutes on each side or until browned, basting occasionally with reserved marinade. Spread 1 1/2 teaspoons red pepper sauce over cut sides of rolls. Place 1 mushroom cap on bottom half of roll, top with 1 soy cheese slice, 1 lettuce leaf, 1 tomato slice, and roll top.

Vegan Chili Serves 8

INGREDIENTS

1/4 cup	RAISIN, SEEDLESS
5 cups	ONION, RAW
1/4 cup	SESAME OIL
8 oz	TOFU, FIRM, RAW
2 tbsp	VINEGAR, RED WINE
2 tbsp	CHILI POWDER
2 tbsp	GARLIC, RAW
1/2 cup	BROWN RICE, MEDIUM GRAIN, COOKED
1 3/4 cup	BLACK TURTLE BEAN, CANNED
1 3/4 cup	KIDNEY BEAN, CANNED
1 cup	CORN, YELLOW, BOILED, NO SALT
2 1/3 cups	TOMATO PUREE, CANNED, NO SALT
1 medium whole	TOMATO, RED, RIPE, RAW
2 tbsp	MUSTARD, PREPARED, YELLOW

EXCHANGES: 1.44 Starch, 0.94 Very Lean Meat, 3.32 Vegetable, 0.23 Fruit, 1.75 Fats
0.09 Other Carbs

DIRECTIONS

Dice raisins and onions and brown in sesame oil over medium heat for 5 minutes. Mash the tofu and add along with vinegar, chili powder, mustard, and garlic, and saute for 5 minutes over low heat. Add the cooked rice. Drain the beans and corn, and reserve the liquid. Add the beans and corn to the chili pot. Add the diced tomato and tomato puree, and mix together. At this point, if the mixture is too thick, add some of the reserved liquid. Cook on low heat for 20 minutes. Serve in bowls garnished with scallions, if desired.

Tomatoes Stuffed with White Bean Salad Serves 4

INGREDIENTS

1 3/4 cup	WHITE BEAN, CANNED
1/2 cup	ONION, RAW
1/2 cup	GREEN PEPPER, SWEET, RAW (BELL)
1/4 cup	PARSLEY, RAW
2 tbsp	VINEGAR, RED WINE
1 tbsp	OLIVE OIL
1/4 tsp	PEPPER, BLACK, GROUND
4 medium whole	TOMATO, RED, RIPE, RAW

EXCHANGES: 1.76 Starch, 1.57 Vegetable, 0.66 Fats, 0 Other Carbs

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DIRECTIONS

Combine beans, red onion, green pepper, parsley, vinegar, olive oil and pepper to taste in a bowl. Stir gently to blend. Set aside. Just before serving, cut off top from each tomato. Using teaspoon, scoop out pulp and reserve for another use. Sprinkle inside of each tomato with a dash of salt. Arrange on a platter. Carefully spoon bean salad into tomatoes, dividing evenly. Serve at room temperature.

Scrambled Tofu

Serves 2

INGREDIENTS

2 cups MUSHROOM, RAW
1 cup RED PEPPER, SWEET, RAW
1 cup ONION, SPRING OR SCALLIONS, RAW
1 clove GARLIC, RAW
1 lb TOFU, SILKEN, FIRM
1/4 cup SALSA, RTS
1/2 tsp SALT, TABLE
1/4 tsp PEPPER, BLACK, GROUND
2 tbsp BASIL, FRESH
2 tbsp PARSLEY, RAW
1 tbsp OLIVE OIL

EXCHANGES: 0.35 Starch, 2.24 Very Lean Meat, 2.55 Vegetable, 2.08 Fats, 0.02 Other Carbs

DIRECTIONS

Heat oil in a large nonstick skillet. Add chopped mushrooms, red pepper, scallions, and garlic. Cook, stirring as needed until vegetables are softened, 10 to 12 minutes. Stir in diced tofu, salsa, salt, and pepper. Cook, stirring as needed until tofu is heated, about 5 minutes. Add chopped basil and parsley.

Grilled Soy Cheese Sandwich

Serves 1

INGREDIENTS

2 slices WHOLE WHEAT BREAD, CP
2 oz CHEESE ALTERNATIVE, CHEDDAR FLAVORED
1/2 cup SPINACH, BABY

EXCHANGES: 1.72 Starch, 2 Med Fat Meat, 0.2 Vegetable

DIRECTIONS

Put cheese and baby spinach leaves between the 2 slices of bread. Coat a nonstick skillet with vegetable oil spray. Cook sandwich on medium heat until brown on each side, flipping once.

Veggie Sandwich

Serves 1

INGREDIENTS

2 slices MIXED GRAIN BREAD

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2 medium slice TOMATO, RED, RIPE, RAW
1/4 cup CUCUMBER W/PEEL, RAW
1 medium slice ONION, RAW
2 tbsp HUMMUS, COMMERCIAL (SEASONED MASHED CHICKPEAS)

EXCHANGES: 1.95 Starch, 0.73 Vegetable, 0.63 Fats

DIRECTIONS

Spread hummus on each slice of bread. Add vegetables to one slice and top with the other slice.

Tofu Fajitas

Serves 6

INGREDIENTS

2 tbsp OLIVE OIL
1 large ONION, RAW
1 large RED PEPPER, SWEET, RAW
1 large GREEN PEPPER, SWEET, RAW (BELL)
1 cup MUSHROOM, RAW
1 lb TOFU, FIRM, RAW
3/4 cups SALSA, RTS
3/4 cups TOMATO, RED, RIPE, RAW
3/4 cups AVOCADO, RAW
9.96 oz WHOLE WHEAT TORTILLA

EXCHANGES: 1.8 Starch, 1.7 Very Lean Meat, 1.57 Vegetable, 0.5 Fruit, 2.56 Fats

DIRECTIONS

Slice onion and peppers. Drain excess water from tofu by squeezing between 2 paper towels. Cut into 1-inch strips. Heat olive oil over medium-high heat. Add onions and saute, stirring, until translucent. Stir in peppers and mushrooms and saute until they begin to soften, about 5 minutes. Add tofu and gently stir-fry about 5 more minutes. Divide mixture between 6 tortillas and garnish with chopped tomatoes, salsa, and avocado, if desired.

Breakfast Casserole

Serves 6

INGREDIENTS

4 cups POTATO, FLESH, BOILED, NO SALT
1 1/2 lb TOFU, FIRM, RAW
1 medium ONION, RAW
2 cloves GARLIC, RAW
2 tbsp OLIVE OIL
2 tbsp PARSLEY, RAW
2 tsp BASIL, FRESH
1/2 tsp PEPPER, BLACK, GROUND
1/8 tsp PAPRIKA
1 oz SOY SAUCE (SHOYU)

EXCHANGES: 1.16 Starch, 2.55 Very Lean Meat, 0.39 Vegetable, 2.55 Fats, 0.01 Other Carbs

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DIRECTIONS

Mash potatoes and mix with mashed tofu and soy sauce. Saute onion and garlic in oil until translucent. Preheat oven to 325 degrees. Mix onion and garlic into potato mixture. Add parsley, basil, and black pepper. Spread into an oiled 8 X 8 X 2-inch baking dish. Sprinkle with paprika. Bake for 35 minutes.

Lentil, Pear, and Soy Cheese Salad

Serves 4

INGREDIENTS

1 1/2 cup LENTIL, RAW
3/4 tsp SALT, TABLE
1/2 tsp PEPPER, BLACK, GROUND
1/4 cup LIME JUICE, RAW
2 tbs HONEY, STRAINED OR EXTRACTED
1/2 tsp GINGER, GROUND
2 medium pear PEAR, RAW
2 cups WATERCRESS, RAW
4 oz CHEESE ALTERNATIVE, MOZZARELLA, NONFAT
2 tbs PECAN, DRIED, RAW

EXCHANGES: 2.89 Starch, 0.76 Very Lean Meat, 0.55 Med Fat Meat, 0.07 Vegetable
0.87 Fruit, 0.49 Fats, 0.55 Other Carbs

DIRECTIONS

In a saucepan of boiling water, cook lentils with 1/4 teaspoon salt and pepper for 20-25 minutes. Drain. Meanwhile, in a medium bowl, whisk lime juice, honey, ginger, remaining salt and pepper. Add lentils and cool. Cut pears into 1/2 inch chunks and add to lentil mixture with chopped watercress. Toss. Sprinkle with shredded soy cheese and pecans.

Pea-Barley Breakfast

Comment: Try this different and nutritious breakfast (or lunch or dinner)!

Serves 4

INGREDIENTS

1 1/2 cup SPLIT PEA, RAW
1 small ONION, RAW
1 large CARROT, RAW
1 large stalk CELERY, RAW
1 clove GARLIC, RAW
1/2 cup BARLEY, PEARLED, RAW
1/2 tsp SALT, TABLE
1/4 tsp PEPPER, BLACK, GROUND
7 cups WATER, MUNICIPAL

EXCHANGES: 3.4 Starch, 1.95 Very Lean Meat, 0.72 Vegetable, 0 Other Carbs

DIRECTIONS

Combine in a pot the split peas, chopped onion, diced carrot and celery, minced garlic, and 6 cups water. Bring to a boil and simmer uncovered for an hour, stirring once or twice and adding water to thin as needed. Meanwhile, in a saucepan cook the barley in 1 cup water 40-60 minutes or until tender. Puree the split pea mixture and mix with the barley, salt and pepper. This can be frozen in 1-serving portions and microwaved for a quick breakfast or lunch.

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Apple Muffins Serves 12

INGREDIENTS

.25 gram COOKING OIL SPRAY, CANOLA
2 large APPLE W/SKIN, RAW
2 cups WHOLE WHEAT FLOUR
1 cup WHEAT FLOUR, WHITE, ALL PURPOSE
1 1/4 cup OAT BRAN, RAW
2 1/2 tsp BAKING SODA
1 tsp CINNAMON, GROUND
1/2 tsp NUTMEG, GROUND
2 cans APPLE JUICE, UNSWEETENED
8 fl oz WATER, MUNICIPAL

EXCHANGES: 1.32 Starch, 1.28 Fruit, 0.01 Fats, 0.01 Other Carbs

DIRECTIONS

Pre heat oven to 325 degrees. Lightly oil muffin pan with cooking spray. Peel, core, and coarsely chop apples. In a mixing bowl, stir together flours, oat bran, baking soda, cinnamon, and nutmeg. Add thawed apple juice concentrate, chopped apples, and water (enough to make a light batter). Mix just enough to moisten all ingredients. Pour into muffin tin and bake until lightly browned, about 25 to 30 minutes.

Nutty Protein Balls Serves 48

INGREDIENTS

1 cup PEANUT BUTTER, SMOOTH, NO SALT
1/2 cup SOY FLOUR, DEFATTED
1/2 cup RAISIN, SEEDLESS
1/4 cup MAPLE SYRUP, 100%
1/4 cup SUNFLOWER SEED, DRIED

EXCHANGES: 0.03 Starch, 0.07 Very Lean Meat, 0.13 Lean Meat, 0.08 Fruit, 0.61 Fats
0.07 Other Carbs

DIRECTIONS

Mix all ingredients together except sunflower seeds. Roll into 1-inch balls and roll each ball in sunflower seeds to coat. Refrigerate to harden.

Salad Serves 1

INGREDIENTS

1/4 small CUCUMBER, PEELED, RAW
1/2 medium CARROT, RAW
1/4 cup MUSHROOM, RAW
1/2 cup RED PEPPER, SWEET, RAW
1/2 medium whole TOMATO, RED, RIPE, RAW
1 tbsp SALAD DRESSING, ITALIAN, NONFAT

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2 cups JUST LETTUCE SALAD MIX
EXCHANGES: 2.74 Vegetable, 0.13 Other Carbs

Salad with Sunflower Seeds

Serves 1

INGREDIENTS

1/4 small CUCUMBER, PEELED, RAW
1/2 medium CARROT, RAW
1/4 cup MUSHROOM, RAW
1/2 cup RED PEPPER, SWEET, RAW
1/2 medium whole TOMATO, RED, RIPE, RAW
1 tbsp SALAD DRESSING, ITALIAN, NONFAT
2 cups JUST LETTUCE SALAD MIX
1 tbsp SUNFLOWER SEED, DRIED

EXCHANGES: 0.29 Very Lean Meat, 2.74 Vegetable, 0.91 Fats, 0.13 Other Carbs

Broccoli with Garlic and Olive Oil

Serves 4

INGREDIENTS

1 lb BROCCOLI, RAW
1 tbsp OLIVE OIL
1 clove GARLIC, RAW

EXCHANGES: 1.68 Vegetable, 0.66 Fats

DIRECTIONS

Wash broccoli and cut into large pieces. Steam 1 to 2 minutes, until it just turns bright green. Drain well. Pour on olive oil, add minced garlic, and toss.

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