

PlantPure

10-Day Sample Meal Plan

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PlantPure Entrees are intended to serve as the flavorful centerpiece of your lunch and dinner meals. We strongly recommend that you combine these entrees with side salads, veggies and/or fruit. We also recommend that you eat a wholesome breakfast, and that you stick to fruits and cut veggies for snacks.

We developed the following sample meal plan to show what your overall dietary intake would be if you follow our advice.

Day 1 – Sweet Bourbon Vegetables & African Stew

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Carbohydrate	Fiber	Protein	Calories
Breakfast	1.5 c cooked oatmeal	4.5	40.5	0	45	7.5	9	255
	1c blueberries	0.5	4.5	1	21	3.6	1	84
	1 banana	0.4	3.6	1	27	3	1.3	105
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	African Stew	18	160	580	70	12	18	500
Snack	1 cup carrots & celery sticks	0.1	0.9	58	2	2.3	0.8	28
	1.75 oz. oil-free hummus	3	27	120	3	1	6	63
	1 c grapes	0.2	1.8	3	27.3	1.4	1	104
Dinner	Sweet Bourbon Vegetables	8	70	640	72	10	22	460
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Balsamic Vinaigrette	0	0	10	22	1.6	3	85
	1 c steamed broccoli	0.6	5.4	64	11.2	5.1	3.7	55
Dessert	1 1/2 c strawberries	0.75	6.75	3	17.55	4.5	1.5	73.5
Daily Total		36.5 g	324.1 cal.	1536 mg	349.5 g	56.3	70.4 g	1938.5 cal.
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

Note: Daily sugars have not been added to this nutritional chart because it would be misleading to do so; most of the sugar consumed in the daily meal plan we have suggested is naturally occurring.

Day 2 – Peanuttty Buddha Bowl & Asian Stewed Tofu

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 banana	0.4	3.6	1	27	3	1.3	105
	2 slices Ezekial sprouted toast	1	9	150	30	6	8	160
	2 tablespoons fruit only sweetened jam	0	0	0	6	0	0	50
	1 cup pineapple	0	0	2	19.6	2.2	0.8	74
	1 cup orange juice	0.5	4.5	2	25.6	0.5	1.7	112
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
	small box raisins	0.2	1.8	5	34	1.6	1.3	129
Lunch	Peanuttty Buddha Bowl	24	216	480	32	8	20	400
Snack	1/4 c pop corn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
	peach	0.3	2.7	0	12.9	2	1.2	51
Dinner	Asian Stewed Tofu	8	70	420	58	8	20	380
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Balsamic Vinegrette	0	0	10	22	1.6	3	85
	2 c roasted cauliflower	0.2	1.9	64	11.3	5.4	4.2	54
Dessert	1 cup raspberries blended with 1 frozen banana	1.2	10.8	2	41.7	11	2.8	169
Daily Total		37.7 g	337.4 cal.	1194.5 mg	377.5 g	55.6	71.6 g	2025 cal.
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

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Day 3 – Japanese Coconut Vegetables & Smoky Creole Beans and Rice

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 c Ezekiel Whole Grain Cereal	2	18	400	80	12	16	380
	1 c plain almond milk	2.5	22.5	150	8	1	1	60
Snack	1 cup raspberries	0.8	7.2	1	14.7	8	1.5	64
	1 Banana	0.4	3.6	1	27	3	1.3	105
Lunch	Japanese Coconut Vegetables	22	198	520	80	6	14	540
Snack	1/4 c pop corn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
	1 cup carrots & celery sticks	0.1	0.9	58	2	2.3	0.8	28
Dinner	Smoky Creole Beans & Rice	4	30	420	88	14	18	440
	1 c roasted brussel sprouts	0.8	7.2	33	11	4	4	56
Dessert	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Herb Cashew Dressing	5.3	47.7	126	4.2	1	3.2	74
	1 c frozen peaches blended into ice cream	0.3	2.7	0	12.9	2	1.2	51
Daily Total		39.8 g	352.2 cal.	1765.5 mg	360.5	58.3 g	67.8 g	1961 cal.
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

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Day 4 – Garden Sesame Noodles & Spaghetti and Italian Veggie Balls

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1.5 c cooked oatmeal	4.5	40.5	0	45	7.5	9	255
	1c blueberries	0.5	4.5	1	21	3.6	1	84
Snack	1 banana	0.4	3.6	1	27	3	1.3	105
	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	Garden Sesame Noodles	18	162	660	66	14	16	480
Snack	1/4 c pop corn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
	orange	0	0	0	11.3	2.3	0.9	45
Dinner	Spaghetti & Italian Veggie Balls	9	80	420	72	8	22	460
	spiralized zucchini 1 cup	0.4	3.6	10	4.2	1.2	1.5	21
Dinner	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Sweet Tahini Dressing	5	45	6.3	6.2	1	1.7	76
Dessert	1 frozen banana blended with 2 Tablespoons cocoa powder and 1/2 cup almond milk to make shake	3.65	28.6	4	34	5.3	2.8	149
Daily Total		43.4 g	384.9 cal.	1160.8 mg	344.1 g	55.2 g	63.5 g	1931 cal
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

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Day 5 – Country Corn Chowder & Thai Drunken Veggies

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 banana	0.4	3.6	1	27	3	1.3	105
	2 slices Ezekial sprouted toast	1	9	150	30	6	8	160
	2 tablespoons fruit only sweetened jam	0	0	0	6	0	0	50
	orange	0	0	0	11.3	2.3	0.9	45
	1 cup orange juice	0.5	4.5	2	25.6	0.5	1.7	112
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	Country Corn Chowder	22	198	640	60	4	16	460
Snack	1 cup raspberries	0.8	7.2	1	14.7	8	1.5	64
	1/4 c pop corn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
Dinner	Thai Drunken Veggies	12	100	600	70	12	18	460
	1 c asparagus steamed	0.4	3.6	25	7.4	3.6	4.3	40
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Balsamic Vinaigrette	0	0	10	22	1.6	3	85
Dessert	1 c frozen cherries blended with 1/2 cup almond milk into ice cream	2.45	17.5	75	32.7	3.7	2.1	127
Daily Total		41.5 g	360.5 cal	1562.5 mg	364.1 g	54 g	64.1 g	1964 cal.
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

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Day 6 – Creamy Garden Alfredo & Gnocchi W/ Sweet Potato

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1.5 c cooked oatmeal	4.5	40.5	0	45	7.5	9	255
	1c blueberries	0.5	4.5	1	21	3.6	1	84
	1 banana	0.4	3.6	1	27	3	1.3	105
Snack	1 cup orange juice	0.5	4.5	2	25.6	0.5	1.7	112
	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	Gnocchi with Sweet Potatoes	2	18	460	74	4	10	340
Snack	1/4 c pop corn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
Dinner	orange	0	0	0	11.3	2.3	0.9	45
	Creamy Garden Alfredo	18	162	700	68	4	22	500
	spiralized zucchini 1 cup	0.4	3.6	10	4.2	1.2	1.5	21
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Sweet Tahini Dressing	5	45	6.3	6.2	1	1.7	76
	1 frozen banana blended with 2 Tablespoons cocoa powder and 1/2 cup almond milk to make shake	3.65	28.6	4	34	5.3	2.8	149
Daily Total		36.9 g	327.4 cal.	1242.8 mg	373.7 g	41.7 g	59.2 g	1943
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

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Day 7 – Mac N Cheeze & White Bean Chili Mac

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 banana	0.4	3.6	1	27	3	1.3	105
	2 slices Ezekial sprouted toast	1	9	150	30	6	8	160
	2 tablespoons fruit only sweetened jam	0	0	0	6	0	0	50
	orange	0	0	0	11.3	2.3	0.9	45
	1 cup orange juice	0.5	4.5	2	25.6	0.5	1.7	112
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	Mac N Cheeze	20	180	680	72	4	20	540
Snack	1/4 c pop corn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
	peach	0.3	2.7	0	12.9	2	1.2	51
Dinner	White Bean Chili Mac	2	20	520	90	14	20	460
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Balsamic Vinegrette	0	0	10	22	1.6	3	85
	2 c roasted cauliflower	0.2	1.9	64	11.3	5.4	4.2	54
Dessert	1 cup raspberries	0.8	7.2	1	14.7	8	1.5	64
Daily Total		27.1 g	246 cal.	1486.5 mg	380.2 g	56.1 g	69.1 g	1982 cal.
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

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Day 8 – Buffalo Mac N Cheeze & Forbidden Orange Stir-Fry

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1.5 c cooked oatmeal	4.5	40.5	0	45	7.5	9	255
	1c blueberries	0.5	4.5	1	21	3.6	1	84
Snack	1 banana	0.4	3.6	1	27	3	1.3	105
	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	Forbidden Orange Stir Fry	6	54	600	78	4	18	420
Snack	1/4 c pop corn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
Dinner	1 c grapes	0.2	1.8	3	27.3	1.4	1	104
	Buffalo Mac N Cheeze	16	144	680	70	4	24	500
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Balsamic Vinegrette	0	0	10	22	1.6	3	85
	1 c steamed broccoli	0.6	5.4	64	11.2	5.1	3.7	55
Dessert	1 c strawberries	0.5	4.5	2	11.7	3	1	49
Daily Total		30.6 g	275.4 cal.	1419.5 mg	370.6 g	42.5	69.3 g	1913 cal.
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

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Day 9 – New England Chowder & Tuscan Pesto Pasta

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 c Ezekiel Whole Grain Cereal	2	18	400	80	12	16	380
	1 c plain almond milk	2.5	22.5	150	8	1	1	60
Snack	1 cup raspberries	0.8	7.2	1	14.7	8	1.5	64
	1 cup orange juice	0.5	4.5	2	25.6	0.5	1.7	112
	1 Banana	0.4	3.6	1	27	3	1.3	105
	New England Chowder	10	90	620	50	6	10	320
Snack	1/4 c pop corn popped using air popper	1.5	13.5	2.5	26	5	4.2	130
	1 cup carrots & celery sticks	0.1	0.9	58	2	2.3	0.8	28
Dinner	Tuscan Pesto Pasta	10	90	580	74	4	18	460
	1 c roasted brussel sprouts	0.8	7.2	33	11	4	4	56
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Herb Cashew Dressing	5.3	47.7	126	4.2	1	3.2	74
Dessert	1.5 c frozen peaches blended with 1/2 cup almond milk into ice cream	2.15	15.25	75	23.35	3.5	2.3	106.5
Daily Total		36.2 g	321.3 cal.	2102.5 mg	353.6	50.3 g	66.6 g	1928.5 cal.
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

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Day 10 – Chana Masala & Backyard BBQ Medley

Meal	Food Item	Total Fat (g)	Fat Calories	Sodium	Total Carbohydrate	Fiber	Protein	Calories
Breakfast	1 banana	0.4	3.6	1	27	3	1.3	105
	2 slices Ezekial sprouted toast	1	9	150	30	6	8	160
	2 tablespoons fruit only sweetened jam	0	0	0	6	0	0	50
	orange	0	0	0	11.3	2.3	0.9	45
	1 cup orange juice	0.5	4.5	2	25.6	0.5	1.7	112
Snack	apple	0.3	2.7	2	24.7	4.3	0.5	93
Lunch	Chana Masala	12	108	680	78	2	14	460
Snack	1 cup raspberries	0.8	7.2	1	14.7	8	1.5	64
	small box raisins	0.2	1.8	5	34	1.6	1.3	129
Dinner	Backyard BBQ	8	72	660	88	12	22	520
	1 c asparagus steamed	0.4	3.6	25	7.4	3.6	4.3	40
	mixed salad 1.5 cups	0.1	0.9	54	6.7	0	2.6	33
	2 T Balsamic Vinaigrette	0	0	10	22	1.6	3	85
	1 c frozen cherries blended into ice cream	0.7	6.3	0	24.7	3.2	1.6	97
Daily Total		24.4	219.6 cal	1590 mg	400.1 g	48.1 g	62.7 g	1993 cal.
Recommended Daily Allowances	Not to exceed for 2000 kcal	65 g		2400 mg		25 g	50 g	

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Weekly Averages

	Average Daily Calories	Daily Fat Calories	% of Total Calories as Fat Calories	Daily Added Oil	Daily Sodium	Daily Fiber	Daily Protein
Day 1	1939	324	16.7%	0	1536	56	70
Day 2	2025	337	16.7%	0	1195	56	72
Day 3	1961	352	18.0%	0	1766	58	68
Day 4	1931	385	19.9%	0	1161	55	64
Day 5	1964	361	18.4%	0	1563	54	64
Day 6	1943	327	16.8%	0	1243	42	59
Day 7	1982	246	12.4%	0	1487	56	69
Day 8	1913	275	14.4%	0	1420	43	69
Day 9	1929	321	16.7%	0	2103	50	67
Day 10	1993	220	11.0%	0	1590	48	63
Averages	1958 Cals.	315 Cals	16.1%	0	1506	52 g	66g
Recommended Daily Allowances					2400 mg	25 g	50 g

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