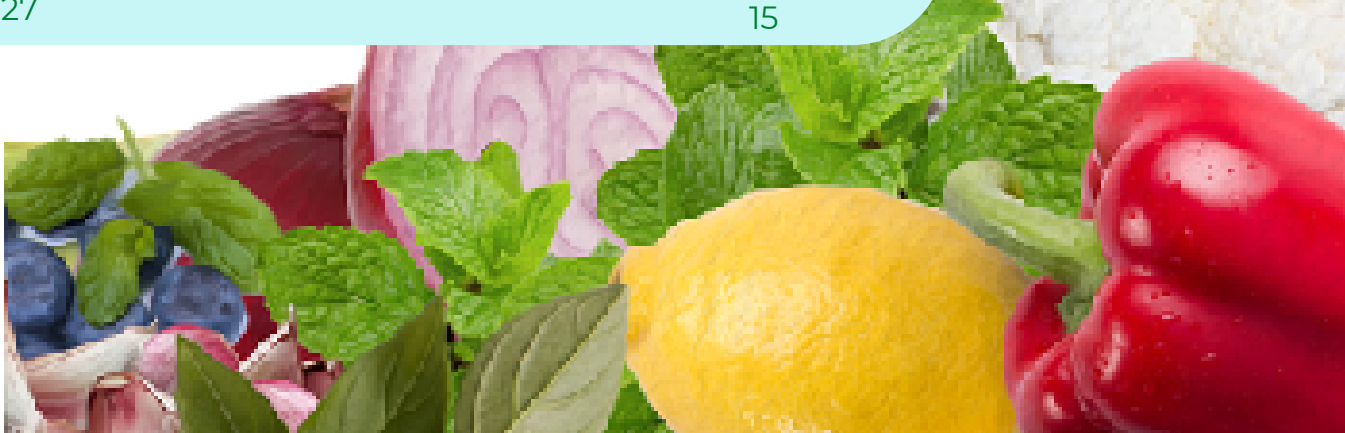
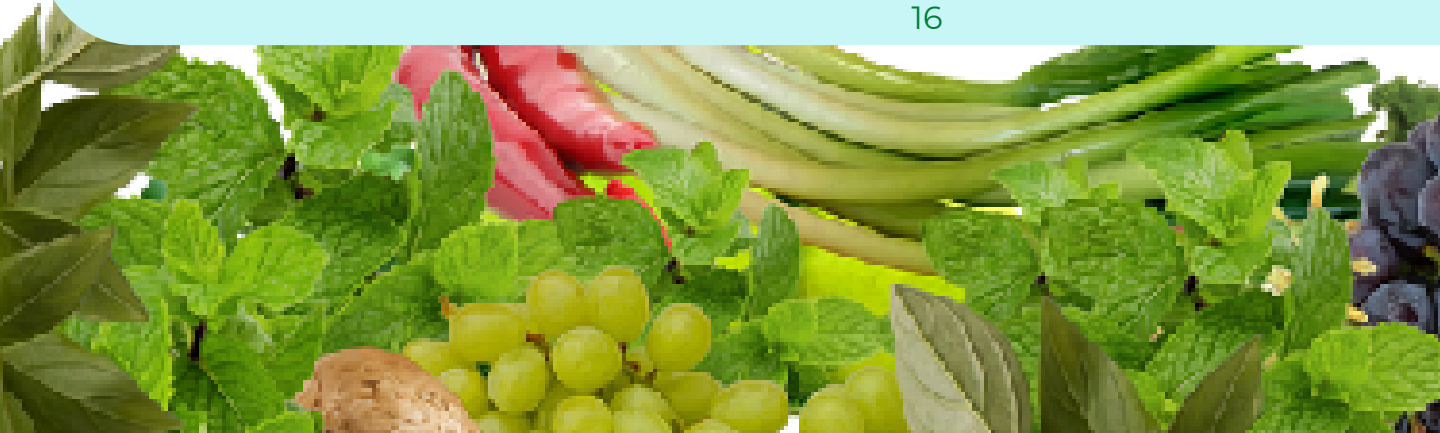


# 7 Day Sample Meal Plan

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	Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b>	<p>Veggie Omelet -1/4 cup diced onion -1/4 cup diced bell pepper -3 egg whites -2 teaspoons canola oil</p> <p>2 pieces whole wheat toast</p> <p><b>Calories:</b> 360 <b>Fat:</b> 11 <b>Protein:</b> 20 <b>Carbs:</b> 45</p>	<p>Soufflé Pancakes <i>*See recipe in Wellness resources</i></p> <p>2 tablespoons walnuts 1/4 cup plain nonfat Greek yogurt 1/2 cup fresh berries</p> <p><b>Calories:</b> 400 <b>Fat:</b> 13 <b>Protein:</b> 19 <b>Carbs:</b> 60</p>	<p>Vegetable Miso Soup -2 cups low sodium vegetable stock -2 ounces firm tofu, chopped -1 cup green chard, chopped -1 tablespoon vegan miso paste -1/4 chopped green onion</p> <p>1/2 cup steamed brown rice 2 boiled eggs</p> <p><b>Calories:</b> 390 <b>Fat:</b> 15 <b>Protein:</b> 21 <b>Carbs:</b> 37</p>	<p>Ogura Toast -2 tablespoons red bean paste -2 pieces whole wheat toast</p> <p>1/2 cup fresh berries 1/2 cup plain nonfat Greek yogurt</p> <p><b>Calories:</b> 370 <b>Fat:</b> 2 <b>Protein:</b> 22 <b>Carbs:</b> 67</p>
<b>Lunch</b>	<p>Edamame Soba Noodle Salad <i>*See recipe in Wellness resources</i></p> <p>1 cup sautéed baby bok choy with 1 teaspoon canola oil</p> <p><b>Calories:</b> 490 <b>Fat:</b> 20 <b>Protein:</b> 19 <b>Carbs:</b> 55</p>	<p>Green Papaya Salad -1 1/2 cups shredded papaya -1 minced garlic clove -1/4 cup roasted peanuts -2 tablespoons lime juice -2 teaspoons tamarind juice -1 tablespoon vegan fish sauce -1/2 cup halved cherry tomatoes</p> <p><b>Calories:</b> 330 <b>Fat:</b> 15 <b>Protein:</b> 12 <b>Carbs:</b> 46</p>	<p>Pad See Ew with Baby Broccoli <i>*See recipe in Wellness resources</i></p> <p>3 ounces pan-seared tofu with 1 teaspoon canola oil</p> <p><b>Calories:</b> 390 <b>Fat:</b> 15 <b>Protein:</b> 17 <b>Carbs:</b> 29</p>	<p>Green Papaya Salad -1 1/2 cups shredded papaya -1 minced garlic clove -1/4 cup roasted peanuts -2 tablespoons lime juice -2 teaspoons tamarind juice -1 tablespoon vegan fish sauce -1/2 cup halved cherry tomatoes</p> <p><b>Calories:</b> 330 <b>Fat:</b> 15 <b>Protein:</b> 12 <b>Carbs:</b> 46</p>
<b>Dinner</b>	<p>Kimchi Fried Rice -1 cup brown rice -1 egg -1/2 cup frozen peas -1/4 cup diced onion -1/4 cup chopped carrot -1 teaspoon sesame oil -1/4 cup kimchi</p> <p><b>Calories:</b> 430 <b>Fat:</b> 12 <b>Protein:</b> 16 <b>Carbs:</b> 64</p>	<p>Tofu Banh Mi Sandwich -6-inch piece baguette, halved -4 ounces grilled tofu slices -1/4 cup julienned carrot -1/2 cup thinly sliced cucumber -1/4 cup shaved pickled daikon -1/4 cup chopped cilantro -1 teaspoon sriracha sauce</p> <p><b>Calories:</b> 350 <b>Fat:</b> 8 <b>Protein:</b> 21 <b>Carbs:</b> 51</p>	<p>Tempeh Stir-Fry -3 ounces tempeh, sliced -1 cup snow peas -1 cup eggplant, cubed -1 cup Napa cabbage, shredded -1 tablespoon coconut aminos -1 teaspoon sesame oil 1 cup steamed brown rice</p> <p><b>Calories:</b> 510 <b>Fat:</b> 16 <b>Protein:</b> 24 <b>Carbs:</b> 74</p>	<p>Veggie Beef &amp; Broccoli <i>*See recipe in Wellness resources</i></p> <p>1 cup steamed brown rice</p> <p><b>Calories:</b> 530 <b>Fat:</b> 14 <b>Protein:</b> 29 <b>Carbs:</b> 75</p>
<b>Snack</b>	<p>1 cup shelled edamame</p> <p><b>Calories:</b> 200 <b>Fat:</b> 6 <b>Protein:</b> 16 <b>Carbs:</b> 16</p>	<p>Tofu Spring Rolls <i>*See recipe in Wellness Resources</i></p> <p>1 tablespoon peanut sauce</p> <p><b>Calories:</b> 360 <b>Fat:</b> 13 <b>Protein:</b> 16 <b>Carbs:</b> 51</p>	<p>1 cup cubed mango 1/2 cup coconut meat</p> <p><b>Calories:</b> 170 <b>Fat:</b> 8 <b>Protein:</b> 2 <b>Carbs:</b> 27</p>	<p>1 dragon fruit 1/4 cup dry roasted peanuts</p> <p><b>Calories:</b> 220 <b>Fat:</b> 14 <b>Protein:</b> 8 <b>Carbs:</b> 15</p>



# 7 Day Sample Meal Plan

	Day 5	Day 6	Day 7
<b>Breakfast</b>	Vegetable Miso Soup -2 cups low sodium vegetable stock -2 ounces firm tofu, chopped -1 cup green chard, chopped -1 tablespoon vegan miso paste -1/4 chopped green onion  1/2 cup steamed brown rice 2 boiled eggs	Soufflé Pancakes <i>*See recipe in Wellness resources</i>  2 tablespoons walnuts 1/4 cup plain nonfat Greek yogurt 1/2 cup fresh berries	Veggie Omelet -1/4 cup diced onion -1/4 cup diced bell pepper -3 egg whites -2 teaspoons canola oil  2 pieces whole wheat toast
<b>Lunch</b>	Edamame Soba Noodle Salad <i>*See recipe in Wellness resources</i>  1 cup sautéed baby bok choy with 1 teaspoon canola oil	Tofu Banh Mi Sandwich -6-inch piece baguette, halved -4 ounces grilled tofu slices -1/4 cup julienned carrot -1/2 cup thinly sliced cucumber -1/4 cup shaved pickled daikon -1/4 cup chopped cilantro -1 teaspoon sriracha sauce	Kimchi Fried Rice -1 cup brown rice -1 egg -1/2 cup frozen peas -1/4 cup diced onion -1/4 cup chopped carrot -1 teaspoon sesame oil -1/4 cup kimchi
<b>Dinner</b>	Tempeh Stir-Fry -3 ounces tempeh, sliced -1 cup snow peas -1 cup eggplant, cubed -1 cup Napa cabbage, shredded -1 tablespoon coconut aminos -1 teaspoon sesame oil 1 cup steamed brown rice	Veggie Beef & Broccoli <i>*See recipe in Wellness resources</i>  1 cup steamed brown rice	Pad See Ew with Baby Broccoli <i>*See recipe in Wellness resources</i>  3 ounces pan-seared tofu with 1 teaspoon canola oil
<b>Snack</b>	1/2 cup cubed mango 1 tablespoon dry roasted peanuts	1 cup shelled edamame	Tofu Spring Rolls <i>*See recipe in Wellness Resources</i>  1 tablespoon peanut sauce

Living  Whole  
Wellness Program

A Recipe for Success

