

## Meat less March Meal Plan

### Day 1

Breakfast	Egg, hard boiled ( <i>OPTIONAL</i> )	1 large	78 cal
7:00	Drinking water	2 Cup(s)	0 cal
AM	Whole Grain Rolled Oats, dry	2/3 Cup(s)	199 cal
	Blueberries	1/3 Cup(s)	28 cal

**Calories** 305 cal / **Carbs** 44 g (58%) / **Protein** 7 g (9%) / **Fat** 10 g (29%) / **Fluid** 19

Snack	Apples	1 small	55 cal
10:00	Almond Butter	1/3 Tbsp	33 cal
AM	Drinking water	1 Cup(s)	0 cal
	Skim Milk with calcium	1 1/2 Cup(s)	130 cal

**Calories** 218 cal / **Carbs** 34 g (62%) / **Protein** 14 g (25%) / **Fat** 4 g (14%) / **Fluid** 22

Lunch	Whole-wheat Pita Bread	1 small	74 cal
12:00	Tomatoes	1/4 Cup(s)	8 cal
PM	Romaine Lettuce	3 leaf	3 cal
	Baby Carrots	10 large	53 cal
	Drinking water	2 Cup(s)	0 cal
	Vegan Chicken Strips, meat free	3 oz	217 cal

**Calories** 355 cal / **Carbs** 39 g (44%) / **Protein** 22 g (25%) / **Fat** 14 g (35%) / **Fluid** 23

Snack	String Cheese, light	1 serving	50 cal
3:00 PM	Bananas	1 small	90 cal
	Drinking water	2 Cup(s)	0 cal

# #GETUPNATION



**Calories** 140 cal / **Carbs** 24 g (69%) / **Protein** 7 g (20%) / **Fat** 3 g (18%) / **Fluid** 19

Dinner 6:00 PM	Drinking water	2 Cup(s)	0 cal
	Wild Rice, cooked	1/3 Cup(s)	55 cal
	Black Beans, no salt, boiled	1/3 Cup(s)	76 cal
	Broccoli, no salt, boiled	4 Cup(s)	218 cal
	Garden Veggie Tempeh	2 oz	125 cal

**Calories** 475 cal / **Carbs** 79 g (66%) / **Protein** 33 g (28%) / **Fat** 8 g (15%) / **Fluid** 37

Snack 8:00 PM	Fruit Yogurt, non-fat	3/4 cup (8 fl oz)	175 cal
	Drinking water	2 Cup(s)	0 cal

**Calories** 175 cal / **Carbs** 35 g (80%) / **Protein** 8 g (19%) / **Fat** 0 g (2%) / **Fluid** 21

## #GETUPNATION Day 2

Breakfast 7:00 AM	Drinking water	2 Cup(s)	0 cal
	Oat Bran Flakes Cereal	1 Cup(s)	179 cal
	Skim Milk with calcium	1 1/2 Cup(s)	130 cal

**Calories** 308 cal / **Carbs** 55 g (71%) / **Protein** 17 g (22%) / **Fat** 2 g (6%) / **Fluid** 27

Snack 10:00 AM	Drinking water	2 Cup(s)	0 cal
	Grapes	3 oz	48 cal
	Almonds	3/4 oz	122 cal

**Calories** 170 cal / **Carbs** 16 g (39%) / **Protein** 5 g (12%) / **Fat** 11 g (58%) / **Fluid** 18

Lunch 12:00 PM	Romaine Lettuce	2 Cup(s)	16 cal
	Extra Virgin Olive Oil	1/3 Tbsp	40 cal
	Cranberries, dried sweetened	1/4 Cup(s)	92 cal

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@GETUPWITHNARDS



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Whole Wheat Dinner Rolls	1 roll	74 cal
Balsamic Vinegar	1 Tbsp	14 cal
Drinking water	2 Cup(s)	0 cal
Vegan Chicken Strips, meat free	2 oz	145 cal

**Calories** 381 cal / **Carbs** 51 g (54%) / **Protein** 15 g (16%) / **Fat** 15 g (36%) / **Fluid** 20

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<b>Snack</b>	Pears	1 small	79 cal
<b>3:00 PM</b>	Egg, hard boiled	1 large	78 cal
	Drinking water	2 Cup(s)	0 cal

**Calories** 157 cal / **Carbs** 22 g (55%) / **Protein** 7 g (17%) / **Fat** 5 g (32%) / **Fluid** 21

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<b>Dinner</b>	Meat Free Burgers, vegan	2 serving	140 cal
<b>6:00 PM</b>	Drinking water	2 Cup(s)	0 cal
	Sweet Potato, no salt, baked	1 large	162 cal
	Spinach, no salt, boiled	1 Cup(s)	41 cal

**Calories** 343 cal / **Carbs** 56 g (65%) / **Protein** 35 g (41%) / **Fat** 2 g (5%) / **Fluid** 26

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<b>Snack</b>	Cottage Cheese, 2% milkfat	1/2 Cup(s)	97 cal
<b>8:00 PM</b>	Blueberries	1/2 Cup(s)	41 cal
	Drinking water	2 Cup(s)	0 cal

**Calories** 139 cal / **Carbs** 15 g (42%) / **Protein** 14 g (40%) / **Fat** 3 g (20%) / **Fluid** 21

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## Day 3

<b>Breakfast</b>	Drinking water	1 Cup(s)	0 cal
<b>7:00 AM</b>	Whole Wheat English Muffin	1 muffin	134 cal
	Skim Milk with calcium	1 Cup(s)	86 cal
	Almond Butter	1 Tbsp	100 cal

**Calories** 320 cal / **Carbs** 42 g (52%) / **Protein** 17 g (21%) / **Fat** 10 g (28%) / **Fluid** 17

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Snack	Egg, hard boiled	1 large	78 cal
10:00	Bananas	1 small	90 cal
AM	Drinking water	2 Cup(s)	0 cal

**Calories** 167 cal / **Carbs** 24 g (56%) / **Protein** 7 g (18%) / **Fat** 6 g (30%) / **Fluid** 20

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Lunch	Tomatoes	1/4 Cup(s)	8 cal
12:00	Apples	1 small	55 cal
PM	Olive Oil, Mayonnaise, light	1 Tbsp	49 cal
	Romaine Lettuce	2 leaf	2 cal
	Drinking water	2 Cup(s)	0 cal
	Whole Wheat Bread	1 slice	100 cal
	Italian Tofurky Deli Slices	4 slices	88 cal


**Calories** 302 cal / **Carbs** 43 g (57%) / **Protein** 15 g (19%) / **Fat** 10 g (29%) / **Fluid** 21

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Snack	Baby Carrots	15 large	79 cal
3:00 PM	Drinking water	2 Cup(s)	0 cal
	String Cheese, light	2 serving	100 cal

**Calories** 179 cal / **Carbs** 21 g (46%) / **Protein** 13 g (30%) / **Fat** 5 g (27%) / **Fluid** 23

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Dinner	 <b>Hearts of Palm Risotto</b>	1/2 serving	157 cal
6:00 PM	Vegan Chicken Fillets, meat free	3 oz	73 cal
	Drinking water	2 Cup(s)	0 cal
	Kale, no salt, boiled	2 Cup(s)	73 cal

**Calories** 303 cal / **Carbs** 48 g (63%) / **Protein** 18 g (23%) / **Fat** 6 g (18%) / **Fluid** 456

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Snack	Peaches	1 large	61 cal
8:00 PM	Drinking water	2 Cup(s)	0 cal

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Fruit Yogurt, non-fat	3/4 cup (8 fl oz)	175 cal
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**Calories** 236 cal / **Carbs** 50 g (85%) / **Protein** 10 g (16%) / **Fat** 1 g (3%) / **Fluid** 25


## Day 4

<b>Breakfast</b>	Blueberries	1 Cup(s)	83 cal
<b>7:00</b>	Whole Grain Rolled Oats, dry	1/2 Cup(s)	150 cal
<b>AM</b>	Egg, hard boiled	1 large	78 cal
	Drinking water	2 Cup(s)	0 cal

**Calories** 310 cal / **Carbs** 49 g (63%) / **Protein** 7 g (10%) / **Fat** 9 g (26%) / **Fluid** 21

<b>Snack</b>	Pears	1/2 small	40 cal
<b>10:00</b>	Drinking water	2 Cup(s)	0 cal
<b>AM</b>	Almonds	1/4 oz	41 cal
	Skim Milk with calcium	1 1/2 Cup(s)	130 cal

**Calories** 210 cal / **Carbs** 30 g (57%) / **Protein** 14 g (27%) / **Fat** 4 g (18%) / **Fluid** 29

<b>Lunch</b>	Vegan Chicken Fillets, meat free	4 oz	97 cal
<b>12:00</b>	Iced Tea, green	16 fl. oz.	0 cal
<b>PM</b>	Romaine Lettuce	2 Cup(s)	16 cal
	Balsamic Vinegar	1 1/2 Tbsp	21 cal
	 <b>Hearts of Palm Risotto</b>	1/2 serving	157 cal

**Calories** 292 cal / **Carbs** 43 g (59%) / **Protein** 17 g (24%) / **Fat** 6 g (17%) / **Fluid** 452

<b>Snack</b>	Baby Carrots	5 large	26 cal
<b>3:00 PM</b>	Oat & Honey Granola Bars	1 bar	140 cal
	Drinking water	2 Cup(s)	0 cal

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**Calories** 166 cal / **Carbs** 27 g (65%) / **Protein** 2 g (6%) / **Fat** 5 g (28%) / **Fluid** 18

Dinner	Garden Veggie Tempeh	3 oz	188 cal
6:00 PM	Drinking water	2 Cup(s)	0 cal
	Wild Rice, cooked	3/4 Cup(s)	124 cal
	Summer Squash, no salt, boiled	1 cup, sliced	36 cal

**Calories** 348 cal / **Carbs** 47 g (54%) / **Protein** 23 g (27%) / **Fat** 9 g (22%) / **Fluid** 25

Snack	Cottage Cheese, 2% milkfat	2/3 Cup(s)	130 cal
8:00 PM	Grapes	3 oz	48 cal
	Drinking water	2 Cup(s)	0 cal

**Calories** 178 cal / **Carbs** 17 g (39%) / **Protein** 19 g (42%) / **Fat** 4 g (21%) / **Fluid** 23

## #GETUPNATION Day 5

Breakfast	Drinking water	2 Cup(s)	0 cal
7:00 AM	Skim Milk with calcium	1 1/2 Cup(s)	130 cal
	Oat Bran Flakes Cereal	2/3 Cup(s)	119 cal
	Egg, hard boiled	1 large	78 cal

**Calories** 326 cal / **Carbs** 43 g (53%) / **Protein** 22 g (27%) / **Fat** 7 g (19%) / **Fluid** 29

Snack	Almond Butter	1 1/2 Tbsp	150 cal
10:00 AM	Apples	1 small	55 cal
	Drinking water	2 Cup(s)	0 cal

**Calories** 205 cal / **Carbs** 19 g (37%) / **Protein** 5 g (9%) / **Fat** 12 g (53%) / **Fluid** 19

Lunch	Baby Carrots	10 large	53 cal
12:00	Vegan Chicken Strips, meat free	3 oz	217 cal



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PM	Romaine Lettuce	2 leaf	2 cal
	Drinking water	2 Cup(s)	0 cal
	Whole-wheat Pita Bread	1 small	74 cal
	Tomatoes	1/4 Cup(s)	8 cal

**Calories** 354 cal / **Carbs** 39 g (44%) / **Protein** 22 g (25%) / **Fat** 14 g (35%) / **Fluid** 23

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Snack 3:00 PM	Fruit Yogurt, non-fat	2/3 cup (8 fl oz)	155 cal
	Drinking water	2 Cup(s)	0 cal
	Peaches	1 large	61 cal

**Calories** 216 cal / **Carbs** 46 g (85%) / **Protein** 9 g (16%) / **Fat** 1 g (3%) / **Fluid** 25

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Dinner 6:00 PM	Three Bean Vegetarian Chili Soup, lower sodium	3/4 Cup(s)	113 cal
	Drinking water	2 Cup(s)	0 cal
	 Portabella Mushroom Burger with Bruschetta Topping	1/2 serving	147 cal

**Calories** 259 cal / **Carbs** 45 g (70%) / **Protein** 12 g (19%) / **Fat** 4 g (15%) / **Fluid** 18

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Snack 8:00 PM	Bananas	1 small	90 cal
	Oat & Honey Granola Bars	1/2 bar	70 cal
	Drinking water	2 Cup(s)	0 cal

**Calories** 160 cal / **Carbs** 34 g (84%) / **Protein** 2 g (5%) / **Fat** 3 g (16%) / **Fluid** 19

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Day 6

Breakfast 7:00 AM	Drinking water	2 Cup(s)	0 cal
	Whole Wheat English Muffin	1 muffin	134 cal
	Almond Butter	1 Tbsp	100 cal
	Skim Milk with calcium	1 1/2 Cup(s)	130 cal

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# #GETUPNATION



**Calories** 364 cal / **Carbs** 48 g (52%) / **Protein** 21 g (24%) / **Fat** 10 g (25%) / **Fluid** 28

Snack	Drinking water	2 Cup(s)	0 cal
10:00	Cottage Cheese, 2% milkfat	1/2 Cup(s)	97 cal
AM	Blueberries	1/2 Cup(s)	41 cal

**Calories** 139 cal / **Carbs** 15 g (42%) / **Protein** 14 g (40%) / **Fat** 3 g (20%) / **Fluid** 21

Lunch	Three Bean Vegetarian Chili Soup, lower sodium	3/4 Cup(s)	113 cal
12:00	Drinking water	2 Cup(s)	0 cal
PM	 <b>Portabella Mushroom Burger with Bruschetta Topping</b>	1/2 serving	147 cal

**Calories** 259 cal / **Carbs** 45 g (70%) / **Protein** 12 g (19%) / **Fat** 4 g (15%) / **Fluid** 18

Snack	Drinking water	2 Cup(s)	0 cal
3:00 PM	String Cheese, light	1 serving	50 cal
	Soy Protein Bar Peanut Butter Fudge	1/2 bar	120 cal
	Apples	1 small	55 cal

**Calories** 225 cal / **Carbs** 33 g (58%) / **Protein** 13 g (24%) / **Fat** 6 g (25%) / **Fluid** 19

Dinner	Italian herb chik'n patties, meat free	1 pattie	170 cal
6:00 PM	Wild Rice, cooked	1/3 Cup(s)	55 cal
	Black Beans, no salt, boiled	1/3 Cup(s)	76 cal
	Drinking water	2 Cup(s)	0 cal
	Spinach, no salt, boiled	2 Cup(s)	83 cal

**Calories** 384 cal / **Carbs** 61 g (63%) / **Protein** 28 g (29%) / **Fat** 6 g (15%) / **Fluid** 30

Snack	Oat & Honey Granola Bars	1/2 bar	70 cal
8:00 PM	Bananas	1 small	90 cal
	Drinking water	2 Cup(s)	0 cal





**Calories** 160 cal / **Carbs** 34 g (84%) / **Protein** 2 g (5%) / **Fat** 3 g (16%) / **Fluid** 19

## Day 7

Breakfast	Egg, hard boiled	1 large	78 cal
7:00	Bananas	1 small	90 cal
AM	Fruit Yogurt, non-fat	3/4 cup (8 fl oz)	175 cal
	Drinking water	2 Cup(s)	0 cal

**Calories** 342 cal / **Carbs** 59 g (68%) / **Protein** 15 g (18%) / **Fat** 6 g (16%) / **Fluid** 25

Snack	String Cheese, light	1 serving	50 cal
10:00	Baby Carrots	15 large	79 cal
AM	Drinking water	2 Cup(s)	0 cal

**Calories** 129 cal / **Carbs** 20 g (61%) / **Protein** 7 g (23%) / **Fat** 3 g (20%) / **Fluid** 23

Lunch	Olive Oil, Mayonnaise, light	1 Tbsp	49 cal
12:00	Tomatoes	1/4 Cup(s)	8 cal
PM	Iced Tea, green	16 fl. oz.	0 cal
	Whole Wheat Tortillas	1 tortilla	127 cal
	Italian Tofurky Deli Slices	4 slices	88 cal

**Calories** 272 cal / **Carbs** 27 g (40%) / **Protein** 13 g (20%) / **Fat** 12 g (40%) / **Fluid** 18

Snack	Apples	1 small	55 cal
3:00 PM	Oat & Honey Granola Bars	1 bar	140 cal
	Drinking water	2 Cup(s)	0 cal

**Calories** 195 cal / **Carbs** 36 g (73%) / **Protein** 2 g (5%) / **Fat** 5 g (24%) / **Fluid** 19

Dinner	Vegan Chicken Fillets, meat free	4 oz	97 cal
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# #GETUPNATION



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6:00 PM	Drinking water	2 Cup(s)	0 cal
	Kale, no salt, boiled	2 Cup(s)	73 cal
	Sweet Potato, no salt, baked	1 large	162 cal

**Calories** 332 cal / **Carbs** 62 g (75%) / **Protein** 22 g (26%) / **Fat** 3 g (8%) / **Fluid** 29

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Snack	Cottage Cheese, 2% milkfat	1/2 Cup(s)	97 cal
8:00 PM	Drinking water	2 Cup(s)	0 cal
	Pears	1/2 small	40 cal
	Skim Milk with calcium	1 Cup(s)	86 cal

**Calories** 223 cal / **Carbs** 27 g (48%) / **Protein** 22 g (39%) / **Fat** 3 g (13%) / **Fluid** 29

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# #GETUPNATION



2 Servings

# Hearts of Palm Risotto

## Ingredients

Vegetable Broth Soup, low sodium	3 Cup(s)
Olive Oil	1 Tbsp
Arborio Rice	1/2 Cup(s)
Onions	1/2 cup, sliced
White Wine	1/4 Cup(s)
Hearts of Palm	1/2 Cup(s)

## Nutrition Totals

**Calories** 628 / **Carbs** 102 g / **Protein** 12 g / **Fat** 15 g / **Fluid** 1728.95 fl oz

## Instructions

1. Heat 1 tablespoon of olive oil in a large, heavy-bottomed saucepan over medium-high heat. Add the onion; cook and stir until it begins to turn golden brown at the edges, about 2 minutes.
2. Pour in the rice, and stir until the rice is coated in oil and has started to toast, 2 to 3 minutes. Reduce the heat to medium and stir in the white wine. Let it cook until it has mostly evaporated, then stir in one-third of the boiling vegetable broth; continue stirring until incorporated.
3. Repeat this process twice more, stirring constantly. Incorporating the broth should take 15 to 20 minutes in all.
4. When the rice is mostly tender, but still has a very slight crunch, stir in the hearts of palm; season with salt and pepper. Cook for another minute to heat through then stir in parsley and serve immediately.

2 Servings



# Portabella Mushroom Burger with Bruschetta Topping

## Ingredients

Olive Oil	2/3 Tbsp
Balsamic Vinegar	1/2 Tbsp
Basil	1/3 Cup(s)
Roma Tomatoes	2 Cup(s)
Garlic	1 clove
Kaiser Rolls	2 roll
Black Pepper	1/2 tsp
Portabella Mushroom	2 cup diced

## Nutrition Totals

**Calories** 587 / **Carbs** 86 g / **Protein** 20 g / **Fat** 15 g / **Fluid** 7.3 fl oz

## Instructions

1. Mix tomatoes, basil, balsamic vinegar, garlic, olive oil, and black pepper in a bowl and refrigerate to blend flavors, 1 to 2 hours.
2. Preheat grill for medium heat and lightly oil the grate.
3. Grill portabella mushrooms with gill sides up on an upper rack of the grill until juicy and hot, about 15 minutes. Spoon tomato mixture into mushroom caps to cover entire cap. Continue grilling until topping is heated through, another 15 to 20 minutes.
4. Serve on kaiser rolls.

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# Meal Plan Shopping List

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<b>Accompaniments</b>	Olive Oil, Mayonnaise, light	2 Tbsp
<b>Beverages</b>	Drinking water	78 Cup(s)
	Iced Tea, green	256 fl. oz.
	White Wine	0.12 Cup(s)
<b>Bread</b>	Kaiser Rolls	0.5 roll
	Whole-wheat Pita Bread	2 small
	Whole Wheat Bread	1 slice
	Whole Wheat Dinner Rolls	1 roll
	Whole Wheat English Muffin	2 muffin
	Whole Wheat Tortillas	1 tortilla
<b>Cereal &amp; Grain Products</b>	Arborio Rice	0.06 Cup(s)
	Oat Bran Flakes Cereal	1.67 Cup(s)
	Whole Grain Rolled Oats, dry	1.17 Cup(s)
	Wild Rice, cooked	1.41 Cup(s)
<b>Dairy &amp; Egg</b>	Cottage Cheese, 2% milkfat	2.17 Cup(s)
	Egg, hard boiled	6 large

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	Fruit Yogurt, non-fat	2.92 cup (8 fl oz)
	Skim Milk with calcium	9.5 Cup(s)
	String Cheese, light	5 serving
<b>Entrees</b>	Meat Free Burgers, vegan	2 serving
	Vegan Chicken Strips, meat free	8 oz
<b>Fats &amp; Oils</b>	Extra Virgin Olive Oil	0.33 Tbsp
	Olive Oil	0.84 Tbsp
<b>Fruits &amp; Juices</b>	Apples	5 small
	Bananas	5 small
	Blueberries	2.33 Cup(s)
	Cranberries, dried sweetened	0.08 Cup(s)
	Grapes	6 oz
	Peaches	2 large
	Pears	2 small
<b>Ingredients</b>	Balsamic Vinegar	2.76 Tbsp
<b>Legumes &amp; Beans</b>	Black Beans, no salt, boiled	0.66 Cup(s)
<b>Nuts &amp; Seeds</b>	Almond Butter	3.83 Tbsp
	Almonds	1 oz
<b>Snacks</b>	Oat & Honey Granola Bars	3 bar

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<b>Soup</b>	Three Bean Vegetarian Chili Soup, lower sodium	1.5 Cup(s)
	Vegetable Broth Soup, low sodium	1.5 Cup(s)
<b>Spices &amp; Herbs</b>	Basil	0.34 Cup(s)
	Black Pepper	0.26 tsp
<b>Sports &amp; Diet Nutritionals</b>	Soy Protein Bar Peanut Butter Fudge	0.5 bar
<b>Vegetables</b>	Baby Carrots	55 large
	Broccoli, no salt, boiled	2 Cup(s)
	Garlic	0.5 clove
	Hearts of Palm	0.26 Cup(s)
	Kale, no salt, boiled	4 Cup(s)
	Onions	0.26 cup, sliced
	Portabella Mushroom	1 cup diced
	Romaine Lettuce	7 leaf
		4 Cup(s)
	Roma Tomatoes	1 Cup(s)
	Spinach, no salt, boiled	3 Cup(s)
	Summer Squash, no salt, boiled	1 cup, sliced
	Sweet Potato, no salt, baked	2 large
	Tomatoes	1 Cup(s)

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<b>Vegetarian Products</b>	Garden Veggie Tempeh	5 oz
	Italian herb chik'n patties, meat free	1 pattie
	Italian Tofurky Deli Slices	40 slices
	Vegan Chicken Fillets, meat free	11 oz

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