

# PLANT-BASED, PEA PROTEIN MEAL REPLACEMENT PLAN

If you were prescribed and are using the plant-based pea protein supplement, you have specific recommendations to assure you get adequate nutrition.

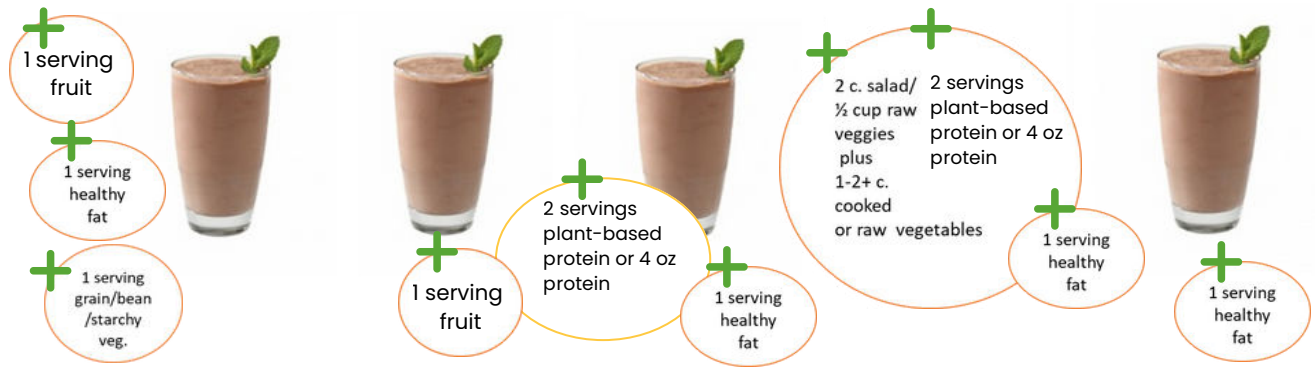
- You can choose a plant-based, non-dairy, vegan, Nutrimed Chocolate shake as part of your plan.
- You must follow the meal plans provided in this guide, they include options for vegetarian, vegan, and non-vegetarian eating plans.
- You will add additional nutritional supplements to your meal replacement plan. Consider the following:
  - Choose a product from the list or find an equivalent. When buying supplements, look for third-party testing certifications (GMP, USP, CL and/or NS International), or a Certificate of Analysis (COA).
  - Specific conditions may require additional nutrition intervention, including but not limited to supplementation.
  - Check with your doctor or medical team before starting a supplement.

## Additional Supplements

Refer to your medical instruction letter for detailed recommendations	
KP Pharmacy Options	Other Brands
<b>Calcium (Choose One)</b> 500-600 mg per day	
<b>Calcium Citrate (60 tablets)</b> Dose: 500 mg Amount: 2 tablets per day	<b>Solaray Calcium Citrate Complex</b> Dose: 500 mg Amount: 2 tablets daily
<b>Omeegas (Choose One)</b> 1,000-1,500 mg per day	
<b>Omega 3-6-9</b> Dose: 1,200 mg Amount: 3 tablets daily	<b>Kirkland Signature Wild Alaskan Fish Oil</b> Dose: 1,400 mg Amount: 1 tablet daily
<b>Krill Oil (Omega 3 and 6)</b> Dose: 1,500 mg Amount: 1 tablet daily	<b>Esmond Natural DHA Algal Oil</b> Dose: 1,000 mg Amount: 4 tablets daily
<b>Chia Seed Oil (Omega 3-6-9)</b> Dose: 1,000 mg Amount: 1 tablet daily This is a vegan option	<b>Total Activation Flaxseed Oil</b> Dose: 1,000 mg Amount: 1 tablet daily

# PARTIAL MEAL REPLACEMENT PLAN

## Plant-Based Pea Protein Supplement Plan



4 shakes per day + calcium, essential fatty acids, and potassium as prescribed	
Food	Servings
Protein	Plant-based 4 servings <b>or</b> Non plant-based 8 servings
Vegetables	1-2 cups cooked 2 cups leafy greens 1/2 cup raw
Healthy fats	3 servings Plus 1-2 Tbsp salad dressing
Fruit	2 servings
Grains/Beans/Starchy Vegetables	1 serving
Probiotic Foods (optional but recommended)	1 cup per day examples: fermented vegetables, kimchi, sauerkraut

### Pea Protein Meal Replacement

#### Nutrition

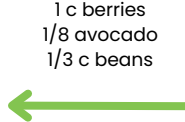
100 calories  
15g of Protein

#### Ingredients

Pea Protein, Natural Flavor, Sugar, Cocoa (Processed with Alkali), Coconut Oil, Rice Syrup Solids, Guar Gum, Salt, Stevia Leaf Extract (Reb A), Sodium Citrate, Sunflower Lecithin Vitamins and Minerals

### Sample Eating Plan

<p>1 meal replacement 1 c berries 1/8 avocado 1/3 c beans</p>	<p>1 meal replacement 1 Tbsp sunflower seeds 1/4 c tempeh 1 orange</p>	<p>1 c tofu 1 c cooked vegetables 2 c leafy green salad 1 Tbsp salad dressing</p>	<p>1 meal replacement 1/4 oz nuts</p>
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72-104 ounces of calorie-free fluids (amount includes what is used in your meal replacements)

# PLANT-BASED PEA PROTEIN SUPPLEMENT DAILY MEAL GUIDE

## Full food plan

Space Meals and Snacks Every 4 Hours				
Meal Time Example	7:30 a.m.	11:30 a.m.	4:30 p.m.	7:30 p.m.
1245-1365 Calories	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 1 grain / starchy vegetable</li> <li>• 1 fruit</li> <li>• 1 healthy fat</li> <li>• 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 1 grain / starchy vegetables</li> <li>• 1 fruit</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 2.5 cups salad</li> <li>• 1-2+ cups vegetables</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• 1 healthy fat</li> </ul>

## Meal replacement plan

Space Meals and Snacks Every 3 Hours					
Meal Time Example	7:30 a.m.	10:30 a.m.	1:30 p.m.	4:30 p.m.	7:30
1160-1175 Calories	<ul style="list-style-type: none"> <li>• MEAL REPLACEMENT</li> <li>• 1 fruit</li> <li>• 1 healthy fat</li> <li>• 1 grain/ starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>• MEAL REPLACEMENT</li> <li>• 1 plant-based or 2 oz protein</li> <li>• 1 fruit</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 2.5 cups salad</li> <li>• 1-2+cups vegetables</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• MEAL REPLACEMENT</li> <li>• 1 healthy fat</li> </ul>
<b>Phase 1</b> 1230-1330 Calories	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 1 fruit</li> <li>• 1 grain / starchy vegetable</li> <li>• 1 healthy fat</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>• MEAL REPLACEMENT</li> <li>• 1 plant-based or 2 oz protein</li> <li>• 1 fruit</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 2.5 cups of salad</li> <li>• 1-2+ cups vegetables</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• MEAL REPLACEMENT</li> <li>• 1 healthy fat</li> </ul>
<b>Phase 2</b> 1290-1410 Calories	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein proteins</li> <li>• 1 fruit</li> <li>• 1 grain / starchy vegetable</li> <li>• 1 healthy fat</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 1 fruit</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 2.5 cups salad</li> <li>• 1-2+ cups vegetables</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• MEAL REPLACEMENT</li> <li>• 1 healthy fat</li> </ul>

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<b>Phase 3</b> 1280-1400 Calories	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 1 fruit</li> <li>• 1 grain / starchy vegetables</li> <li>• 1 healthy fat</li> <li>• 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 1 fruit</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 servings plant-based protein or 4 oz protein</li> <li>• 2.5 cups salad</li> <li>• 1-2+ cups vegetables</li> <li>• 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>• MEAL REPLACEMENT</li> <li>• 1 healthy fat</li> </ul>

Printable Weekly Meal Plan Trackers available at the end of this booklet.

# FOOD OPTIONS

## Protein

**1 oz = 1 serving = 45 calories  
(unless otherwise noted);  
2-4 ounces is a typical serving**

- Beef (sirloin, flank, round; trimmed)
- Chicken breast, skinless
- Cottage cheese (1/4 c = 1 oz)
- Egg (1 = 1 oz)
- Egg whites (3 = 1 oz)
- Fish, wild (all types)
- Pork loin
- Turkey breast, skinless

## Plant-based Protein

**1 serving = 85 calories  
Foods are listed from lowest to  
highest in complex  
carbohydrates**

- Tofu, 1/2 cup
- Seitan, 1/4 cup
- Tempeh, 1/4 cup
- Soybeans, 1/3 cup
- Nutritional Yeast, 3 Tbsp.
- Lentils, 1/3 cup
- Quinoa, 1/3 cup
- Beans, 1/3 cup (black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans)
- Split Peas, 1/3 cup



The palm of an average size hand is about 3 ounces (size of a deck of cards)



A clenched fist is about the size of 1 cup

# FOOD OPTIONS

## Vegetables

1 serving, ½ cup lightly cooked or  
1 cup raw = 25 calories

- Artichoke
- Asparagus
- Beans (wax, green)
- Beets
- Bell Pepper, all colors
- Broccoli
- Brussels Sprouts
- Carrot
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Mushrooms
- Onions
- Spinach
- Summer Squash (zucchini, yellow)
- Tomatoes
- Turnips

## Green Leafy Salad

2 cups greens plus 1/2 cup of raw  
veggies = 100 calories

- Arugula
- Beet greens
- Bibb
- Bok choy
- Boston leaf
- Butter head
- Cabbage
- Collard greens
- Kale
- Loose leaf
- Mixed spring greens
- Mixed power greens
- Romaine
- Spinach
- Watercress
- Iceberg lettuce is a vegetable, not a leafy green

*Salad dressing:* use ½ Tbsp. omega-rich oil: avocado, cod liver, flaxseed, hempseed, olive and/or walnut oil mixed with ½ Tbsp. apple cider vinegar, lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or mustard. One serving is approximately 25 calories. If you use a commercial salad dressing, choose one with minimal ingredients.

## Fruits (4-6 oz.)

1 serving = 60 calories

- Apple, 1 small (tennis ball size)
- Apricots, 3
- Banana, 1 small (4-6 in)
- Berries, 1 c.
- Grapefruit, ½
- Grapes, 15
- Kiwi, 3
- Melon, 1 c., (watermelon, cantaloupe, etc.)
- Orange, 1 medium
- Nectarine, 1 medium
- Peach, 1 medium
- Pear, 1 medium
- Pineapple, 1 c.
- Plums, 2

# FOOD OPTIONS

## Grains/Beans/Starchy Vegetables

1 serving = 80 calories

- Barley, ½ c. cooked
- Beans, ½ c. cooked
- Cereal (Fiber >5 g. per serving), ½ c.
- Corn, ½ c. cooked
- \*\*Couscous, cooked, ½ c.
- Lentils, ½ c. cooked
- \*\*Oats, cooked, ½ c.
- \*\*Pasta, ½ c. cooked
- \*\*Pita, ½ of 6-inch round
- Polenta, ½ c. cooked
- Potato, ½ c. cooked
- Quinoa, ½ c. cooked
- \*\*Rice, brown ½ c. cooked
- \*\*Rye bread, 1 slice
- Split Peas, ½ c. cooked
- Squash, winter (acorn, butternut), ½ c. cooked
- \*\*Tortillas, 1, 6-inch round
- \*\*Whole wheat bread, 1 slice
- Yam, ½ c. cooked

\*\* Choose whole wheat or whole grain. Strive to get around 80 calories and 5 g fiber per serving.

## Healthy Fats

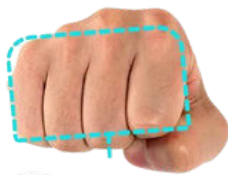
1 Serving = 45 calories

- Avocado, ⅛ whole
- Nut butters, 1/2 tsp.
- Nuts, ½ oz. (almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts)
- Oil, 1 tsp., (avocado oil, olive oil)
- Olives, 8 to 10 small
- Seeds, 1.5 Tbsp. (chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds)

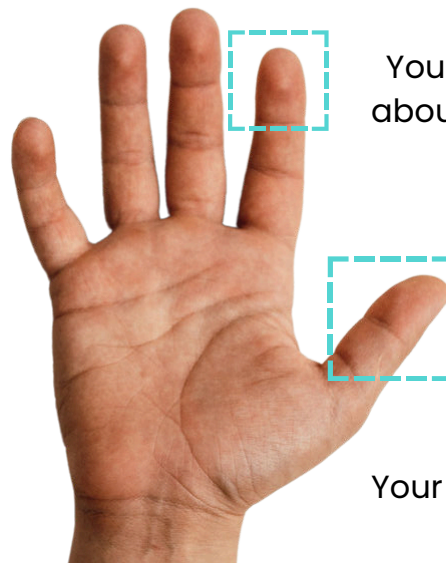
## Milk and Milk Alternatives

1 serving = 90 calories

- Hemp Milk, 1 c.
- Nut Milks (almond milk, cashew milk, walnut milk), 1 c.
- Milk, 1 c.
- Oat Milk, 1 c.
- Soymilk, 1 c.
- Yogurt/ Plant-based Yogurt, 6 oz. (oat milk, nut milk, flax milk) (less than 120 calories and less than 10 g. sugar per serving)



The front of your closed fist is approximately 1/2 cup



Your fingertip is about 1 teaspoon

Your thumb is about 2 tablespoons

# PLANT-BASED PEA PROTEIN SUPPLEMENT PLAN FOOD PLAN TRACKER

## Full food plan

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# PLANT-BASED PEA PROTEIN SUPPLEMENT PLAN FOOD PLAN TRACKER

## Meal replacement plan

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Wednesday	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 grain / starchy vegetable</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 plant-based or 2 oz proteins</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2 cups+ vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>
Thursday	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 grain / starchy vegetable</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 plant-based or 2 oz proteins</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2 cups+ vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>
Friday	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 grain / starchy vegetable</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 plant-based or 2 oz proteins</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2 cups+ vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>
Saturday	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 grain / starchy vegetable</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 plant-based or 2 oz proteins</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2 cups+ vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> MEAL REPLACEMENT</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>

# PLANT-BASED PEA PROTEIN SUPPLEMENT PLAN FOOD PLAN TRACKER

## Phase 1

Space Meals and Snacks Every 4 Hours (1230-1330 calories per day)					
Meal Time					
<b>Sunday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 plant-based or 2 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Monday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 plant-based or 2 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 plant-based or 2 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 plant-based or 2 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 plant-based or 2 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 plant-based or 2 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 plant-based or 2 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>

# PLANT-BASED PEA PROTEIN SUPPLEMENT PLAN FOOD PLAN TRACKER

## Phase 2

Space Meals and Snacks Every 4 Hours (1230-1330 calories per day)					
Meal Time					
Sunday	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	MEAL REPLACEMENT ■ 1 healthy fat
Monday	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	MEAL REPLACEMENT ■ 1 healthy fat
Tuesday	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	MEAL REPLACEMENT ■ 1 healthy fat
Wednesday	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	MEAL REPLACEMENT ■ 1 healthy fat
Thursday	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	MEAL REPLACEMENT ■ 1 healthy fat
Friday	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	MEAL REPLACEMENT ■ 1 healthy fat
Saturday	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 grain / starchy vegetable</li> </ul>	MEAL REPLACEMENT	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2 cups+ vegetables</li> <li>■ 1 healthy fat</li> </ul>	MEAL REPLACEMENT ■ 1 healthy fat

# PLANT-BASED PEA PROTEIN SUPPLEMENT PLAN FOOD PLAN TRACKER

## Phase 3

Space Meals and Snacks Every 4 Hours (1280-1400 calories per day)				
Meal Time				
<b>Sunday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 grain/ starchy vegetable</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2+ cups vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Monday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 grain/ starchy vegetable</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2+ cups vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 grain/ starchy vegetable</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2+ cups vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 grain/ starchy vegetable</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2+ cups vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 grain/ starchy vegetable</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2+ cups vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 grain/ starchy vegetable</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2+ cups vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 grain/ starchy vegetable</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> <li>■ 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 1 fruit</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 plant-based or 4 oz proteins</li> <li>■ 2.5 cups salad</li> <li>■ 1-2+ cups vegetables</li> <li>■ 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li>■ MEAL REPLACEMENT</li> <li>■ 1 healthy fat</li> </ul>

# PLANT-BASED PEA PROTEIN SUPPLEMENT PLAN FOOD PLAN TRACKER

## Full food plan

Space Meals and Snacks Every 4 Hours (1245-1365 calories per day)				
Meal Time				
<b>Sunday</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2+ cups vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 fruit</li> </ul>
<b>Monday</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2+ cups vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 fruit</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2+ cups vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 fruit</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2+ cups vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 fruit</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2+ cups vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 fruit</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 vegetarian or 4 non-vegetarian proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2+ cups vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 fruit</li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 milk alternative</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 1 grain/ starchy vegetable</li> <li><input type="checkbox"/> 1 fruit</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 plant-based or 4 oz proteins</li> <li><input type="checkbox"/> 2.5 cups salad</li> <li><input type="checkbox"/> 1-2+ cups vegetables</li> <li><input type="checkbox"/> 1 healthy fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 healthy fat</li> <li><input type="checkbox"/> 1 fruit</li> </ul>