

## lither meal plan

level 2

| Day 1   | Cals         | F         | C          | P         |
|---|--------------|-----------|------------|-----------|
| <b>Breakfast</b>  | <b>393</b>   | <b>17</b> | <b>56</b>  | <b>16</b> |
| <b>Oat Cakes w/ Almond Crème &amp; Blueberry Sauce</b><br>oat cakes (oat bran, almond milk, brown sugar, extra virgin olive oil, ener-g egg replacer, baking powder, vanilla, salt), almond crème (almonds, water, agave nectar, vanilla, salt), blueberry sauce (blueberries, agave nectar, nutmeg, cinnamon)  | 169          | 7         | 30         | 4         |
| <b>Horchata Shake (16 oz)</b><br>almond milk, tofu, agave nectar, almond extract, cinnamon  | 224          | 10        | 26         | 12        |
| <b>Lunch</b>  | <b>379</b>   | <b>16</b> | <b>40</b>  | <b>14</b> |
| <b>Portabella, Spinach, &amp; Ricotta Crepes</b><br>crepes (buckwheat flour, whole wheat pastry flour, Ener-g egg replacer, baking powder, extra virgin olive oil, almond milk, water, salt), portabella mushrooms, ricotta cheese, spinach, alfalfa sprouts, basil, soy sauce, garlic powder, ume plum vinegar   | 312          | 16        | 32         | 13        |
| <b>Greenie (8oz)</b><br>kale, cucumber, celery, apple, lemon  | 67           | 0         | 8          | 1         |
| <b>Dinner</b>   | <b>488</b>   | <b>27</b> | <b>60</b>  | <b>37</b> |
| <b>Pan Seared Tofu w/ Roasted Brussels Sprouts &amp; Mashed Rutabaga</b><br>tofu, brussels sprouts, rutabaga, nutritional yeast, soy sauce, extra virgin olive oil, Earth Balance margarine, almond milk, salt, pepper, black bean sauce (black beans, onion, orange zest, extra virgin olive oil, liquid smoke, salt, soy sauce, ume plum vinegar, cayenne pepper, garlic) | 308          | 17        | 34         | 34        |
| <b>Lithe Pudding: Chocolate Mousse</b><br>avocado, cocoa, agave nectar, raspberries   | 180          | 10        | 26         | 3         |
| <b>Snack</b>  | <b>288</b>   | <b>19</b> | <b>29</b>  | <b>6</b>  |
| <b>Crudite w/ Raw Walnut Pate</b><br>carrots, celery, red bell pepper, walnut pate (walnuts, celery, onions, garlic, parsley, cilantro, olives, soy sauce, extra virgin olive oil)  | 214          | 19        | 10         | 5         |
| <b>Lithe Lemonade (8oz)</b><br>carrot, lemon, water, agave nectar, fresh ginger   | 74           | 0         | 19         | 1         |
| <b>DAILY TOTALS:</b>  | <b>1,548</b> | <b>79</b> | <b>185</b> | <b>73</b> |

## lither meal plan

level 2

| Day 2   | Cals         | F         | C          | P         |
|---|--------------|-----------|------------|-----------|
| <b>Breakfast</b>  | <b>326</b>   | <b>9</b>  | <b>53</b>  | <b>14</b> |
| <b>Lithe Quiche</b><br>egg, potato, kale, mushroom, onion, whole wheat pastry flour, extra virgin olive oil, ricotta cheese, mozzarella cheese, water, oregano, salt, pepper  | 216          | 8         | 27         | 12        |
| <b>Lithe Sunrise Smoothie (8oz)</b><br>orange, pineapple, almond milk, ice  | 110          | 1         | 26         | 2         |
| <b>Lunch</b>  | <b>361</b>   | <b>11</b> | <b>51</b>  | <b>13</b> |
| <b>Tempeh Dumplings w/ Mushroom Leek Soup</b><br>dumplings (tempeh, dumpling wrappers, daiya vegan cheese, kale)<br>soup (veggie broth, mushrooms, leeks, rutabaga, extra virgin olive oil, sherry)   | 287          | 11        | 32         | 12        |
| <b>Lithe Lemonade (8oz)</b><br>carrot, lemon, water, agave nectar, fresh ginger   | 74           | 0         | 19         | 1         |
| <b>Dinner</b>   | <b>496</b>   | <b>31</b> | <b>31</b>  | <b>19</b> |
| <b>Portabella Panini w/ Kale Salad</b><br>panini (portabella mushrooms, cashew "cheese" (cashews, garlic, salt, lemon juice, nutritional yeast, water), basil, boston lettuce, sundried tomato, olive oil, balsamic vinegar, salt, pepper, garlic powder)<br>salad (kale, tomato, shallots, lemon juice, extra virgin olive oil, nutritional yeast, tahini, soy sauce, water, salt, pepper) | 348          | 21        | 20         | 15        |
| <b>Stuffed Strawberries</b><br>strawberries, almond crème (almonds, water, agave nectar, vanilla, salt), fresh mint leaves  | 148          | 10        | 11         | 4         |
| <b>Snack</b>  | <b>330</b>   | <b>18</b> | <b>30</b>  | <b>8</b>  |
| <b>Apple Chips w/ Almond Butter</b><br>apple, almond butter   | 263          | 18        | 22         | 7         |
| <b>Greenie (8oz)</b><br>kale, cucumber, celery, apple, lemon  | 67           | 0         | 8          | 1         |
| <b>DAILY TOTALS:</b>  | <b>1,513</b> | <b>69</b> | <b>165</b> | <b>54</b> |

## lither meal plan

level 2

| Day 3   | Cals         | F         | C          | P         |
|---|--------------|-----------|------------|-----------|
| <b>Breakfast</b>  | <b>345</b>   | <b>13</b> | <b>55</b>  | <b>9</b>  |
| <b>Yogurt Parfait w/ Lithe Granola &amp; Raspberries</b><br>yogurt, granola (oats, almonds, sunflower seeds, cinnamon, salt, coconut oil, agave nectar, golden raisins, apricots), raspberries  | 278          | 13        | 47         | 8         |
| <b>Greenie (8oz)</b><br>kale, cucumber, celery, apple, lemon  | 67           | 0         | 8          | 1         |
| <b>Lunch</b>  | <b>337</b>   | <b>29</b> | <b>26</b>  | <b>20</b> |
| <b>Tomato Sesame Salad</b><br>spinach, arugula, tofu, tomato, carrot, zucchini, cashews, scallions, dressing (extra virgin olive oil, white vinegar, sundried tomatoes, tahini, sesame oil, lemon juice)  | 221          | 21        | 13         | 18        |
| <b>Strawberry Coconut Smoothie (8oz)</b><br>strawberries, coconut milk, coconut, vanilla, ice   | 116          | 8         | 13         | 2         |
| <b>Dinner</b>   | <b>543</b>   | <b>20</b> | <b>53</b>  | <b>37</b> |
| <b>Lithe Chicken Parm</b><br>chicken, soba noodles, basil, fire roasted tomatoes, Chinese long beans, onion, garlic, artichoke, olive oil, egg white, panko, sesame seeds, fresh mozzarella cheese, salt, pepper  | 378          | 10        | 36         | 35        |
| <b>Raw Macaroons w/ Cherry Mousse &amp; Almond Crème</b><br>macaroons (coconut, almond flour, coconut oil, maple syrup, agave nectar, vanilla extract, sea salt), mousse (dried cherries, apple juice, cornstarch, agave, tahini, water), crème (almonds, water, agave nectar, vanilla extract, salt) | 165          | 10        | 17         | 2         |
| <b>Snack</b>  | <b>285</b>   | <b>9</b>  | <b>52</b>  | <b>3</b>  |
| <b>Sweet Potato Chips w/ Scallion Red Pepper Sauce</b><br>sweet potato, extra virgin olive oil, salt<br>vegan mayo, scallions, roasted red peppers  | 139          | 8         | 15         | 1         |
| <b>Green Smoothie (8oz)</b><br>kale, apple, banana, ice   | 146          | 1         | 37         | 2         |
| <b>DAILY TOTALS:</b>  | <b>1,510</b> | <b>71</b> | <b>186</b> | <b>69</b> |