



Date: 08 October 2018

Practitioner: Rachel Aust

Client Name: Premium Coaching

Meal Plan

	Monday
Breakfast	Easy Spinach & Egg White Omelette, 1 serving (377 g) Sauerkraut, canned, solids and liquids, 0.5 cup (71 g)
Lunch	Cod Delight, 1 serving (167 g) Broccoli, 1 cup chopped (91 g) Green Beans, Fresh, 0.5 cup (54 g)
Dinner	Easy Recipe For Oven Roasted Vegetables With Sage And Thyme, 1 serving (222 g) Salmon, Fresh, 1 fillet (125 g) Butter, No Salt, 1 teaspoon (4 g)
Snacks	Raspberry Chia Seed Pudding, 1 serving (255 g) Almonds, 1 servings (30 g) No Bake Macadamia Pecan Slice, 1 serving (34 g)

	Tuesday
Breakfast	Keto Choc Protein Smoothie, 1 serving (331 g)
Lunch	Easy Recipe For Oven Roasted Vegetables With Sage And Thyme, 1 serving (222 g) Salmon, Fresh, 1 fillet (125 g) Butter, No Salt, 1 teaspoon (4 g)
Dinner	Falafel, 2 patty (approx 2-1/4" dia) (34 g) Easy Tabouleh, 0.3 serving (309 g) Hummus, 1 tbsp (15 g)
Snacks	Almonds, 1 servings (30 g) Blueberries, 1 portion(s) (50 g)

	Wednesday
Breakfast	Keto Choc Protein Smoothie, 1 serving (331 g)
Lunch	Falafel, 2 patty (approx 2-1/4" dia) (34 g) Easy Tabouleh, 0.3 serving (309 g) Hummus, 1 tbsp (15 g)
Dinner	Tempeh, 1 cup (166 g) Easy Roasted Mushrooms with Rosemary & Garlic, 1 serving (124 g) Broccoli, 1 cup chopped (91 g) Cauliflower, 1 cup (103 g)
Snacks	Dark Chocolate (70%-85%), 2 squares(s) (25 g) Blueberries, 1 portion(s) (50 g)

	Thursday
Breakfast	<p>Easy Spinach & Egg White Omelette, 1 serving (377 g) Sauerkraut, canned, solids and liquids, 0.5 cup (71 g)</p>
Lunch	<p>Tempeh, 1 cup (166 g) Easy Roasted Mushrooms with Rosemary & Garlic, 1 serving (124 g) Broccoli, 1 cup chopped (91 g) Cauliflower, 1 cup (103 g)</p>
Dinner	<p>Grilled Mackerel with Sicilian Caper-Tomato Salsa, 1 serving (391 g) Butter, No Salt, 1 teaspoon (4 g) Asparagus, Fresh, 5 spear, medium (5-1/4" to 7" long) (80 g)</p>
Snacks	<p>Raspberry Chia Seed Pudding, 1 serving (255 g) Dark Chocolate (70%-85%), 2 squares(s) (25 g)</p>

	Friday
Breakfast	Keto Choc Protein Smoothie, 1 serving (331 g)
Lunch	Quinoa, 0.5 cup (71 g) Mackerel, Fresh, 1 portion(s) (151 g) Tomato, Fresh, 1 cup (142 g) Zucchini, 1 small (118 g) Butter, No Salt, 1 tablespoon (14 g)
Dinner	Easy Recipe For Oven Roasted Vegetables With Sage And Thyme, 1 serving (222 g) Salmon, Fresh, 1 fillet (125 g) Butter, No Salt, 1 teaspoon (4 g)
Snacks	Blueberries, 1 portion(s) (50 g)

	Saturday
Breakfast	Raspberry Chia Seed Pudding, 1 serving (255 g) Almonds, 1 servings (30 g)
Lunch	Easy Recipe For Oven Roasted Vegetables With Sage And Thyme, 1 serving (222 g) Salmon, Fresh, 1 fillet (125 g) Butter, No Salt, 1 teaspoon (4 g)
Dinner	Grilled Mackerel with Sicilian Caper-Tomato Salsa, 1 serving (391 g) Butter, No Salt, 1 teaspoon (4 g) Asparagus, Fresh, 5 spear, medium (5-1/4" to 7" long) (80 g)
Snacks	Almond Butter, 1 tbsp (16 g) No Bake Macadamia Pecan Slice, 1 serving (34 g)

	Sunday
Breakfast	Easy Spinach & Egg White Omelette, 1 serving (377 g) Sauerkraut, canned, solids and liquids, 0.5 cup (71 g)
Lunch	Quinoa, 0.5 cup (71 g) Mackerel, Fresh, 1 portion(s) (151 g) Tomato, Fresh, 1 cup (142 g) Zucchini, 1 small (118 g) Butter, No Salt, 1 tablespoon (14 g)
Dinner	Cod Delight, 1 serving (167 g) Broccoli, 1 cup chopped (91 g) Green Beans, Fresh, 0.5 cup (54 g)
Snacks	Dark Chocolate (70%-85%), 2 squares(s) (25 g) No Bake Macadamia Pecan Slice, 1 serving (34 g) Almonds, 1 servings (30 g)

Meal Plan Summary

	Breakfast	Lunch	Dinner	Snacks
M O	Easy Spinach & Egg White Omelette, 1 serving (377 g) Sauerkraut, canned, solids and liquids, 0.5 cup (71 g)	Cod Delight, 1 serving (167 g) Broccoli, 1 cup chopped (91 g) Green Beans, Fresh, 0.5 cup (54 g)	Easy Recipe For Oven Roasted Vegetables With Sage And Thyme, 1 serving (222 g) Salmon, Fresh, 1 fillet (125 g) Butter, No Salt, 1 teaspoon (4 g)	Raspberry Chia Seed Pudding, 1 serving (255 g) Almonds, 1 servings (30 g) No Bake Macadamia Pecan Slice, 1 serving (34 g)
T U	Keto Choc Protein Smoothie, 1 serving (331 g)	Easy Recipe For Oven Roasted Vegetables With Sage And Thyme, 1 serving (222 g) Salmon, Fresh, 1 fillet (125 g) Butter, No Salt, 1 teaspoon (4 g)	Falafel, 2 patty (approx 2-1/4" dia) (34 g) Easy Tabouleh, 0.3 serving (309 g) Hummus, 1 tbs (15 g)	Almonds, 1 servings (30 g) Blueberries, 1 portion(s) (50 g)
W E	Keto Choc Protein Smoothie, 1 serving (331 g)	Falafel, 2 patty (approx 2-1/4" dia) (34 g) Easy Tabouleh, 0.3 serving (309 g) Hummus, 1 tbs (15 g)	Tempeh, 1 cup (166 g) Easy Roasted Mushrooms with Rosemary & Garlic, 1 serving (124 g) Broccoli, 1 cup chopped (91 g) Cauliflower, 1 cup (103 g)	Dark Chocolate (70%-85%), 2 squares(s) (25 g) Blueberries, 1 portion(s) (50 g)
T H	Easy Spinach & Egg White Omelette, 1 serving (377 g) Sauerkraut, canned, solids and liquids, 0.5 cup (71 g)	Tempeh, 1 cup (166 g) Easy Roasted Mushrooms with Rosemary & Garlic, 1 serving (124 g) Broccoli, 1 cup chopped (91 g) Cauliflower, 1 cup (103 g)	Grilled Mackerel with Sicilian Caper-Tomato Salsa, 1 serving (391 g) Butter, No Salt, 1 teaspoon (4 g) Asparagus, Fresh, 5 spear, medium (5-1/4" to 7" long) (80 g)	Raspberry Chia Seed Pudding, 1 serving (255 g) Dark Chocolate (70%-85%), 2 squares(s) (25 g)
F R	Keto Choc Protein Smoothie, 1 serving (331 g)	Quinoa, 0.5 cup (71 g) Mackerel, Fresh, 1 portion(s) (151 g) Tomato, Fresh, 1 cup (142 g) Zucchini, 1 small (118 g) Butter, No Salt, 1 tablespoon (14 g)	Easy Recipe For Oven Roasted Vegetables With Sage And Thyme, 1 serving (222 g) Salmon, Fresh, 1 fillet (125 g) Butter, No Salt, 1 teaspoon (4 g)	Blueberries, 1 portion(s) (50 g)
S A	Raspberry Chia Seed Pudding, 1 serving (255 g) Almonds, 1 servings (30 g)	Easy Recipe For Oven Roasted Vegetables With Sage And Thyme, 1 serving (222 g) Salmon, Fresh, 1 fillet (125 g) Butter, No Salt, 1 teaspoon (4 g)	Grilled Mackerel with Sicilian Caper-Tomato Salsa, 1 serving (391 g) Butter, No Salt, 1 teaspoon (4 g) Asparagus, Fresh, 5 spear, medium (5-1/4" to 7" long) (80 g)	Almond Butter, 1 tbs (16 g) No Bake Macadamia Pecan Slice, 1 serving (34 g)
S U	Easy Spinach & Egg White Omelette, 1 serving (377 g) Sauerkraut, canned, solids and liquids, 0.5 cup (71 g)	Quinoa, 0.5 cup (71 g) Mackerel, Fresh, 1 portion(s) (151 g) Tomato, Fresh, 1 cup (142 g) Zucchini, 1 small (118 g) Butter, No Salt, 1 tablespoon (14 g)	Cod Delight, 1 serving (167 g) Broccoli, 1 cup chopped (91 g) Green Beans, Fresh, 0.5 cup (54 g)	Dark Chocolate (70%-85%), 2 squares(s) (25 g) No Bake Macadamia Pecan Slice, 1 serving (34 g) Almonds, 1 servings (30 g)

Recipes

Raspberry Chia Seed Pudding

Raspberry Chia Seed Pudding 1 serving. Ready in 5 min.

Ingredients

Chia seeds, **3 tbsp (36 g)**

Coconut, milk, canned, reduced fat, **0.5 can (200 g)**

Raspberries, **10 raspberries (19 g)**



Instructions/Preparation

1. Combine chia seeds and coconut milk and stir the seeds through as evenly as possible.
2. (Optional) Add in a teaspoon of maple syrup or some vanilla bean seeds
3. In a separate bowl, crush up some raspberries with a fork, add to chia seeds
4. Let the mixture set in the fridge for at least 3 hours (I usually find overnight works best)

Original source: <https://eatrunlift.me/eat-run-lift/2014/09/09/chia-seed-snack?rq=chia%20>

Keto Choc Protein Smoothie

Keto Choc Protein Smoothie 1 serving. Ready in 3 min.

Ingredients

Ice cubes, upc: 03481204, **4 PIECE (9 g)**

Coconut Oil, **2 tbsp (26 g)**

Almond Butter, **2 tbsp (32 g)**

Whey Protein, **1 scoop (30 g)**

Water, **0.5 cup (120 g)**

Coconut Milk, **0.5 cup (114 g)**

Instructions/Preparation

(Use chocolate flavoured whey protein that has <3g carbs)

1. Blend



Original source: <https://eatrunlift.me/premium/blog/2017/9/6/keto-choc-protein-smoothie-k-v-gf-df>

No Bake Macadamia Pecan Slice

No Bake Macadamia Pecan Slice 10 servings. Ready in 60 min.

Ingredients

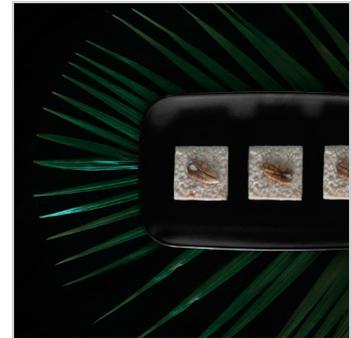
Macadamia nuts, **2 cup (248 g)**

Almond Butter, **2 tbsp (32 g)**

Coconut Oil, **2 tbsp (26 g)**

Stevia, **2 package (2 g)**

Pecan nuts, **10 pecans (28 g)**



Instructions/Preparation

1. Place macadamia nuts into a food processor and break them down into fine pieces
2. Tip the macadamias into a mixing bowl and add in the almond butter, coconut oil and stevia
3. Mix together well
4. Take a baking tray and line it with baking paper
5. Tip the mixture into the baking tray and press it up to one side (the mixture should be thick enough to want to hold together, it should not be runny and should not take up a large amount of the baking tray)
6. Evenly spread the 10 pecans on top (as guidelines to where you will cut the slice)
7. Place in the freezer for 1-2 hours before eating, and keep stored in the freezer

Original source: <https://eatrunlift.me/eat-run-lift/2017/6/30/recipe-no-bake-macadamia-pecan-slice>

Easy Tabouleh

Easy Tabouleh 1 serving. Ready in 45 min.

Ingredients

Salt, **1 1/2 tsp (1 g)**

3 tablespoons of olive oil, **3 servings (42 g)**

1/2 lemon juice from a lemon, **0.5 juice of lemon (15 g)**

2 smalls cucumbers, **2 cucumber (600 g)**

1 bunch of flat leaf parsley, **1 cup (57 g)**

2 medium sized tomatoes, **2 medium whole (2-3/5" dia) (246 g)**

1/2 cup bulgur, **0.5 cup (70 g)**



Instructions/Preparation

1. Chop the vegetables and parsley finely. The restaurant version has the veggies diced fairly small and I wanted to stay true to that.
2. Rinse the cracked wheat in a fine mesh sieve and let drain.
3. Combine all ingredients in a large bowl.

Original source: <http://www.foodista.com/recipe/HC6SVFST/easy-tabouleh>

Easy Roasted Mushrooms with Rosemary & Garlic

Easy Roasted Mushrooms with Rosemary & Garlic 4 servings. Ready in 25 min.

Ingredients

$\frac{3}{4}$ tsp crushed rosemary, **0.75 tsp (2 g)**

$\frac{1}{4}$ tsp salt, **0.25 teaspoon (2 g)**

2 tbsp olive oil, **2 servings (28 g)**

3 garlic cloves, chopped, **3 clove (9 g)**

1 lb. crimini (baby bella) mushrooms, stems trimmed, **1 pound (454 g)**

$\frac{1}{4}$ tsp ground pepper, **0.25 tsp (1 g)**



Instructions/Preparation

Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray. Depending on the size of the mushrooms, cut them. Cut large mushrooms into quarters, medium mushrooms in half and leave small mushrooms whole. In a bowl, toss the mushrooms with olive oil, rosemary, salt and pepper. Transfer to the prepared baking sheet. Roast the mushrooms for 10 minutes. Add the garlic and stir to combine. Roast until the mushrooms are tender and starting to brown, 7 to 10 minutes. Serve.

Original source: <http://www.cookincanuck.com/2014/09/easy-roasted-mushrooms-with-rosemary-garlic-recipe/>

Easy Spinach & Egg White Omelette

Easy Spinach & Egg White Omelette 1 serving. Ready in 5 min.

Ingredients

¼ cup low-fat cottage cheese, **0.25 cup (not packed) (57 g)**

3 egg whites, **3 egg whites (90 g)**

1 tsp. olive oil, **1 tsp (5 g)**

1 cup baby spinach, **1 cup (30 g)**

Diced tomatoes, for serving, **1 cup, chopped or sliced (180 g)**

1 tbsp. water, **1 Tablespoons (15 g)**

Salt & pepper, **1 serving (1 g)**



Instructions/Preparation

In a medium bowl, whisk together egg whites and water. Season with salt and pepper. In a nonstick skillet, heat oil over medium-high heat. Add spinach and season with salt and pepper. Stir for a minute, until leaves are wilted and tender. Add in egg whites and cook until almost set. Using a spatula, lightly lift up sides around the outside of the omelet and let any uncooked egg whites run underneath. Spread cottage cheese on top of the omelette in the middle, and sprinkle with parmesan. Fold each side of the omelette over onto itself, covering the cottage cheese. Serve with some diced tomatoes, if desired. Enjoy!

Original source: <http://www.yummyhealthyeasy.com/2014/04/easy-spinach-egg-white-omelette.html>

Easy Recipe For Oven Roasted Vegetables With Sage And Thyme

Easy Recipe For Oven Roasted Vegetables With Sage And Thyme 8 servings. Ready in 40 min.

Ingredients

4 sage leaves, chopped, **4 teaspoon (4 g)**

4 thyme sprigs, **4 handful (8 g)**

7 cups of assorted root vegetables, such as carrots, sweet potatoes, celeriac, beets, and parsnips, **7 cup (952 g)**

1 onion, sliced, **1 red onion (106 g)**

Maple syrup, to taste, **8 tablespoons (160 g)**

1/3 cup extra virgin olive oil, **0.33 cup (72 g)**

Salt and pepper, to taste, **8 servings (4 g)**

2 cups of winter squash, such as acorn squash, butternut squash, or pumpkin, **2 cups (473 g)**



Original source: <http://jeanetteshealthyliving.com/2011/10/oven-roasted-vegetables-with-sage-and-thyme-recipe.html>

Grilled Mackerel with Sicilian Caper-Tomato Salsa

Grilled Mackerel with Sicilian Caper-Tomato Salsa 4 servings. Ready in 45 min.

Ingredients

3 tablespoons capers,**3 tablespoons (24 g)**

3 tablespoons extra-virgin olive oil, plus more for brushing,**3 servings (42 g)**

1 tablespoon fresh lemon juice, plus wedges for serving,**1 tablespoon (16 g)**

1 large garlic clove, thinly sliced,**1 garlic clove (4 g)**

1 pound new potatoes,**1 lb (454 g)**

4 spanish mackerel fillets with skin (about 6 ounces each), pin bones removed,**4 fillet (680 g)**

3/4 pound ripe tomatoes—peeled, seeded and cut into 1/2-inch dice, or 3 cups cherry tomatoes, halved,**0.75 pound (340 g)**

Salt and freshly ground pepper,**4 servings (2 g)**



Instructions/Preparation

Bring a medium saucepan of water to a boil. Add the potatoes and cook until tender, about 20 minutes. Drain the potatoes and let cool slightly, then cut into quarters. In a medium skillet, heat the 3 tablespoons of oil. Add the potatoes and cook over high heat until lightly browned in spots, about 5 minutes. Add the garlic and cook until the potatoes are browned and the garlic is crisp, about 3 minutes longer. Season with salt and pepper and keep warm. Heat a grill pan. In a bowl, toss the tomatoes, capers and lemon juice; season with salt and pepper. Brush the mackerel with oil and season with salt and pepper. Grill over high heat for 7 minutes, turning once, until lightly charred and cooked through. Transfer the fish to plates and top with the salsa. Serve the potatoes alongside.

Original source: <http://www.foodandwine.com/recipes/grilled-mackerel-with-sicilian-caper-tomato-salsa>

Cod Delight

Cod Delight 4 servings. Ready in 15 min.

Ingredients

1 teaspoon dried parsley flakes, **1 teaspoon (1 g)**
1/2 teaspoon minced fresh basil, **0.5 teaspoon (0 g)**
1/8 teaspoon salt, **0.13 teaspoon (1 g)**
2 tablespoons canola oil, **2 tbsp (28 g)**
4-1/2 teaspoons lemon juice, **4 teaspoons (20 g)**
1/2 teaspoon minced garlic, **0.5 clove (2 g)**
1/3 cup finely chopped onion, **0.33 cup (56 g)**
1/2 cup chopped tomatoes, **0.5 cup (72 g)**
2 tablespoons water, **2 tablespoons (32 g)**
1 pound cod fillets, **1 pound (454 g)**
1 teaspoon seafood seasoning, **1 teaspoon (2 g)**



Instructions/Preparation

Directions Place the cod fillets in a shallow microwave-safe dish. In a small bowl, combine the tomatoes, onion, water, oil, lemon juice, parsley, garlic, basil and salt; spoon over cod. Sprinkle with seafood seasoning. Cover and microwave on high for 6 minutes or until fish flakes easily with a fork. Yield: 4 servings. Editor's Note: This recipe was tested in a 1,100-watt microwave. Originally published as Cod Delight in Simple & Delicious March/April 2006, p35 Nutritional Facts 1 serving equals 154 calories, 8 g fat (1 g saturated fat), 43 mg cholesterol, 304 mg sodium, 3 g carbohydrate, 1 g fiber, 18 g protein. Diabetic Exchanges: 3 lean meat, 1 fat. Print Add to Recipe Box Email a Friend

Original source: <http://www.tasteofhome.com/recipes/cod-delight>

Shopping List

Dairy and Egg Products

- ¼ cup low-fat cottage cheese, **0.75 cup (not packed) (170 g)**
- 3 egg whites, **9 egg whites (270 g)**

Fats and Oils

- 1 tsp. olive oil, **3 tsp (15 g)**
- Coconut Oil, **6.61 tbsp (86 g)**
- 2 tablespoons canola oil, **1 tbsp (14 g)**
- Butter, No Salt, **6 teaspoon (24 g)**
- 3 tablespoons of olive oil, **4.3 servings (60 g)**
- Butter, No Salt, **2 tablespoon (28 g)**

Vegetables and Vegetable Products

- 1 cup baby spinach, **3 cup (90 g)**
- Diced tomatoes, for serving, **3 cup, chopped or sliced (540 g)**
- Sauerkraut, canned, solids and liquids, **1.5 cup (213 g)**
- 1/2 teaspoon minced garlic, **1.75 clove (5 g)**
- 1/3 cup finely chopped onion, **0.17 cup (28 g)**
- 1/2 cup chopped tomatoes, **0.25 cup (36 g)**
- Broccoli, **4 cup chopped (364 g)**
- Green Beans, Fresh, **1 cup (108 g)**
- 7 cups of assorted root vegetables, such as carrots, sweet potatoes, celeriac, beets, and parsnips, **3.49 cup (475 g)**
- 1 onion, sliced, **0.5 red onion (53 g)**
- 2 smalls cucumbers, **1.2 cucumber (360 g)**
- 1 bunch of flat leaf parsley, **0.6 cup (34 g)**
- 2 medium sized tomatoes, **1.2 medium whole (2-3/5" dia) (148 g)**
- 1 lb. crimini (baby bella) mushrooms, stems trimmed, **0.5 pound (228 g)**
- Cauliflower, **2 cup (206 g)**
- Tomato, Fresh, **2 cup (284 g)**
- Zucchini, **2 small (236 g)**
- 1 large garlic clove, thinly sliced, **0.5 garlic clove (2 g)**
- 1 pound new potatoes, **0.5 lb (227 g)**
- Asparagus, Fresh, **10 spear, medium (5-1/4" to 7" long) (160 g)**

Beverages

- 1 tbsp. water, **3 Tablespoons (45 g)**
- Whey Protein, **3 scoop (90 g)**
- Water, **1.5 cup (360 g)**
- 2 tablespoons water, **1 tablespoons (16 g)**

Spices and Seasonings

- Salt & pepper, **3 serving (2 g)**
- 1 teaspoon seafood seasoning, **0.5 teaspoon (1 g)**
- Salt and pepper, to taste, **3.99 servings (2 g)**
- ¼ tsp ground pepper, **0.13 tsp (0 g)**
- Salt and freshly ground pepper, **2 servings (1 g)**

Branded Food Products Database

- Ice cubes, upc: 03481204, **12.01 PIECE (28 g)**

Nut and Seed Products

- Almond Butter, **7.61 tbsp (122 g)**
- Coconut Milk, **1.5 cup (341 g)**
- Chia seeds, **9 tbsp (108 g)**
- Almonds, **4 servings (120 g)**
- Macadamia nuts, **0.61 cup (75 g)**
- Pecan nuts, **3.04 pecans (9 g)**

Fruits and Fruit Juices

- Coconut, milk, canned, reduced fat, **1.5 can (600 g)**
- Raspberries, **30 raspberries (57 g)**
- 4-1/2 teaspoons lemon juice, **2 teaspoons (10 g)**
- 1/2 lemon juice from a lemon, **0.3 juice of lemon (9 g)**
- 1 tablespoon fresh lemon juice, plus wedges for serving, **0.5 tablespoon (8 g)**
- Blueberries, **3 portion(s) (150 g)**

Spices and Herbs

- 1 teaspoon dried parsley flakes, **0.5 teaspoons (1 g)**
- 1/2 teaspoon minced fresh basil, **0.25 teaspoon (0 g)**
- 1/8 teaspoon salt, **0.19 teaspoon (1 g)**
- 4 sage leaves, chopped, **2 teaspoon (2 g)**
- 4 thyme sprigs, **2 handful (4 g)**
- Salt, **0.6 1/2 tsp (1 g)**
- 3/4 tsp crushed rosemary, **0.38 tsp (1 g)**
- 3 tablespoons capers, **1.5 tablespoons (12 g)**

Finfish and Shellfish Products

- 1 pound cod fillets, **0.5 pound (227 g)**
- Salmon, Fresh, **4 fillet (500 g)**
- Mackerel, Fresh, **2 portion(s) (302 g)**
- 4 spanish mackerel fillets with skin (about 6 ounces each), pin bones removed, **2 fillet (340 g)**

Sweets

- Maple syrup, to taste, **3.99 tablespoons (80 g)**
- Stevia, **0.61 package (1 g)**
- Dark Chocolate (70%-85%), **6 squares(s) (75 g)**

Oil, Vinegar, Salad Dressing

- 1/3 cup extra virgin olive oil, **0.17 cup (36 g)**

Produce

- 2 cups of winter squash, such as acorn squash, butternut squash, or pumpkin, **1 cups (236 g)**

Legumes and Legume Products

- Falafel, **4 patty (approx 2-1/4" dia) (68 g)**
- Hummus, **2 tbsp (30 g)**

- Tempeh, **2 cup (332 g)**

Cereal Grains and Pasta

- 1/2 cup bulgur, **0.3 cup (42 g)**
- Quinoa, **1 cup (142 g)**

Canned and Jarred

- 3/4 pound ripe tomatoes—peeled, seeded and cut into 1/2-inch dice, or 3 cups cherry tomatoes, halved, **0.38 pound (170 g)**

Other

