



Menu Template Meals Report

Total Days: 14

Total Foods: 151

Avg. Daily Kcals: 1999.343

Name: Original Bean Cuisine

	Breakfast	Lunch	Dinner	Morning Snack	Afternoon Snack	Evening Snack
Day 1	Chickpea Flour Scramble Avocado, California Yogurt, Plain, Low Fat (12 grams protein per 8 ounces) Banana Milk, Low Fat, 1%	Multi-Bean Salad Orange PLANET OAT Milk, Oatmilk, Original	Zesty Salsa Chicken Pulse Pasta Garden Salad		Olive Bean Dip WHEAT THINS Crackers, Hint of Salt SILK Plus Omega-3 DHA, soymilk DOVE PROMISES Candy Bar, Dark Chocolate, Silky Smooth	
Day 2	Chocolate Black Bean Smoothie Eggs, Hard Boiled	Bean and Tuna Salad Sandwich Carrots, Baby SILK Plus Omega-3 DHA, soymilk	Bean and Quinoa Harvest Salad Blueberries		Crispy Chickpeas Almonds, Dry Roasted, without Salt Added PLANET OAT Milk, Oatmilk, Original Dates, Medjool	



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Name: Pulse Cuisine_v1_ORIGINAL

	Breakfast	Lunch	Dinner	Morning Snack	Afternoon Snack	Evening Snack
Day 3	Apple Cinnamon Lentil Porridge Yogurt, Plain, Low Fat (12 grams protein per 8 ounces) Strawberries (Strawberry)	Bean and Cheese Burrito Watermelon Juice, Lime	Ginger Chicken and Beans Rice, Brown, Medium Grain, Cooked Grapes, Red or Green		Black Bean Brownie PLANET OAT Milk, Oatmilk, Original	
Day 4	Carrot Cake White Bean Oatmeal PLANET OAT Milk, Oatmilk, Original	White Bean Waldorf Salad Garden Salad with Chicken Orange	Bean and Sweet Potato Bake Eggs, Fried		Savory Chickpea Bread Yogurt, Plain, Low Fat (12 grams protein per 8 ounces) Blueberries	
Day 5	Easy Baked Beans on Toast Orange Milk, Low Fat, 1%	Rocky Mountain "Caviar" FOOD SHOULD TASTE GOOD Chips, Tortilla, Multigrain Apple, Medium	Lentil Curry Broccoli Strawberries (Strawberry)		Buffalo Chickpea Dip Celery, Stalk Carrots	



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			SILK Plus Omega-3 DHA, soymilk		Dates, Medjool	
Day 6	Chickpea Flour Everything Bagel Muffins Grapefruit, Pink or Red SILK Plus Omega-3 DHA, soymilk	Black Bean Salad Eggs, Hard Boiled Kiwi Fruit, Green or Chinese Gooseberries	Bean and Turkey Quesadilla Salsa		Peanut Butter White Bean Blondie PLANET OAT Milk, Oatmilk, Original	
Day 7	Pinto Bean Shakshuka Bread, Pita, Whole Wheat Yogurt, Plain, Low Fat (12 grams protein per 8 ounces)	Herby Bean Toast Garden Salad PLANET OAT Milk, Oatmilk, Original	White Bean Chicken Chili Orange		Artichoke Bean Dip Pepper, Bell or Sweet, Red DOVE PROMISES Candy Bar, Dark Chocolate, Silky Smooth Cucumber	
Day 8	Strawberry Banana Bean Smoothie	Bean and Rice Salad	Lentil, Broccoli, and Shrimp Bake		Pinto Pumpkin Dip	



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	Peanuts, dry roasted, without salt	SILK Plus Omega-3 DHA, soymilk Dates, Medjool	Potatoes, Sweet, Baked in Skin Cottage Cheese, Low Fat 1% Chives, Chopped		Pepper, Bell or Sweet, Green PLANET OAT Milk, Oatmilk, Original	
Day 9	Chickpea Dutch Baby PLANET OAT Milk, Oatmilk, Original	Lentil Tacos Yogurt, Plain, Low Fat (12 grams protein per 8 ounces) Mango	Chicken and Bean Cassoulet Blueberries		Snickerdoodle Hummus Apple, Medium	
Day 10	Black Bean Breakfast Burrito SILK Plus Omega-3 DHA, soymilk	Mediterranean Chickpea Salad Carrots, Baby PLANET OAT Milk, Oatmilk, Original	Pinto and Ham Soup Bread, 100% Whole Wheat		Chocolate Cherry Mayocoba Bean Bars Grapefruit, Pink or Red	



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Day 11	Savory Chickpea Waffle Banana PLANET OAT Milk, Oatmilk, Original	Super Simple Pinto Bean Burger Orange	Chicken and Pasta with Beans SILK Plus Omega-3 DHA, soymilk		Split Pea Hummus Cauliflower, Chopped Dates, Medjool	
Day 12	Blueberry Banana White Bean Oats PLANET OAT Milk, Oatmilk, Original	Beany Salad Wrap Watermelon SILK Plus Omega-3 DHA, soymilk	Eggy Lentil Pasta Grapes, Red or Green		Mayocoba Cookie Dough Dip Crackers, Graham, Plain	
Day 13	Chickpea Flour Frittata Grapefruit, Pink or Red PLANET OAT Milk, Oatmilk, Original	Mayocoba Stuffed Sweet Potatoes with Tahini Yogurt Sauce Grapes, Red or Green SILK Plus Omega-3 DHA, soymilk	Turkey and Bean Skillet Juice, Lime		Lentil Bruschetta with Tomatoes, Basil, and Feta	



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Day 14	Beany Breakfast Hash Banana SILK Plus Omega-3 DHA, soymilk	Bean and Rice Soup Bread, 100% Whole Wheat	Summery Split Pea and Tomato Salad Watermelon		Black Bean Chocolate Mousse Strawberries (Strawberry) Crackers, Graham, Plain Milk, Low Fat, 1%	