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1000 vegetarian recipes 1000 recipes 1200 CALORIE VEGETARIAN MEAL PLAN. DAY 4 D Qty. Measure Description Protein (gm) Carbs (gm) Fats (gm) Calories Breakfast " Blueberry Smoothie 1 Cup Blueberries, raw 1.07 21.01 0.48 82.65

### **1200 Vegetarian Meal Plan - Fit Body Boot Camp**

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### **Food Network Magazine's 1,000 Easy Recipes | Recipes**

1000 vegetarian recipes 1000 recipes The Dietary Guidelines for Americans 2010 provides vegetarian meal plans at different calorie allotments. The 1,000-calorie, lacto-ovo vegetarian plan consists of 1 cup of fruits, 1 cup of vegetables, 3 ounces of grains, 2 ounces of protein foods -- such as soy products, eggs, legumes, seeds and nuts -- 2 cups of dairy foods and about 3 teaspoons of oils each day.

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