

*Amy's*

**Diet Plan**  
**VEGAN**

*Enjoy Amy's*  
***Vegan Diet Plan***  
*and discover a healthy*  
*new you!*





**Many of our customers have said that they have lost weight eating Amy's...**

either on their own or with a well-known weight plan such as E-Diets, Good Housekeeping, Jorge Cruise\* or Weight Watchers that recommend Amy's.

So, we got to thinking: Wouldn't it be great if we had our own Diet Plan?

With the help of Sonoma County dietician, Jill Nussinow, we created The Amy's Diet.

Amy's has always been sensitive to the needs and concerns of our customers; that's why we have developed **The Amy's Gluten Free Diet**, for those who prefer or need to live gluten free.

We offer a two-week plan where you eat Amy's gluten free meals 2-3 times a day, plus lots of fruits and veggies. It's fun, easy to follow, and you can expect to lose two pounds a week (some people lose more). There is a 1500-calorie and 1800-calorie option — both far below the average American diet of 2200-2700 calories, yet still tasty and satisfying!

Try out our diet and write to us, let us know how you did and send pictures. Making small changes such as eating more grains, fruits and veggies and simple exercises (yoga and meditation are also great) will improve your health and well-being.

***Enjoy the Amy's Gluten Free Diet on the road to a healthier new you!***

*If you have health concerns, consult a doctor or nutritionist  
before you start this or any diet.*

*\*Jorge Cruise is a weight loss expert and author of the best selling book,  
" The 3-Hour Diet"*

# DAY ONE

## BREAKFAST

### Amy's Breakfast Burrito

- 1 tangerine
- 1 cup low fat non-dairy milk or non-dairy yogurt

## LUNCH

### Amy's Brown Rice and Veggies Bowl

(or **Light in Sodium** version)

- 1 cup carrot sticks
- 2 tablespoons light salad dressing



## SNACK

- 18 ounce almonds (3/4 oz)
- 2 tablespoons raisins

## DINNER

### Amy's Black Bean Enchilada Whole Meal

- 2 cups mixed salad greens topped with

*Dressing:*

- 1 tablespoon balsamic or raspberry vinegar
- 1 1/2 teaspoons olive oil



## DESSERT

- 1 medium peach

## A LITTLE MORE?

**For an extra 300 calories:**

add 20 almonds (1 oz) and 1 cup lowfat non-dairy milk.

## DAILY TIP

Ask for support from your family!

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

## DAY TWO

### BREAKFAST

#### Amy's Rolled Oats Hot Cereal Bowl

- ½ cup low fat non-dairy milk
- ½ teaspoon cinnamon
- 1 medium apple, eaten plain or grated into cereal
- 4 walnuts for oatmeal or on the side

### LUNCH

- 2 cups **Amy's Lentil or Split Pea Soup** (or Light in Sodium version)
- 1½ cups mixed greens salad with
- 1 tablespoon light salad dressing



### SNACK

- 1 cup plain non-dairy yogurt
- ½ cup strawberries

### DINNER

- 1 **Amy's All American Veggie Burger**
- 2 tablespoons **Amy's Organic Mild Salsa**
- ½ ounce shredded vegan cheese, (preferably reduced fat) (2 tablespoons if shredded)
- 1 whole wheat tortilla
- 2 cups mixed greens salad
- ½ cup green or red pepper, cucumber, onion and other fresh veggies of your choice *topped with*
- 1 tablespoon vinegar
- 1½ teaspoons olive oil and dried herbs

### DESSERT

- 1 small pear
- ½ cup plain non-dairy yogurt

### A LITTLE MORE?

**For an extra 300 calories:** include ½ cup more oatmeal at breakfast, 1 more whole wheat tortilla at lunch or dinner + ½ ounce pumpkin seeds at snack.

### DAILY TIP

Add vanilla extract to plain, nondairy milk or yogurt for a boost of flavor without the calories.

### DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

# DAY THREE

## BREAKFAST

### Amy's Tofu Scramble

- 2 tablespoons Amy's Organic Mild Salsa
- 4 ounces orange juice

## LUNCH

### Amy's Teriyaki Wrap

Combine:

- 2 stalks celery, sliced
- ½ cup cucumber sticks
- 1 tablespoon light salad dressing



## SNACK

- 1 tablespoon almond butter
- 2 rice cakes *or*
- 4 crispy whole grain rye or wheat crackers

## DINNER

### Amy's Black Bean Enchilada Whole Meal

- 2 cups spinach *topped with*
- 2 teaspoons toasted sesame seeds
- vinegar and a splash of tamari or soy sauce

## DESSERT

- 1 cup lowfat non-dairy milk  
*blended with*
- ½ cup frozen organic strawberries

## A LITTLE MORE?

**For an extra 300 calories:** include 1 additional burrito at any meal + ½ cup more berries for dessert.

## DAILY TIP

Stay out of the kitchen after dinner!

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

# DAY FOUR

## BREAKFAST

- 1 Amy's Strawberry Toaster Pop**  
 1 cup plain non-dairy yogurt  
 1 small pear

## LUNCH

- Amy's Brown Rice or Black Eyed Peas and Veggies Bowl**  
 1 cup low fat non-dairy milk  
 ½ cup sliced celery

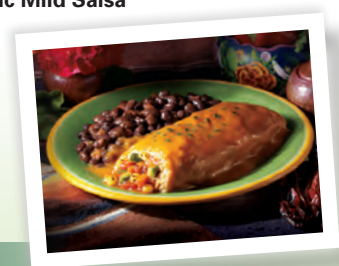


## SNACK

- 1 cup non-dairy milk *blended with*  
 ½ cup frozen blueberries, defrosted

## DINNER

- Amy's Roasted Vegetable Tamale**  
 2 tablespoons **Amy's Organic Mild Salsa**  
 1 ½ cups mixed vegetables  
 (fresh or frozen) cooked  
 2 cups mixed greens salad  
 1 tablespoon light salad dressing



## A LITTLE MORE?

- For an extra 300 calories:**  
 1 more Toaster Pop at breakfast with  
 1 tablespoon almond butter and ½ cup strawberries.

## DAILY TIP

Remember to eat breakfast! It wakes up your metabolism after having slowed down during the night, and keeps you from feeling hungry the rest of the day.

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

## DAY FIVE

### BREAKFAST

#### Amy's Tofu Scramble in a Pocket Sandwich

- ½ cup pineapple
- 1 cup non-dairy milk or yogurt

### LUNCH

- 2 cups **Amy's Vegetable Barley Soup**
- 1 **Amy's Bistro Burger**
- ½ whole wheat bun or pita bread *with* lettuce, tomato, mustard

### SNACK

- ½ cup celery sticks
- 1 tablespoon light salad dressing

### DINNER

#### Amy's Indian Vegetable Korma

- 1 whole wheat chapatti or tortilla

#### Combine:

- ¾ cup sliced cucumber
- ¼ cup chopped tomato
- 2 tablespoons sliced onion
- 3 tablespoons plain yogurt
- chopped cilantro if desired

*These ingredients make the Indian condiment known as Raita, an Indian condiment that cools the mouth when eating a spicy dish.*



### A LITTLE MORE?

**For an extra 300 calories:** add ½ bun at lunch + 1 cup lowfat non-dairy milk blended with ½ cup frozen blueberries after dinner.

### DAILY TIP

Take a walk at lunch.

### DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

# DAY SIX

## BREAKFAST

### Amy's Tofu Scramble in a Pocket Sandwich

- 1 Amy's Bistro Burger
- 1 cup lowfat non-dairy milk

## LUNCH

- 1 cup Amy's Organic Chili with Vegetables
- 2 small corn tortillas
- ½ oz reduced fat non-dairy cheese (about 2 tablespoons if shredded)
- 2 or more cups mixed greens salad of your choice
- 2 teaspoons light salad dressing



## SNACK

- 1 ounce sunflower or pumpkin seeds
- 2 tablespoons raisins

## DINNER

### Amy's Baked Ziti Bowl

- 2 cups green salad *with*
- 4 almonds chopped or toasted
- sunflower seeds, cucumbers and tomato



#### *Dressing:*

- 1½ teaspoons olive oil
- 1 teaspoon vinegar

## DESSERT

- 1 cup frozen blueberries, defrosted

## A LITTLE MORE?

**For an extra 300 calories:** add 1 more cup chili at lunch + 1/2 ounce vegan cheese at lunch (about 2 tablespoons if shredded) + 1 cup milk or nonfat yogurt at snack.

## DAILY TIP

Drink water often! Dehydration slows down your metabolism.

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_



# DAY SEVEN

## BREAKFAST

- 1 cup plain non-dairy yogurt parfait *with*
- 1 cup frozen strawberries
- $\frac{3}{4}$  cup oatmeal with cinnamon *and*
- 2 almonds - toasted, sliced or slivered

## LUNCH

- 2 cups **Amy's Tuscan Bean & Rice Soup**
- 2 cups green salad
- 1 tablespoon light salad dressing
- 4 crisp rye crackers or 1 slice of whole wheat bread

## SNACK

- $\frac{1}{2}$  ounce raw cashews
- 1 tablespoon raisins

## DINNER

- Amy's Shepherd's Pie**
- 2 cups spinach *sprinkled with*
  - 1 tablespoon sesame seeds

*Dressing:*

- 2 teaspoons lemon juice
- 1 teaspoon olive oil
- 1 teaspoon tamari



## A LITTLE MORE?

**For an extra 300 calories:** add  $\frac{1}{2}$  cup non-dairy yogurt at breakfast + 1 cup salad and 1 tablespoon dressing at lunch + 1 cup lowfat non-dairy milk at snack + 1 medium apple after dinner.

## DAILY TIP

Avoid temptation! Make sure you eat before you go to the market.

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

# DAY EIGHT

## BREAKFAST

### Amy's Multigrain Hot Cereal Bowl *with*

- ½ teaspoon cinnamon
- 2 tablespoons raisins
- 1 small apple, grated or eaten whole
- 1 cup low fat non-dairy milk

## LUNCH

- 1 cup **Amy's Alphabet Soup**
- 1 **Amy's All-American, Bistro** or **California Burger**
- 1 whole wheat or other tortilla
- 1 or more cups salad greens
- 1 tablespoon reduced fat dressing
- 2 tablespoons **Amy's Mild Salsa**

**To make the wrap:** Microwave the burger for half the recommended time. Remove from microwave. Coarsely chop, top with salsa, and roll into the tortilla to form a burrito. Wrap the burrito in a slightly damp towel, put burrito in the microwave and heat for the remaining time.

## SNACK

- 18 almonds (¾ oz)
- 2 tablespoons raisins

## DINNER

- 1 **Amy's Black Bean Vegetable Enchilada** (½ package)
- 1 cup steamed broccoli
- ½ cup steamed carrots
- 2-3 cups salad greens
- 1 tablespoon light salad dressing



## DESSERT

- 1 frozen fruit bar

## A LITTLE MORE?

**For an extra 300 calories:** add 1 more enchilada at dinner + 1 cup non-dairy milk with lunch or snack.

## DAILY TIP

Carry carrot sticks with you to curb hunger.

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

## DAY NINE

### BREAKFAST

#### Amy's Tofu Scramble in a Pocket Sandwich

- 2 tablespoons **Amy's Salsa**, if desired
- ½ cup sliced peaches, pears or an apple
- 1 cup low fat non-dairy milk or yogurt

### SNACK

- 1 orange or other fruit
- 1 tablespoon cashews

### LUNCH

- 1 cup **Amy's Refried Pinto Beans with Chilies**
- 2 corn tortillas
- ½ ounce shredded vegan cheese
- 2 tablespoons **Amy's Mild Salsa**
- 1 cup carrots, celery and cucumbers *with*
- 1 tablespoon reduced fat dressing



### SNACK

- ½ cup plain non-dairy yogurt
- ½ cup fresh or frozen (defrosted) berries

### DINNER

#### Amy's Light in Sodium Brown Rice and Veggie Bowl *or*

- 1 cup **Amy's Alphabet Soup**
- 1 cup fresh or frozen veggies, *cooked with*
- 2 teaspoons of your favorite salt-free seasoning blend
- 2 cups salad greens and added veggies *with*
- 1 tablespoon vinegar
- 1½ teaspoons olive oil

### A LITTLE MORE?

**For an extra 300 calories:** add 1 corn tortilla, ½ cup **Amy's Refried Pinto Beans with Chilies** and ½ ounce cheese to make a mini-wrap at lunch + ¼ cup more fruit for snack.

### DAILY TIP

Relax . . . Focus on your breathing! Take 5 deep breaths (long inhales and exhales).

### DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

# DAY TEN

## BREAKFAST

- 1 cup plain non-dairy yogurt *mixed with*
- 1 cup strawberries or mixed berries
- 2 tablespoons toasted walnuts sprinkled on top

## LUNCH

### Amy's Indian Mattar Tofu

- 3 cups baby spinach *sprinkled with*  
sesame seeds, cucumber slices and green onions

#### *Dressing:*

- 1 tablespoon rice vinegar
- ½ teaspoon sesame oil



## SNACK

- 1 tablespoon almond butter
- 1 rice cake OR
- 4 whole grain crackers
- 2 teaspoons 'no sugar added' jam

## DINNER

- 2 cups **Amy's Fire Roasted Southwestern Vegetable Soup**
- 2 teaspoons grated vegan Soy Parmesan cheese
- 1 slice whole wheat bread, rubbed with garlic and toasted
- 2 cups salad greens

#### *Dressing:*

- 1 tablespoon vinegar
- 2 teaspoons olive oil

## DESSERT

- 1 cup fresh or frozen fruit

## A LITTLE MORE?

**For an extra 300 calories:** ½ cup non-dairy yogurt at breakfast + 1 tablespoon almond butter 1 rice cake or 4 more crackers for snack + 1 cup low fat non-dairy milk after dinner.

## DAILY TIP

Drink a tea with cinnamon to curb your sweet tooth.

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

# DAY ELEVEN



## BREAKFAST

### Amy's Tofu Scramble

1/2 cup orange juice

## LUNCH

- 2 cups **Amy's Light in Sodium Lentil Soup**  
*topped with chopped fresh parsley OR*
- 1/2 cup frozen spinach
- 6 whole grain crackers
- 1 cup sliced cucumber or other sliced veggies
- 1 1/2 tablespoons light salad dressing

## DINNER

### Amy's Teriyaki Bowl

1 1/2 cups frozen Asian vegetable mix  
(without sauce), cooked



## DESSERT

### Fruit smoothie

#### Blend:

- 1 cup low fat non-dairy OR  
plain non-dairy yogurt
- 1/2 cup frozen fruit  
ice

## A LITTLE MORE?

**For an extra 300 calories:** add a morning snack of 1 pear + 18 almonds (3/4 oz), 10 more almonds at afternoon snack + 1 additional cup of vegetables at dinner.

## DAILY TIP

Going up? Slimming down! Take the stairs instead of the elevator.

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

# DAY TWELVE

## BREAKFAST

### Amy's Steel Cut Oats Hot Cereal Bowl

- ½ cup sliced fresh or frozen strawberries
- 6 sliced almonds or other nuts (3 tablespoons)
- ½ cup low fat non-dairy milk

## LUNCH

### Amy's Indian Spinach Tofu Wrap

- ½ cup carrots and cucumbers

## SNACK

- 4 whole grain crackers
- 1 small apple

## DINNER

### Amy's Black Bean Tamale Verde

- 3 cups salad greens
- 2 tablespoons light dressing

## DESSERT

Frozen fruit bar



## A LITTLE MORE?

**For an extra 300 calories:** add ½ cup low fat non-dairy milk at breakfast, 2 more crackers + 1 tablespoon almond butter for the afternoon snack, and 1 cup glass of low fat non-dairy milk with dinner.

## DAILY TIP

Be gentle with yourself. Baby steps add up.

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

# DAY THIRTEEN

## BREAKFAST

- 1 **Amy's Strawberry Toaster Pop**
- 1 cup of low fat, non-dairy milk or yogurt

## SNACK

- 1 rice cake
- 1 tablespoon almond butter
- ½ cup strawberries, pineapple or other fruit

## LUNCH

- 1 **Amy's Bistro** or other burger
- 1 medium baked potato with **Amy's Mild Salsa**, lemon juice or light dressing

- 2 cups salad

*Dressing:*

- 1 tablespoon vinegar
- 1½ teaspoon olive oil



## DINNER

**Amy's Brown Rice & Vegetable Bowl**

- 1-2 cups steamed, mixed veggies with a squeeze of lime and your favorite salt-free seasoning, *drizzled with* ½ teaspoon olive oil

- 2 cups shredded cabbage *mixed with*
- 1 tablespoon rice or other vinegar and a splash of hot sauce

## A LITTLE MORE?

**For an extra 300 calories:** include an Amy's Steel Cut Oats Bowl at breakfast + ½ cup fruit at snack + ½ ounce non-dairy cheese on burger or potato at lunch.

## DAILY TIP

Don't drink your calories! Sodas and fruit juice are loaded with calories.

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_

# DAY FOURTEEN

## BREAKFAST

### Amy's Breakfast Burrito

½ cup fruit or juice

## LUNCH

2 cups **Amy's Roasted Southwestern Vegetable Soup**  
6 whole grain crackers  
2 cups salad greens  
1 tablespoon light dressing

## SNACK

1 small apple or other fruit  
1 ounce cashews or other nuts or seeds



## DINNER

### Amy's Roasted Vegetable Tamale

2-3 cups chopped cabbage, carrots, cucumbers and onions *mixed with*  
2 tablespoons **Amy's Mild Salsa**

## DESSERT

1 cup fresh or frozen (defrosted) berries

## A LITTLE MORE?

**For an extra 300 calories:** Add a morning snack of 1 cup non-dairy milk or yogurt + ½ cup fruit, 6 more crackers at lunch, and 1½ ounces cashews at afternoon snack.

## DAILY TIP

Use Stevia instead of Nutrasweet. It is a natural, sugar-free sweetener.

## DAILY CHECKLIST

*Keep track of what you've done and how you feel each day.*

Today I felt: \_\_\_\_\_ My favorite meal was: \_\_\_\_\_

Water: \_\_\_\_\_ Vitamins: \_\_\_\_\_

Exercise: \_\_\_\_\_ Time spent exercising: \_\_\_\_\_



# NUTRITIONAL BREAKDOWNS

## DAY ONE

Calories	1280
Protein (gms)	41
Carbohydrates (gms)	159
Fat (gms)	60
Fiber (gms)	24
Sodium (mg)	2055
With Lower Sodium	

## DAY TWO

Calories	1423
Protein (gms)	53
Carbohydrates (gms)	200
Fat (gms)	44
Fiber (gms)	30
Sodium (mg)	2922
With Lower Sodium	2222

## DAY THREE

Calories	1415
Protein (gms)	59
Carbohydrates (gms)	186
Fat (gms)	34
Fiber (gms)	30
Sodium (mg)	2551
With Lower Sodium	

## DAY FOUR

Calories	1320
Protein (gms)	77
Carbohydrates (gms)	186
Fat (gms)	33
Fiber (gms)	20
Sodium (mg)	2446
With Lower Sodium	

## DAY FIVE

Calories	1326
Protein (gms)	56
Carbohydrates (gms)	191
Fat (gms)	49
Fiber (gms)	24
Sodium (mg)	2450
With Lower Sodium	

## DAY SIX

Calories	1478
Protein (gms)	51
Carbohydrates (gms)	228
Fat (gms)	45
Fiber (gms)	31
Sodium (mg)	1890
With Lower Sodium	

## DAY SEVEN

Calories	1310
Protein (gms)	40
Carbohydrates (gms)	185
Fat (gms)	49
Fiber (gms)	28
Sodium (mg)	2220
With Lower Sodium	

## DAY EIGHT

Calories	1392
Protein (gms)	46
Carbohydrates (gms)	207
Fat (gms)	41
Fiber (gms)	39
Sodium (mg)	2720
With Lower Sodium	

## DAY NINE

Calories	1525
Protein (gms)	64
Carbohydrates (gms)	183
Fat (gms)	47
Fiber (gms)	49
Sodium (mg)	2007
With Lower Sodium	

## DAY TEN

Calories	1577
Protein (gms)	51
Carbohydrates (gms)	229
Fat (gms)	72
Fiber (gms)	35
Sodium (mg)	2486
With Lower Sodium	

## DAY ELEVEN

Calories	1480
Protein (gms)	65
Carbohydrates (gms)	221
Fat (gms)	48
Fiber (gms)	38
Sodium (mg)	2663
With Lower Sodium	

## DAY TWELVE

Calories	1360
Protein (gms)	39
Carbohydrates (gms)	212
Fat (gms)	44
Fiber (gms)	29
Sodium (mg)	1816
With Lower Sodium	

## DAY THIRTEEN

Calories	1333
Protein (gms)	54
Carbohydrates (gms)	199
Fat (gms)	39
Fiber (gms)	43
Sodium (mg)	1930
With Lower Sodium	

## DAY FOURTEEN

Calories	1390
Protein (gms)	39
Carbohydrates (gms)	249
Fat (gms)	47
Fiber (gms)	34
Sodium (mg)	2242
With Lower Sodium	2932



# SHOPPING LIST

## WEEK ONE

Items shown reflect purchases for the 1500 calorie-per-day **Amy's Vegan Meal Plan**. If you would prefer to make any substitutions, make sure to substitute similar items. To follow the 1800 calorie plan, please purchase the additional items at the end of this list.

### AMY'S KITCHEN PRODUCTS

Purchase one each of the following unless stated otherwise:

- Amy's Breakfast Burrito
- Amy's Brown Rice and Veggies Bowl
- Amy's Split Pea Soup (*or Light In Sodium*)
- Amy's All American Veggie Burger
- Amy's Mild Salsa
- Amy's Tofu Scramble
- Amy's Teriyaki Wrap
- Amy's Black Bean Enchilada Whole Meal (2)
- Amy's Strawberry Toaster Pop
- Amy's Brown Rice, Black Eyed Peas & Veggies Bowl
- Amy's Roasted Vegetable Tamale
- Amy's Tofu Scramble in a Pocket Sandwich
- Amy's Vegetable Barley Soup
- Amy's Bistro Burger
- Amy's Indian Vegetable Korma
- Amy's Chili with Vegetables
- Amy's Baked Ziti Bowl
- Amy's Tuscan Bean & Rice Soup
- Amy's Shepherd's Pie (*Non-Dairy*)

### FRUITS & VEGETABLES

Purchase locally grown and organic when possible.

- 1 tangerine or small orange
- 1 cup carrot sticks
- 1 onion
- 1 bunch of cilantro
- 14 ½ cups salad greens
- 2 medium tomatoes
- 1 medium peach
- 1 cup strawberries
- 2 medium apples
- 3 cups vegetables of your choice:  
green or red pepper, cucumber, onion
- 2 small pears
- 2 cups celery, sliced (*4 stalks*)
- 1 ¾ cup cucumber, sliced
- 2 cups spinach



# SHOPPING LIST

## WEEK ONE

### REFRIGERATED ITEMS

*Purchase organic when possible.*

- 1 gallon nonfat dairy free milk
- 1½ ounces vegan cheese, (*preferably reduced fat*)
- 6 cups of soy yogurt (*4 if you choose to have milk*)
- 4 ounces of orange juice
- 1 bag of frozen organic strawberries
- 1 bag of frozen organic blueberries

### PANTRY ITEMS

- whole wheat tortillas (*such as Alvarado St*)
- small corn tortillas
- oatmeal
- rice cakes (*such as Lundberg*)
- whole grain rye crackers
- whole wheat bread
- chapatti (*or just use tortilla*)
- small container of raisins
- balsamic vinegar or raspberry vinegar
- lemon juice
- cinnamon
- olive oil
- whole wheat buns or pita bread (*such as Alvarado St*)
- 1 small package almonds
- 1 small package raw cashews
- 1 small package raw walnuts
- 1 small package pumpkin seeds
- 1 small package sesame seeds
- tamari
- soy sauce
- vanilla
- light salad dressing

### A LITTLE MORE?

*To follow the 1800 calorie plan, please add the following items:*

- 1 oz. more almonds
- ½ oz. more pumpkin seeds
- ½ cup more mixed berries
- ½ cup more blueberries
- 1 more cup of Amy's Chili with Vegetables
- 1 more Amy's Black Bean Vegetable Burrito
- 1 more Amy's Strawberry Toaster Pop
- 1 more Black Bean Vegetable Enchilada
- ½ cup more non-dairy yogurt
- 1 cup more salad greens
- 1 tbsp. more salad dressing
- ½ cup more oatmeal
- 1 more whole wheat tortilla
- ½ cup more strawberries
- 1 more apple
- ½ oz. more vegan cheese
- 5 cups more lowfat non-dairy milk
- ½ more whole wheat bun
- 1 tbsp. more almond butter



# SHOPPING LIST

## WEEK TWO

### AMY'S KITCHEN PRODUCTS

*Purchase one each of the below unless stated otherwise:*

- Amy's Multi-Grain Cereal Bowl
- Amy's Alphabet Soup
- Amy's All-American, Bistro or California Burger
- Amy's Black Bean Enchilada
- Amy's Tofu Scramble in a Pocket
- Amy's Refried Beans with Green Chilies
- Amy's LIS Brown Rice & Veggies Bowl
- Amy's Indian Mattar Tofu
- Amy's Fire Roasted Southwestern Vegetable Soup
- Amy's Tofu Scramble
- Amy's LIS Lentil Soup
- Amy's Teriyaki Bowl
- Amy's Steel Cut Oats Cereal Bowl
- Amy's Black Bean Vegetable Burrito
- Amy's Black Bean Tamale Verde
- Amy's Strawberry Toaster Pop
- Amy's Breakfast Burrito
- Amy's Roasted Vegetable Tamale
- Amy's Mild Salsa (*should still have some from Week 1*)

### FRUITS & VEGETABLES

*Purchase locally grown and organic when possible.*

- 3-4 apples
- 1 orange
- 1 pear
- 2 - 2½ cups fresh strawberries or mixed berries
- 1 lime
- 2 other pieces of fruit of your choice
- 15-16 cups of salad greens
- 1-2 potatoes
- 3½ cups spinach
- 3-4 cups fresh vegetables of your choice (*5 cups if you prefer fresh over frozen*)



# SHOPPING LIST

## WEEK TWO

### REFRIGERATED ITEMS

*Purchase organic when possible.*

- 8 cups of non-dairy milk (4 if you choose yogurt)
- 6 cups of soy yogurt (2 if you choose milk)
- vegan cheese (1½ oz)
- soy Parmesan cheese (2 tsp)
- 1 box of frozen fruit bars
- 1 bag frozen berries
- 1 bag of frozen veggies unless you prefer fresh
- orange juice (½ cup)
- frozen Asian vegetable mix (without sauce)

### ADDITIONAL PANTRY ITEMS

*If you have already purchased pantry items for Week One, only a few additional items need to be purchased. All other items come in large quantities and can be used again for Week Two.*

- small package of almonds
- salt-free seasoning blend
- sesame oil
- rice vinegar
- no sugar added jam (such as Cascadian Farms, Kozlowski)

*These items should still be in your pantry from Week 1:*

- cinnamon
- raisins
- whole wheat tortillas
- corn tortillas
- light salad dressing
- cashews
- vinegar
- olive oil

### A LITTLE MORE?

*To follow the 1800 calorie plan, please add the following items:*

- 1 more corn tortilla
- ½ more cup Amy's Refried Beans with Green Chilies
- 1 Amy's Steel Cut Oats Cereal Bowl
- ¼ cup more mixed fruit
- ½ cup more non-dairy yogurt
- 1 more cup of mixed veggies (Asian mix)
- 1 more rice cake OR 4 more crackers
- 3½ more cups of lowfat non-dairy milk
- 1 more pear
- 1 cup more mixed fruit
- 6-8 more crackers
- 1 oz. more almonds
- 1 oz. more cashews
- 1 tbsp. more almond butter
- 1 oz. more vegan cheese
- 1 tbsp. more almond butter



# NOTES

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## WHY BUY AMY'S?

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It's delicious and tastes homemade!

Amy's food tastes good because it's made from the kind of real food ingredients that people use in their own kitchens . . . no additives, no MSG, no preservatives, no GMOs and no trans fats. Each burrito and enchilada is hand-rolled, every pizza crust is hand-stretched and topped, and our ingredients are carefully placed in each entrée.

## IT'S MADE FROM ORGANIC INGREDIENTS.

Fruits, vegetables and grains are grown organically, the way nature intended food to grow, without the use of insecticides and other harmful chemicals.

## EVERYTHING IS VEGETARIAN.

No meat, fish, shellfish, poultry, eggs or peanuts are ever used in any Amy's products. Dairy cheeses are made with pasteurized rBST hormone-free milk and do not contain animal enzymes or animal rennet.

## SPECIAL DIET? NO PROBLEM.

Amy's makes several products for people with dietary restrictions. Many of our customers follow special diets, whether allergy-related or simply to live a healthier lifestyle. Please visit us at [www.amys.com](http://www.amys.com) for a complete list of products.

## LET OUR CUSTOMERS TELL YOU!

We get such wonderful letters! Read some of our many letters from satisfied customers on our website — or simply try a delicious Amy's meal for yourself.

*Amy's is available in natural foods and grocery stores, supermarkets and selected warehouse and club stores throughout the United States, Canada, Mexico and abroad.*

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[www.amys.com](http://www.amys.com)

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