

Calorie Index

We use caloriecount.com to analyze the nutritional info for each recipe provided with the meal plans on getmealplans.com. These are the values assigned for each item on caloriecount.com.

Agave nectar or honey (½ tsp) = 11 calories
Almond milk, unsweetened (1 cup/ 8 oz) = 40 calories
Apple (medium) = 95 calories
Applesauce, unsweetened (1 tbsp) = 7 calories
Baby carrots (10) = 35 calories
Baking powder (¼ tsp) = 1 calorie
Banana (7" long) = 105 calories
Barbecue sauce (¼ cup) = 94 calories
Blackberries (1 cup) = 62 calories
Black Beans (15 oz) = 357 calories
Black olive (1) = 5 calories
Bell pepper (medium) = 37 calories
Broccoli florets (1 cup) = 30 calories
Brown rice, uncooked (¼ cup) = 172 calories
Brown sugar (1 tbsp) = 34 calories
Butternut squash (2 cups) = 126 calories
Cantaloupe (1 cup) = 53 calories
Carrot (medium) = 25 calories
Cauliflower florets (1 ½ cups) = 38 calories
Celery stalks (3) = 35 calories
Chickpeas (cooked/canned) (½ cup) = 100 calories
Chocolate chips (1 tbsp) = 56 calories
Cocoa, unsweetened (1 tbsp) = 12 calories
Corn (4 oz) = 31 calories
Corn tortillas (2) = 105 calories
Cornstarch (1 tbsp) = 30 calories
Cucumber (medium) = 45 calories
Dates (1) = 23
Enchilada sauce (¼ cup) = 24 calories
Garlic cloves (3) = 7 calories
Grapes (20) = 32 calories
Green onion (1) = 5 calories
Hot sauce (1 tbsp) = 2 calories
Hummus (1 tbsp) = 27 calories
Jam or jelly (1 tsp) = 19 calories

Kale (1 cup) = 34 calories
Ketchup (1 tbsp) = 15 calories
Lettuce (4 cups) = 31 calories
Maple syrup, pure (1 tbsp) = 52 calories
Miso (1 tbsp) = 34 calories
Mixed berries (1 cup) = 35 calories
Mushrooms (1 cup) = 15 calories
Nutritional yeast (1 tbsp) = 35 calories
Onion (medium) = 44 calories
Orange (medium) = 86 calories
Peach (medium) = 38 calories
Peanut butter (1 tbsp) = 94 calories
Pineapple (1 cup) = 78 calories
Plum (medium) = 30 calories
Potato (2" diameter) = 131 calories
Pumpkin puree (2 tbsp) = 10 calories
Quinoa (uncooked) (½ cup) = 147 calories
Refried beans, vegetarian (¼ cup) = 178 calories
Rolled oats (½ cup) = 155 calories
Salsa (½ cup, 4 oz) = 31 calories
Soy sauce, low sodium (1 tbsp) = 10 calories
Spinach (1 cup) = 7 calories
Spring mix (2 cups) = 13 calories
Strawberries (1 cup) = 46 calories
Sweet potato (medium, 5" long) = 103 calories
Teriyaki sauce (2 tbsp) = 32 calories
Tofu, firm (1 block, 81g) = 228 calories
Tomato (medium, 3" diameter) = 11 calories
tomatoes (15 oz) = 76
Vegetable broth, low sodium (8 oz, 1 cup) = 8 calories
Vegetarian chili (15 oz) = 327 calories
Whole-wheat bread (1 slice) = 69 calories
Whole-wheat bun = 138 calories
Whole-wheat flour (½ cup) = 114 calories
Whole-wheat tortilla = 110 calories
Yogurt, vegan, plain, unsweetened (8 oz) = 161 calories