

Calorie Counting for a day - what I eat! (vegan + healthy + simple) vlog

Calorie Break Down

AG1 - 50

Mocha

Cocoa powder - 10

Lions Mane mushroom 0

Espresso - 9

Oat milk - 55

Maple syrup - 28

Breakfast

Olive oil - 119

Russet potato - 234

Red onion - 16

Jalapeno - 7

Garlic - 7

Tofu - 250

Herbs - 5

Yu choy Sum - 40

Hummus - 105

Pumpkin Seed - 18

Lime - 2

"Mocktail"

Koso - 30

Kombucha - 7

Perrie - 0

Chocolate - 35

Lunch

Oil - 159

Yu choy Sum - 50

Ginger - 14

Garlic - 14

Rice - 320 $\frac{1}{2}$ = 160 (I cooked $\frac{1}{2}$ a cup but only ate half of it)

Hoisin sauce - 90

Rice Vinegar - 0
Soya sauce - 5

Potato Wedges - 240
Beer - 180

Dinner

sauce:

Cashews - 320
Nutritional yeast - 45
Tofu - 156
White balsamic vinegar - 30
Lemon - 4

(only ½ of the sauce was used)

Oil - 60
Red onion - 20
Garlic - 15
Peas - 88
Brown rice pasta - 514

TOTAL : 2692