



Eating right, simplified.

# 1,300 Calorie Plan (Vegan) 4 meals/day

## DAY 1

### Breakfast

7:00 AM

raisins, seedless	1/4 cup	123 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
whole grain rolled oats, dry	1/3 Cup(s)	100 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 381 cal / **Carbs** 69 g (71%) / **Protein** 11 g (11%) / **Fat** 8 g (18%) / **Fluid** 27

NOTES:

### Snack

10:00 AM

smooth peanut butter, no salt	1 1/3 Tbsp	125 cal
drinking water	2 Cup(s)	0 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 181 cal / **Carbs** 19 g (38%) / **Protein** 6 g (11%) / **Fat** 11 g (51%) / **Fluid** 19

NOTES:

### Lunch

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	3 leaf	3 cal
vegan soy burgers	3 oz	120 cal
hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 328 cal / **Carbs** 37 g (43%) / **Protein** 24 g (27%) / **Fat** 12 g (30%) / **Fluid** 18

NOTES:

### Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
meat free sausages	2 sausage	144 cal
cauliflower, no salt, boiled	3 flowerets	12 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1/3 Cup(s)	55 cal
lentil beans, no salt, boiled	1/2 Cup(s)	115 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 50 g (47%) / **Protein** 23 g (21%) / **Fat** 15 g (32%) / **Fluid** 21

NOTES:

**DAY 1 TOTAL: Calories** 1,277 cal / **Carbs** 175 g (52%) / **Protein** 62 g (18%) / **Fat** 46 g (30%) / **Fluid** 86



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## DAY 2

### Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
orange juice	1/2 Cup(s)	56 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
wheat bran flakes	1 Cup(s)	110 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 60 g (54%) / **Protein** 26 g (24%) / **Fat** 11 g (22%) / **Fluid** 15

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
cinnamon granola bars	2 bars	180 cal

MEAL TOTAL: **Calories** 249 cal / **Carbs** 47 g (71%) / **Protein** 5 g (8%) / **Fat** 6 g (21%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

tomatoes	1/4 Cup(s)	8 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
iced tea, green	16 fl. oz.	0 cal
whole-wheat pita bread	1 small	74 cal
philly steak tofurky, slices	12 slices	240 cal
avocados	1/4 cup	58 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 37 g (36%) / **Protein** 33 g (31%) / **Fat** 16 g (33%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

extra virgin olive oil	1/3 Tbsp	40 cal
vegan chicken strips, meat free	2 oz	145 cal
yams, no salt, boiled or baked	1/2 Cup(s)	79 cal
drinking water	2 Cup(s)	0 cal
green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal

MEAL TOTAL: **Calories** 329 cal / **Carbs** 40 g (46%) / **Protein** 16 g (19%) / **Fat** 14 g (35%) / **Fluid** 23

NOTES:

**DAY 2 TOTAL: Calories** 1,397 cal / **Carbs** 184 g (50%) / **Protein** 81 g (22%) / **Fat** 46 g (28%) / **Fluid** 77



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### DAY 3

#### Breakfast

7:00 AM

smooth peanut butter, no salt	1 Tbsp	94 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
brown rice bread, gluten free, low-sodium	1 slice	100 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 41 g (46%) / **Protein** 16 g (18%) / **Fat** 14 g (36%) / **Fluid** 27

NOTES:

#### Snack

10:00 AM

bananas	1 small	90 cal
drinking water	2 Cup(s)	0 cal
cinnamon granola bars	2 bars	180 cal

MEAL TOTAL: **Calories** 270 cal / **Carbs** 52 g (73%) / **Protein** 5 g (7%) / **Fat** 6 g (20%) / **Fluid** 19

NOTES:

#### Lunch

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
romaine lettuce	3 leaf	3 cal
drinking water	2 Cup(s)	0 cal
mayonnaise, made with tofu	1/3 Tbsp	16 cal
hickory smoked tofurky deli slices	8 pieces	160 cal

MEAL TOTAL: **Calories** 306 cal / **Carbs** 29 g (38%) / **Protein** 25 g (32%) / **Fat** 10 g (30%) / **Fluid** 17

NOTES:

#### Dinner

6:00 PM

tofu, extra firm	4 oz	103 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
fava bean salad	1/2 serving	183 cal

MEAL TOTAL: **Calories** 435 cal / **Carbs** 57 g (50%) / **Protein** 25 g (22%) / **Fat** 14 g (28%) / **Fluid** 26

NOTES:

**DAY 3 TOTAL: Calories** 1,363 cal / **Carbs** 180 g (51%) / **Protein** 71 g (20%) / **Fat** 45 g (29%) / **Fluid** 89



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## DAY 4

### Breakfast

7:00 AM

soy milk with calcium	1 1/2 Cup(s)	158 cal
bananas	1 small	90 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 69 g (69%) / **Protein** 11 g (11%) / **Fat** 9 g (20%) / **Fluid** 30

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
peanuts, no salt, dry-roasted	1 oz	166 cal

MEAL TOTAL: **Calories** 234 cal / **Carbs** 24 g (37%) / **Protein** 8 g (13%) / **Fat** 14 g (50%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

tofu, extra firm	6 oz	155 cal
fava bean salad	1/2 serving	183 cal
balsamic vinegar	1 1/4 Tbsp	18 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 379 cal / **Carbs** 36 g (36%) / **Protein** 27 g (27%) / **Fat** 16 g (37%) / **Fluid** 32

NOTES:

### Dinner

6:00 PM

asparagus, boiled	6 spears	20 cal
kielbasa sausage tofurky	4 oz	275 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 35 g (35%) / **Protein** 35 g (34%) / **Fat** 14 g (31%) / **Fluid** 21

NOTES:

**DAY 4 TOTAL: Calories** 1,389 cal / **Carbs** 163 g (45%) / **Protein** 81 g (22%) / **Fat** 54 g (33%) / **Fluid** 103



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## DAY 5

### Breakfast

7:00 AM

soy milk with calcium	1 1/2 Cup(s)	158 cal
wheat bran flakes	1 Cup(s)	110 cal
orange juice	1/2 Cup(s)	56 cal
meat free bacon	4 slices	90 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 60 g (54%) / **Protein** 26 g (24%) / **Fat** 11 g (22%) / **Fluid** 15

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 149 cal / **Carbs** 18 g (44%) / **Protein** 4 g (11%) / **Fat** 8 g (45%) / **Fluid** 19

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal
hummus, lower sodium	1 Tbsp	26 cal
avocados	1/4 cup	58 cal
philly steak tofurky, slices	8 slices	160 cal
whole-wheat pita bread	1 1/2 small	112 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 41 g (43%) / **Protein** 26 g (27%) / **Fat** 13 g (30%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

veggie burger	1 1/2 serving	418 cal
drinking water	2 Cup(s)	0 cal
cauliflower, no salt, boiled	10 flowerets	41 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 65 g (52%) / **Protein** 24 g (20%) / **Fat** 16 g (28%) / **Fluid** 27

NOTES:

**DAY 5 TOTAL: Calories** 1,387 cal / **Carbs** 184 g (49%) / **Protein** 81 g (22%) / **Fat** 47 g (29%) / **Fluid** 80



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## DAY 6

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
brown rice bread, gluten free, low-sodium	1 slice	100 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 41 g (46%) / **Protein** 16 g (18%) / **Fat** 14 g (36%) / **Fluid** 27

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
brown rice protein	1 oz	109 cal
plain soy yogurt	3 oz	75 cal
raisins, seedless	1/4 cup	123 cal

MEAL TOTAL: **Calories** 307 cal / **Carbs** 48 g (60%) / **Protein** 24 g (30%) / **Fat** 4 g (10%) / **Fluid** 16

NOTES:

### Lunch

12:00 PM

veggie burger	1 serving	279 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 58 g (57%) / **Protein** 19 g (19%) / **Fat** 11 g (24%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

macaroni, cooked	1/2 Cup(s)	87 cal
vegan pasta sauce, low-fat	1/4 Cup(s)	40 cal
asparagus, boiled	6 spears	20 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	4 oz	289 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 40 g (35%) / **Protein** 32 g (28%) / **Fat** 18 g (37%) / **Fluid** 20

NOTES:

**DAY 6 TOTAL: Calories** 1,461 cal / **Carbs** 187 g (49%) / **Protein** 90 g (24%) / **Fat** 47 g (27%) / **Fluid** 91



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## DAY 7

### Breakfast

7:00 AM

orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
brown rice bread, gluten free, low-sodium	1 slice	100 cal
meat free bacon	4 slices	90 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 48 g (64%) / **Protein** 16 g (21%) / **Fat** 5 g (15%) / **Fluid** 15

NOTES:

### Snack

10:00 AM

melba toast, no salt	2 toast	37 cal
celery	5 medium stalk	32 cal
drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	1 1/2 Tbsp	141 cal

MEAL TOTAL: **Calories** 211 cal / **Carbs** 18 g (33%) / **Protein** 9 g (16%) / **Fat** 13 g (51%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

romaine lettuce	3 leaf	3 cal
whole wheat tortillas	1 1/2 tortilla	191 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
hickory smoked tofurky deli slices	8 pieces	160 cal

MEAL TOTAL: **Calories** 386 cal / **Carbs** 40 g (41%) / **Protein** 28 g (28%) / **Fat** 13 g (31%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

yams, no salt, boiled or baked	1/2 Cup(s)	79 cal
kielbasa sausage tofurky	3 oz	206 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 373 cal / **Carbs** 49 g (47%) / **Protein** 28 g (28%) / **Fat** 11 g (25%) / **Fluid** 25

NOTES:

**DAY 7 TOTAL: Calories** 1,271 cal / **Carbs** 155 g (47%) / **Protein** 80 g (24%) / **Fat** 42 g (29%) / **Fluid** 82



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2 Servings

## fava bean salad

### Ingredients

balsamic vinegar

2 Tbsp

garlic

1 clove

fava beans, canned, no salt

2 Cup(s)

roma tomatoes

1 Cup(s)

cucumber

1 cucumber

onions

1 small

olive oil

1 2/3 Tbsp

lemon juice

1 Tbsp

### Nutrition Totals

**Calories** 732 / **Carbs** 97 g / **Protein** 33 g / **Fat** 24 g / **Fluid** 27 fl oz

### Instructions

1. Whisk the lemon juice, balsamic vinegar, garlic, and olive oil together in a bowl to make the dressing.
2. Toss the cucumber, onion, tomatoes, and fava beans together in a large bowl; pour the dressing over the vegetable mixture and toss to coat. Chill for 1 hour before serving.





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## Nutrition Label

Fava Bean Salad	
Amount Per Serving	
Calories	366
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30.1mg	1%
Total Carbohydrates 48.2g	16%
Dietary Fiber 10.8g	43%
Total Sugar 8.5g	
Protein 16.5g	
Vitamin D 0IU	0%
Calcium 106.2mg	11%
Iron 4.3mg	24%
Potassium 1183.8mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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2 Servings

## veggie burger

### Ingredients

brown rice, long-grain, cooked

1/4 Cup(s)

quick oats cereal with iron

2/3 Cup(s)

garbanzo beans, no salt, boiled

2/3 Cup(s)

sage, ground

1/4 tsp

garlic powder

1/4 tsp

oat bran

2 Tbsp

tofu, extra firm

4 oz

vegetable oil

1/2 tablespoons

barbecue sauce

1 Tbsp

### Nutrition Totals

**Calories 558 / Carbs 77 g / Protein 28 g / Fat 20 g / Fluid 7 fl oz**

### Instructions

1. In a large bowl, stir together the mashed garbanzo beans and basil. Mix in the oat bran, quick oats, and rice; the mixture should seem a little dry.
2. In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible. Drain of the water, and repeat the process until there is hardly any water worth pouring off. It is not necessary to remove all of the water. Pour the barbecue sauce over the tofu, and stir to coat.
3. Stir the tofu into the garbanzo beans and oats. Season with garlic powder, and sage (with optional dash of salt & pepper); mix until well blended.
4. Heat oil in a large skillet over medium-high heat. Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side. Serve as you would burgers.



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## Nutrition Label

Veggie Burger		
Amount Per Serving		
Calories		279
		% Daily Value*
Total Fat	9.8g	15%
Saturated Fat	0.7g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	91.3mg	4%
Total Carbohydrates	38.2g	13%
Dietary Fiber	7.1g	28%
Total Sugar	5.8g	
Protein	14g	
Vitamin D	0IU	0%
Calcium	142.4mg	14%
Iron	9.7mg	54%
Potassium	349mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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# Shopping List

## Accompaniments

barbecue sauce  
1.25 Tbsp  
mayonnaise, made with tofu  
1.33 Tbsp  
vegan pasta sauce, low-fat  
0.25 Cup(s)

## Beverages

drinking water  
47 Cup(s)  
iced tea, green  
32 fl. oz.  
soy milk with calcium  
9 Cup(s)

## Bread

brown rice bread, gluten free, low-sodium  
3 slice  
whole-wheat pita bread  
4.5 small  
whole wheat tortillas  
3.5 tortilla

## Cereal & Grain Products

brown rice, long-grain, cooked  
0.32 Cup(s)  
macaroni, cooked  
0.5 Cup(s)  
oat bran  
2.5 Tbsp  
quick oats cereal with iron  
0.83 Cup(s)  
wheat bran flakes  
2 Cup(s)  
whole grain rolled oats, dry  
0.83 Cup(s)  
wild rice, cooked  
0.83 Cup(s)

## Cookies & Crackers



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melba toast, no salt  
2 toast

## Desserts

plain soy yogurt  
3 oz

## Entrees

vegan chicken strips, meat free  
6 oz  
vegan soy burgers  
3 oz

## Fats & Oils

extra virgin olive oil  
0.83 Tbsp  
olive oil  
0.84 Tbsp

## Fruits & Juices

apples  
2 small  
avocados  
0.5 cup  
bananas  
2 small  
lemon juice  
0.5 Tbsp  
orange juice  
2 Cup(s)  
oranges  
2 fruit  
raisins, seedless  
0.5 cup

## Ingredients

balsamic vinegar  
2.25 Tbsp

## Legumes & Beans

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fava beans, canned, no salt  
1 Cup(s)  
garbanzo beans, no salt, boiled  
0.83 Cup(s)  
green snap beans, no salt, boiled  
5.5 Cup(s)  
hummus, lower sodium  
4 Tbsp  
lentil beans, no salt, boiled  
0.5 Cup(s)

## Nuts & Seeds

peanuts, no salt, dry-roasted  
1 oz  
smooth peanut butter, no salt  
5.83 Tbsp

## Sausages & Meats

meat free bacon  
12 slices

## Snacks

cinnamon granola bars  
4 bars

## Spices & Herbs

garlic powder  
0.32 tsp  
sage, ground  
0.32 tsp

## Sports & Diet Nutritionals

brown rice protein  
1 oz

## Uncategorized

vegetable oil  
0.63 tablespoons



## Vegetables

asparagus, boiled  
12 spears  
cauliflower, no salt, boiled  
13 flowerets  
celery  
5 medium stalk  
cucumber  
0.5 cucumber  
garlic  
0.5 clove  
onions  
0.5 small  
romaine lettuce  
9 leaf  
2 Cup(s)  
roma tomatoes  
0.5 Cup(s)  
tomatoes  
1 Cup(s)  
yams, no salt, boiled or baked  
1 Cup(s)

## Vegetarian Products

hickory smoked tofurky deli slices  
16 pieces  
kielbasa sausage tofurky  
7 oz  
meat free sausages  
2 sausage  
philly steak tofurky, slices  
20 slices  
tofu, extra firm  
15 oz