



1,600 Calorie Plan (Vegetarian) 4meals/day

DAY 1

Breakfast 7:00 AM	whole eggs, poached	1 large	72 cal
	oat bran, cooked	1 Cup(s)	88 cal
	drinking water	1 Cup(s)	0 cal
	orange juice	1 1/2 Cup(s)	167 cal
	trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 66 g (53%) / **Protein** 38 g (30%) / **Fat** 9 g (17%) / **Fluid** 27

NOTES:

Snack 10:00 AM	pretzel sticks, no salt	1 oz	108 cal
	low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
	drinking water	2 Cup(s)	0 cal
	nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 42 g (57%) / **Protein** 25 g (35%) / **Fat** 3 g (8%) / **Fluid** 25

NOTES:

Lunch 12:00 PM	olive oil, mayonnaise, light	1/2 Tbsp	25 cal
	baby carrots	15 large	79 cal
	tomatoes	1/4 Cup(s)	8 cal
	dijon mustard	2 tsp	10 cal
	peppered tofurky deli slices	2 oz	109 cal
	drinking water	2 Cup(s)	0 cal
	romaine lettuce	2 leaf	2 cal
	whole wheat bread	2 slice	200 cal

MEAL TOTAL: **Calories** 432 cal / **Carbs** 67 g (59%) / **Protein** 26 g (23%) / **Fat** 9 g (18%) / **Fluid** 25

NOTES:

Dinner 6:00 PM	quinoa, cooked	1 Cup(s)	222 cal
	vegan turkey with sage, meat free	8 oz	75 cal
	brussels sprouts, no salt, boiled	10 sprout	76 cal
	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 62 g (54%) / **Protein** 23 g (20%) / **Fat** 13 g (26%) / **Fluid** 27

NOTES:

DAY 1 TOTAL: Calories 1,591 cal / **Carbs** 236 g (56%) / **Protein** 112 g (26%) / **Fat** 34 g (18%) / **Fluid** 103



Eating right, simplified.

DAY 2

Breakfast 7:00 AM	wheat chex cereal	1 Cup(s)	160 cal
	skim milk with calcium	1 Cup(s)	86 cal
	whole eggs, scrambled	1 large	91 cal
	drinking water	2 Cup(s)	0 cal
	trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 54 g (45%) / **Protein** 43 g (36%) / **Fat** 10 g (19%) / **Fluid** 25

NOTES:

Snack 10:00 AM	pretzel sticks, no salt	1 oz	108 cal
	coconut water	2 Cup(s)	91 cal
	almond butter	1 Tbsp	100 cal
	apples	1 small	55 cal

MEAL TOTAL: **Calories** 354 cal / **Carbs** 58 g (65%) / **Protein** 10 g (11%) / **Fat** 10 g (24%) / **Fluid** 18

NOTES:

Lunch 12:00 PM	kielbasa sausage tofurky	3 oz	206 cal
	whole-wheat pita bread	2 small	149 cal
	olive oil, mayonnaise, light	1/2 Tbsp	25 cal
	romaine lettuce	2 leaf	2 cal
	drinking water	2 Cup(s)	0 cal
	baby carrots	15 large	79 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 61 g (49%) / **Protein** 29 g (24%) / **Fat** 15 g (27%) / **Fluid** 24

NOTES:

Dinner 6:00 PM	shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
	vegan chicken strips, meat free	3 oz	217 cal
	mustard greens, no salt, boiled	1 cup	36 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 445 cal / **Carbs** 44 g (38%) / **Protein** 27 g (23%) / **Fat** 20 g (39%) / **Fluid** 22

NOTES:

DAY 2 TOTAL: Calories 1,707 cal / **Carbs** 216 g (49%) / **Protein** 109 g (24%) / **Fat** 55 g (27%) / **Fluid** 90

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**DAY 3**

Breakfast 7:00 AM	meat free bacon	2 slices	45 cal
	almond butter	1 Tbsp	100 cal
	drinking water	1 Cup(s)	0 cal
	whole wheat bread	2 slice	200 cal
	nectarines	1 fruit	60 cal
	skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 491 cal / **Carbs** 70 g (54%) / **Protein** 29 g (22%) / **Fat** 14 g (24%) / **Fluid** 20

NOTES:

Snack 10:00 AM	apples	1 small	55 cal
	nut and raisin granola bars	1 bar	127 cal
	almonds	1/4 oz	41 cal
	coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 314 cal / **Carbs** 52 g (63%) / **Protein** 7 g (9%) / **Fat** 10 g (28%) / **Fluid** 19

NOTES:

Lunch 12:00 PM	extra virgin olive oil	1/2 Tbsp	60 cal
	whole wheat dinner rolls	2 roll	149 cal
	chicken nuggets, meat free	2 oz	158 cal
	balsamic vinegar	1/2 Tbsp	7 cal
	romaine lettuce	2 Cup(s)	16 cal
	iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 47 g (45%) / **Protein** 15 g (15%) / **Fat** 18 g (40%) / **Fluid** 20

NOTES:

Dinner 6:00 PM	shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
	kielbasa sausage tofurky	4 oz	275 cal
	mustard greens, no salt, boiled	1 cup	36 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 503 cal / **Carbs** 48 g (35%) / **Protein** 39 g (29%) / **Fat** 22 g (36%) / **Fluid** 22

NOTES:

DAY 3 TOTAL: Calories 1,699 cal / **Carbs** 217 g (48%) / **Protein** 90 g (20%) / **Fat** 64 g (32%) / **Fluid** 80

**DAY 4**

Breakfast 7:00 AM	salsa, ready to serve	2 Tbsp	10 cal
	whole eggs, poached	1 large	72 cal
	orange juice	1 Cup(s)	112 cal
	drinking water	1 Cup(s)	0 cal
	whole wheat tortillas	2 tortilla	254 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 66 g (58%) / **Protein** 17 g (15%) / **Fat** 13 g (27%) / **Fluid** 19

NOTES:

Snack 10:00 AM	low-fat cottage cheese, 1%	1/2 Cup(s)	81 cal
	nectarines	1 fruit	60 cal
	soy protein bar chocolate mint	1/2 bar	120 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 261 cal / **Carbs** 36 g (54%) / **Protein** 22 g (33%) / **Fat** 4 g (13%) / **Fluid** 23

NOTES:

Lunch 12:00 PM	whole-wheat pita bread	1 1/2 small	112 cal
	vegetarian chili soup, no salt added	1 1/2 Cup(s)	315 cal
	mexican cheese blend, reduced fat	1 oz	80 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 86 g (64%) / **Protein** 26 g (19%) / **Fat** 10 g (17%) / **Fluid** 17

NOTES:

Dinner 6:00 PM	vegan chicken strips, meat free	2 oz	145 cal
	navy beans, no salt, boiled	1/2 Cup(s)	127 cal
	wild rice, cooked	1/2 Cup(s)	83 cal
	mustard greens, no salt, boiled	1 cup	36 cal
	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 54 g (46%) / **Protein** 26 g (22%) / **Fat** 17 g (32%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,666 cal / **Carbs** 241 g (56%) / **Protein** 91 g (21%) / **Fat** 44 g (23%) / **Fluid** 83

**DAY 5**

Breakfast 7:00 AM	skim milk with calcium	1 Cup(s)	86 cal
	meat free bacon	4 slices	90 cal
	drinking water	2 Cup(s)	0 cal
	wheat chex cereal	1 Cup(s)	160 cal
	strawberries	8 large	46 cal
	trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 493 cal / **Carbs** 66 g (50%) / **Protein** 50 g (37%) / **Fat** 8 g (13%) / **Fluid** 28

NOTES:

Snack 10:00 AM	apples	1 small	55 cal
	almond butter	1 Tbsp	100 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 155 cal / **Carbs** 18 g (45%) / **Protein** 3 g (8%) / **Fat** 8 g (47%) / **Fluid** 19

NOTES:

Lunch 12:00 PM	kielbasa sausage tofurky	4 oz	275 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	whole wheat dinner rolls	2 roll	149 cal
	balsamic vinegar	1/2 Tbsp	7 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 47 g (34%) / **Protein** 36 g (26%) / **Fat** 24 g (40%) / **Fluid** 20

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	refried beans, vegetarian	1/2 Cup(s)	100 cal
	vegan fajitas	1 serving	439 cal

MEAL TOTAL: **Calories** 540 cal / **Carbs** 79 g (56%) / **Protein** 23 g (16%) / **Fat** 18 g (28%) / **Fluid** 29

NOTES:

DAY 5 TOTAL: Calories 1,694 cal / **Carbs** 210 g (46%) / **Protein** 112 g (25%) / **Fat** 57 g (29%) / **Fluid** 95



DAY 6

Breakfast 7:00 AM	drinking water	1 Cup(s)	0 cal
	bananas	1 small	90 cal
	skim milk with calcium	1 Cup(s)	86 cal
	almond butter	1 Tbsp	100 cal
	whole wheat bread	2 slice	200 cal

MEAL TOTAL: **Calories** 476 cal / **Carbs** 78 g (61%) / **Protein** 22 g (18%) / **Fat** 12 g (21%) / **Fluid** 18

NOTES:

Snack 10:00 AM	vanilla yogurt, low-fat	8 oz	193 cal
	drinking water	2 Cup(s)	0 cal
	almonds	1/2 oz	81 cal
	nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 334 cal / **Carbs** 49 g (56%) / **Protein** 16 g (18%) / **Fat** 10 g (26%) / **Fluid** 26

NOTES:

Lunch 12:00 PM	refried beans, vegetarian	1/2 Cup(s)	100 cal
	iced tea, green	16 fl. oz.	0 cal
	vegan fajitas	1 serving	439 cal

MEAL TOTAL: **Calories** 540 cal / **Carbs** 79 g (56%) / **Protein** 23 g (16%) / **Fat** 18 g (28%) / **Fluid** 29

NOTES:

Dinner 6:00 PM	vegan turkey with sage, meat free	12 oz	113 cal
	wild rice, cooked	1 1/4 Cup(s)	207 cal
	drinking water	2 Cup(s)	0 cal
	summer squash, no salt, boiled	1 1/2 cup	54 cal
	butter, no salt	1/2 Tbsp	51 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 66 g (59%) / **Protein** 24 g (22%) / **Fat** 9 g (19%) / **Fluid** 30

NOTES:

DAY 6 TOTAL: Calories 1,775 cal / Carbs 272 g (58%) / Protein 85 g (18%) / Fat 49 g (24%) / Fluid 102

**DAY 7**

Breakfast 7:00 AM	butter, no salt	1/2 Tbsp	51 cal
	orange juice	1 Cup(s)	112 cal
	meat free bacon	3 slices	68 cal
	drinking water	1 Cup(s)	0 cal
	whole wheat bread	2 slice	200 cal
	whole eggs, poached	1 large	72 cal

MEAL TOTAL: **Calories** 502 cal / **Carbs** 68 g (51%) / **Protein** 27 g (20%) / **Fat** 17 g (29%) / **Fluid** 17

NOTES:

Snack 10:00 AM	pretzel sticks, no salt	1 oz	108 cal
	hummus, lower sodium	2 Tbsp	52 cal
	baby carrots	20 large	105 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 265 cal / **Carbs** 52 g (76%) / **Protein** 7 g (11%) / **Fat** 4 g (13%) / **Fluid** 26

NOTES:

Lunch 12:00 PM	olive oil, mayonnaise, light	1/2 Tbsp	25 cal
	peppered tofurky deli slices	2 oz	109 cal
	romaine lettuce	4 leaf	4 cal
	whole wheat tortillas	2 tortilla	254 cal
	dijon mustard	2 tsp	10 cal
	tomatoes	1/4 Cup(s)	8 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 410 cal / **Carbs** 46 g (46%) / **Protein** 23 g (23%) / **Fat** 14 g (31%) / **Fluid** 19

NOTES:

Dinner 6:00 PM	chicken nuggets, meat free	3 oz	237 cal
	quinoa, cooked	1 Cup(s)	222 cal
	brussels sprouts, no salt, boiled	8 sprout	60 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 520 cal / **Carbs** 72 g (54%) / **Protein** 26 g (19%) / **Fat** 16 g (27%) / **Fluid** 26

NOTES:

DAY 7 TOTAL: Calories 1,696 cal / **Carbs** 238 g (55%) / **Protein** 83 g (19%) / **Fat** 51 g (26%) / **Fluid** 87

2 Servings



shell pasta with artichokes in garlic & olive oil

Ingredients

garlic
2 clove

olive oil
2 Tbsp

pasta shells
1 1/3 Cup(s)

artichokes
2 medium

Nutrition Totals

Calories 768 / **Carbs** 113 g / **Protein** 23 g / **Fat** 29 g / **Fluid** 7 fl oz

Instructions

1. Bring a pot of lightly salted water to a boil. Add seashell pasta, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the olive oil in a skillet over medium heat. Mix in the garlic, basil, and artichoke hearts, and cook 5 minutes, until heated through. Toss with the cooked pasta to serve.



Nutrition Label

Shell Pasta With Artichokes In Garlic & Olive Oil	
Amount Per Serving	
Calories	384
% Daily Value*	
Total Fat 14.3g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 121.1mg	5%
Total Carbohydrates 56.4g	19%
Dietary Fiber 8.9g	36%
Total Sugar 2.6g	
Protein 11.7g	
Vitamin D 0IU	0%
Calcium 75.2mg	8%
Iron 4.1mg	23%
Potassium 485.7mg	
* 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.	



2 Servings

vegan fajitas

Ingredients

corn tortillas, no salt
2 tortilla

sweet green peppers
2/3 medium

zucchini/summer squash
1/2 small

summer squash
3/4 cup

olive oil
1 Tbsp

black beans, no salt, boiled
1 1/3 Cup(s)

corn sweet yellow raw
1 1/3 Cup(s)

olive oil
1 Tbsp

distilled vinegar
2 tsp

chili powder
1/2 tsp

Nutrition Totals

Calories 879 / Carbs 126 g / Protein 33 g / Fat 33 g / Fluid 19 fl oz

Instructions

1. In a large bowl combine olive oil, vinegar, oregano, and chili powder. To the marinade add the zucchini, yellow squash, onion, and peppers. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.
2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.
3. Serve in corn or flour tortillas



Nutrition Label

Vegan Fajitas	
Amount Per Serving	
Calories	439
% Daily Value*	
Total Fat 16.4g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35.1mg	1%
Total Carbohydrates 63g	21%
Dietary Fiber 15g	60%
Total Sugar 9g	
Protein 16.2g	
Vitamin D 0IU	0%
Calcium 96mg	10%
Iron 3.8mg	22%
Potassium 994.1mg	

* 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.



Shopping List

Accompaniments

dijon mustard
4 tsp
olive oil, mayonnaise, light
1.5 Tbsp
salsa, ready to serve
2 Tbsp

Beverages

coconut water
4 Cup(s)
drinking water
43 Cup(s)
iced tea, green
32 fl. oz.

Bread

corn tortillas, no salt
2 tortilla
whole-wheat pita bread
3.5 small
whole wheat bread
8 slice
whole wheat dinner rolls
4 roll
whole wheat tortillas
4 tortilla

Cereal & Grain Products

oat bran, cooked
1 Cup(s)
pasta shells
0.66 Cup(s)
quinoa, cooked
2 Cup(s)
wheat chex cereal
2 Cup(s)
wild rice, cooked
1.75 Cup(s)

Dairy & Egg



butter, no salt

1 Tbsp

low-fat cottage cheese, 1%

1.25 Cup(s)

mexican cheese blend, reduced fat

1 oz

skim milk with calcium

4 Cup(s)

vanilla yogurt, low-fat

8 oz

whole eggs, poached

3 large

whole eggs, scrambled

1 large

Entrees

vegan chicken strips, meat free

5 oz

Fats & Oils

extra virgin olive oil

2 Tbsp

olive oil

3 Tbsp

Fruits & Juices

apples

3 small

bananas

1 small

nectarines

4 fruit

orange juice

3.5 Cup(s)

strawberries

8 large

Ingredients

balsamic vinegar

1 Tbsp

distilled vinegar

2 tsp



Legumes & Beans

black beans, no salt, boiled

1.34 Cup(s)

hummus, lower sodium

2 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

refried beans, vegetarian

1 Cup(s)

Nuts & Seeds

almond butter

4 Tbsp

almonds

0.75 oz

Sausages & Meats

meat free bacon

9 slices

Snacks

nut and raisin granola bars

1 bar

pretzel sticks, no salt

3 oz

Soup

vegetarian chili soup, no salt added

1.5 Cup(s)

Spices & Herbs

chili powder

0.5 tsp

Sports & Diet Nutritionals

soy protein bar chocolate mint

0.5 bar

trulean vegan plant based protein frosted vanilla cupcake

3 Scoop



Uncategorized

corn sweet yellow raw
1.34 Cup(s)

Vegetables

artichokes
1 medium
baby carrots
50 large
brussels sprouts, no salt, boiled
18 sprout
garlic
1 clove
mustard greens, no salt, boiled
3 cup
romaine lettuce
8 leaf
4 Cup(s)
summer squash
0.76 cup
summer squash, no salt, boiled
1.5 cup
sweet green peppers
0.66 medium
tomatoes
0.5 Cup(s)
zucchini/summer squash
0.5 small

Vegetarian Products

chicken nuggets, meat free
5 oz
kielbasa sausage tofurky
11 oz
peppered tofurky deli slices
4 oz
vegan turkey with sage, meat free
20 oz