



# 1,600 Calorie Plan (Protein) 4meals/day

## DAY 1

<b>Breakfast</b> 7:00 AM	drinking water	2 Cup(s)	0 cal
	whole eggs, scrambled	2 large	182 cal
	whole grain rolled oats, dry	1/2 Cup(s)	150 cal
	raisins, seedless	1/5 cup	99 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 57 g (46%) / **Protein** 28 g (23%) / **Fat** 17 g (31%) / **Fluid** 23

NOTES:

<b>Snack</b> 10:00 AM	smooth peanut butter, no salt	1 Tbsp	94 cal
	apples	1 small	55 cal
	drinking water	2 Cup(s)	0 cal
	cottage cheese, non-fat	1 Cup(s)	104 cal

MEAL TOTAL: **Calories** 254 cal / **Carbs** 27 g (42%) / **Protein** 19 g (29%) / **Fat** 9 g (29%) / **Fluid** 23

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	whole wheat tortillas	1 tortilla	127 cal
	turkey breast, roasted	6 oz	231 cal
	romaine lettuce	2 leaf	2 cal
	hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 26 g (23%) / **Protein** 58 g (53%) / **Fat** 12 g (24%) / **Fluid** 22

NOTES:

<b>Dinner</b> 6:00 PM	cauliflower, no salt, boiled	1 Cup(s)	29 cal
	yellowfin tuna fish, cooked	4 oz	147 cal
	wild rice, cooked	1/2 Cup(s)	83 cal
	lentil beans, no salt, boiled	1/2 Cup(s)	115 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 43 g (39%) / **Protein** 48 g (43%) / **Fat** 9 g (18%) / **Fluid** 27

NOTES:

## DAY 1 TOTAL: **Calories** 1,625 cal / **Carbs** 153 g (37%) / **Protein** 152 g (37%) / **Fat** 46 g (26%) / **Fluid** 95



Eating right, simplified.

## DAY 2

<b>Breakfast</b> 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	multi-grain cheerios cereal	1/2 Cup(s)	60 cal
	whole eggs, scrambled	1 large	91 cal
	egg whites, cooked	4 large	69 cal
	bread, high-protein	1 slices	152 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 43 g (39%) / **Protein** 45 g (39%) / **Fat** 11 g (22%) / **Fluid** 21

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	cashews	1 1/2 oz	235 cal

MEAL TOTAL: **Calories** 235 cal / **Carbs** 13 g (21%) / **Protein** 8 g (12%) / **Fat** 19 g (67%) / **Fluid** 16

NOTES:

<b>Lunch</b> 12:00 PM	olive oil, mayonnaise, light	1 Tbsp	49 cal
	iced tea, green	16 fl. oz.	0 cal
	tomatoes	1/4 Cup(s)	8 cal
	avocados	1/4 avocado	80 cal
	chicken, boneless, roasted	5 oz	237 cal
	whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 449 cal / **Carbs** 22 g (20%) / **Protein** 40 g (35%) / **Fat** 22 g (45%) / **Fluid** 22

NOTES:

<b>Dinner</b> 6:00 PM	green snap beans, no salt, boiled	1 Cup(s)	44 cal
	yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
	drinking water	2 Cup(s)	0 cal
	beef t-bone, broiled	4 oz	214 cal

MEAL TOTAL: **Calories** 495 cal / **Carbs** 66 g (53%) / **Protein** 35 g (28%) / **Fat** 10 g (19%) / **Fluid** 27

NOTES:

**DAY 2 TOTAL: Calories** 1,637 cal / **Carbs** 145 g (35%) / **Protein** 127 g (31%) / **Fat** 62 g (34%) / **Fluid** 86

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.

**DAY 3**

<b>Breakfast</b> 7:00 AM	smooth peanut butter, no salt	2 Tbsp	188 cal
	skim milk with calcium	1 1/2 Cup(s)	130 cal
	drinking water	1 Cup(s)	0 cal
	whole wheat mini bagel	1 bagel	100 cal

MEAL TOTAL: **Calories** 418 cal / **Carbs** 44 g (41%) / **Protein** 25 g (23%) / **Fat** 17 g (36%) / **Fluid** 19

**NOTES:**

<b>Snack</b> 10:00 AM	bananas	1 extra large	135 cal
	drinking water	2 Cup(s)	0 cal
	nut and raisin granola bars	1/2 bar	64 cal
	whey protein powder	1 Scoop	113 cal

MEAL TOTAL: **Calories** 311 cal / **Carbs** 45 g (54%) / **Protein** 29 g (35%) / **Fat** 4 g (11%) / **Fluid** 20

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	tuna fish, very low-sodium, in water	8 oz	224 cal
	romaine lettuce	2 leaf	2 cal
	olive oil, mayonnaise, light	1 Tbsp	49 cal
	whole wheat tortillas	1 1/2 tortilla	191 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 30 g (25%) / **Protein** 57 g (48%) / **Fat** 14 g (27%) / **Fluid** 17

**NOTES:**

<b>Dinner</b> 6:00 PM	marinara spaghetti sauce, ready to serve	1/2 Cup(s)	61 cal
	green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
	drinking water	2 Cup(s)	0 cal
	italian spiced pork chops	1 1/2 serving	150 cal
	rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: **Calories** 381 cal / **Carbs** 49 g (51%) / **Protein** 34 g (36%) / **Fat** 5 g (13%) / **Fluid** 29

**NOTES:**

**DAY 3 TOTAL: Calories** 1,576 cal / **Carbs** 168 g (41%) / **Protein** 145 g (36%) / **Fat** 41 g (23%) / **Fluid** 85



**DAY 4**

<b>Breakfast</b> 7:00 AM	bananas	1 medium	105 cal
	whole grain rolled oats, dry	2/3 Cup(s)	199 cal
	whole eggs, scrambled	2 large	182 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 66 g (55%) / **Protein** 13 g (11%) / **Fat** 18 g (34%) / **Fluid** 22

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	oranges	1 fruit	69 cal
	peanuts, no salt, dry-roasted	1 1/2 oz	249 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 27 g (31%) / **Protein** 11 g (13%) / **Fat** 21 g (56%) / **Fluid** 20

NOTES:

<b>Lunch</b> 12:00 PM	italian spiced pork chops	1 1/2 serving	150 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	balsamic vinegar	2 Tbsp	28 cal
	tomatoes	1/4 Cup(s)	8 cal
	romaine lettuce	2 Cup(s)	16 cal
	whole wheat dinner rolls	1 1/2 roll	112 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 34 g (37%) / **Protein** 32 g (34%) / **Fat** 12 g (29%) / **Fluid** 25

NOTES:

<b>Dinner</b> 6:00 PM	wild rice, cooked	1/2 Cup(s)	83 cal
	asparagus, boiled	6 spears	20 cal
	beef t-bone, broiled	6 oz	321 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 21 g (20%) / **Protein** 50 g (47%) / **Fat** 15 g (33%) / **Fluid** 24

NOTES:

**DAY 4 TOTAL: Calories 1,601 cal / Carbs 148 g (36%) / Protein 107 g (26%) / Fat 67 g (38%) / Fluid 92**

**DAY 5**

<b>Breakfast</b> 7:00 AM	multi-grain cheerios cereal	1 1/2 Cup(s)	180 cal
	skim milk with calcium	1 1/2 Cup(s)	130 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 57 g (59%) / **Protein** 34 g (35%) / **Fat** 2 g (6%) / **Fluid** 24

**NOTES:**

<b>Snack</b> 10:00 AM	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	drinking water	2 Cup(s)	0 cal
	apples	1 medium	72 cal
	cottage cheese, non-fat	1 Cup(s)	104 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 33 g (40%) / **Protein** 21 g (26%) / **Fat** 13 g (34%) / **Fluid** 24

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	whole-wheat pita bread	1 small	74 cal
	turkey breast, roasted	4 oz	154 cal
	tomatoes	1/4 Cup(s)	8 cal
	avocados	1/3 avocado	107 cal
	hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 422 cal / **Carbs** 30 g (27%) / **Protein** 42 g (38%) / **Fat** 17 g (35%) / **Fluid** 23

**NOTES:**

<b>Dinner</b> 6:00 PM	mediterranean chicken	1 serving	186 cal
	wild rice, cooked	1 1/2 Cup(s)	248 cal
	cauliflower, no salt, boiled	1 Cup(s)	29 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 463 cal / **Carbs** 59 g (49%) / **Protein** 35 g (29%) / **Fat** 12 g (22%) / **Fluid** 29

**NOTES:**

**DAY 5 TOTAL: Calories** 1,598 cal / **Carbs** 178 g (44%) / **Protein** 132 g (32%) / **Fat** 44 g (24%) / **Fluid** 101

**DAY 6**

<b>Breakfast</b> 7:00 AM	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	whole wheat mini bagel	1 bagel	100 cal
	skim milk with calcium	2 Cup(s)	173 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 483 cal / **Carbs** 50 g (41%) / **Protein** 41 g (34%) / **Fat** 14 g (25%) / **Fluid** 27

**NOTES:**

<b>Snack</b> 10:00 AM	raisins, seedless	1/4 cup	123 cal
	drinking water	2 Cup(s)	0 cal
	cottage cheese, non-fat	2 1/4 Cup(s)	235 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 54 g (59%) / **Protein** 35 g (38%) / **Fat** 1 g (3%) / **Fluid** 25

**NOTES:**

<b>Lunch</b> 12:00 PM	whole-wheat pita bread	1 small	74 cal
	green snap beans, no salt, boiled	2 Cup(s)	88 cal
	drinking water	2 Cup(s)	0 cal
	mediterranean chicken	1 serving	186 cal

MEAL TOTAL: **Calories** 348 cal / **Carbs** 36 g (39%) / **Protein** 31 g (33%) / **Fat** 12 g (28%) / **Fluid** 27

**NOTES:**

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	salmon, cooked	6 oz	260 cal
	marinara spaghetti sauce, ready to serve	1/3 Cup(s)	41 cal
	asparagus, boiled	4 spears	13 cal
	rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: **Calories** 419 cal / **Carbs** 32 g (31%) / **Protein** 46 g (46%) / **Fat** 11 g (23%) / **Fluid** 24

**NOTES:**

**DAY 6 TOTAL: Calories** 1,607 cal / **Carbs** 172 g (42%) / **Protein** 153 g (38%) / **Fat** 37 g (20%) / **Fluid** 104

**DAY 7**

<b>Breakfast</b> 7:00 AM	skim milk with calcium	2 Cup(s)	173 cal
	whole wheat mini bagel	1 bagel	100 cal
	whole eggs, scrambled	2 large	182 cal
	drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 455 cal / **Carbs** 46 g (41%) / **Protein** 33 g (29%) / **Fat** 15 g (30%) / **Fluid** 26

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	celery	5 medium stalk	32 cal
	smooth peanut butter, no salt	2 Tbsp	188 cal
	wheat thin crackers	10 crackers	80 cal

MEAL TOTAL: **Calories** 300 cal / **Carbs** 26 g (33%) / **Protein** 10 g (13%) / **Fat** 19 g (54%) / **Fluid** 22

**NOTES:**

<b>Lunch</b> 12:00 PM	whole wheat tortillas	1 tortilla	127 cal
	sliced ham, extra lean, low-sodium	5 oz	186 cal
	olive oil, mayonnaise, light	1 tsp	16 cal
	romaine lettuce	2 leaf	2 cal
	tomatoes	1/4 Cup(s)	8 cal
	iced tea, green	16 fl. oz.	0 cal
	turkey breast, roasted	4 oz	154 cal

MEAL TOTAL: **Calories** 494 cal / **Carbs** 23 g (20%) / **Protein** 62 g (54%) / **Fat** 13 g (26%) / **Fluid** 24

**NOTES:**

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	chicken, boneless, roasted	3 oz	142 cal
	yams, no salt, boiled or baked	1 Cup(s)	158 cal
	green snap beans, no salt, boiled	1 Cup(s)	44 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 47 g (46%) / **Protein** 26 g (25%) / **Fat** 13 g (29%) / **Fluid** 25

**NOTES:**

**DAY 7 TOTAL: Calories** 1,652 cal / **Carbs** 142 g (35%) / **Protein** 131 g (32%) / **Fat** 60 g (33%) / **Fluid** 98



2 Servings

# italian spiced pork chops

## Ingredients

sage, ground  
1/4 tsp

onions  
1/4 cup

pork tenderloin  
6 oz

black pepper  
2 dash

paprika  
1/4 tsp

## Nutrition Totals

**Calories 199 / Carbs 3 g / Protein 36 g / Fat 4 g / Fluid 4 fl oz**

## Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.

# Nutrition Label

<b>Italian Spiced Pork Chops</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.9g	<b>3%</b>
Saturated Fat 0.6g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55.2mg	<b>18%</b>
<b>Sodium</b> 45.8mg	<b>2%</b>
<b>Total Carbohydrates</b> 1.6g	<b>1%</b>
Dietary Fiber 0.3g	<b>2%</b>
Total Sugar 0.6g	
<b>Protein</b> 18g	
<b>Vitamin D</b> 6.8IU	<b>1%</b>
<b>Calcium</b> 10mg	<b>1%</b>
<b>Iron</b> 0.9mg	<b>5%</b>
<b>Potassium</b> 368.5mg	

\* 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.



4 Servings

# mediterranean chicken

## Ingredients

chicken breast, boneless skinless  
16 oz

olive oil  
2 Tbsp

lemon juice  
1 1/2 fl. oz.

garlic  
1 clove

## Nutrition Totals

**Calories** 743 / **Carbs** 4 g / **Protein** 93 g / **Fat** 41 g / **Fluid** 13 fl oz

## Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.



# Nutrition Label

<b>Mediterranean Chicken</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>186</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.1g	<b>16%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 72.5mg	<b>24%</b>
<b>Sodium</b> 196.5mg	<b>8%</b>
<b>Total Carbohydrates</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugar 0.2g	
<b>Protein</b> 23.1g	
<b>Vitamin D</b> 2.2IU	<b>0%</b>
<b>Calcium</b> 7.7mg	<b>1%</b>
<b>Iron</b> 0.4mg	<b>2%</b>
<b>Potassium</b> 391.3mg	

\* 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

marinara spaghetti sauce, ready to serve

0.83 Cup(s)

olive oil, mayonnaise, light

2 Tbsp

1 tsp

## Beef

beef t-bone, broiled

10 oz

## Beverages

drinking water

47 Cup(s)

iced tea, green

32 fl. oz.

## Bread

bread, high-protein

1 slices

whole-wheat pita bread

3 small

whole wheat dinner rolls

1.5 roll

whole wheat mini bagel

3 bagel

whole wheat tortillas

3.5 tortilla

## Cereal & Grain Products

multi-grain cheerios cereal

2 Cup(s)

rice penne pasta, low-carb

2 oz

whole grain rolled oats, dry

1.17 Cup(s)

wild rice, cooked

2.5 Cup(s)



## Cookies & Crackers

wheat thin crackers  
10 crackers

## Dairy & Egg

cottage cheese, non-fat  
4.25 Cup(s)  
egg whites, cooked  
17 large  
skim milk with calcium  
8 Cup(s)  
whole eggs, scrambled  
7 large

## Fats & Oils

extra virgin olive oil  
1.5 Tbsp  
olive oil  
1 Tbsp

## Finfish & Shellfish

salmon, cooked  
6 oz  
tuna fish, very low-sodium, in water  
8 oz  
yellowfin tuna fish, cooked  
4 oz

## Fruits & Juices

apples  
1 small  
1 medium  
avocados  
0.58 avocado  
bananas  
1 extra large  
1 medium  
lemon juice  
0.76 fl. oz.  
oranges  
1 fruit  
raisins, seedless  
0.45 cup



## Ingredients

balsamic vinegar  
2 Tbsp

## Legumes & Beans

green snap beans, no salt, boiled  
5.5 Cup(s)  
hummus, lower sodium  
6 Tbsp  
lentil beans, no salt, boiled  
0.5 Cup(s)

## Nuts & Seeds

cashews  
1.5 oz  
peanuts, no salt, dry-roasted  
1.5 oz  
smooth peanut butter, no salt  
8 Tbsp

## Pork

pork tenderloin  
9 oz

## Poultry

chicken, boneless, roasted  
8 oz  
chicken breast, boneless skinless  
8 oz  
turkey breast, roasted  
14 oz

## Sausages & Meats

sliced ham, extra lean, low-sodium  
5 oz

## Snacks



**nut and raisin granola bars**  
0.5 bar

### Spices & Herbs

**black pepper**  
3 dash  
**paprika**  
0.38 tsp  
**sage, ground**  
0.38 tsp

### Sports & Diet Nutritional

**whey protein powder**  
1 Scoop

### Vegetables

**asparagus, boiled**  
10 spears  
**cauliflower, no salt, boiled**  
2 Cup(s)  
**celery**  
5 medium stalk  
**garlic**  
0.5 clove  
**onions**  
0.38 cup  
**romaine lettuce**  
6 leaf  
2 Cup(s)  
**tomatoes**  
1 Cup(s)  
**yams, no salt, boiled or baked**  
2.5 Cup(s)