



Eating right, simplified.

1,600 Calorie Plan (Basic 2) 4meals/day

DAY 1

Breakfast 7:00 AM	whole eggs, scrambled	1 large	91 cal
	extra virgin olive oil	1 Tbsp	120 cal
	black tea brewed	2 Cup(s)	5 cal
	oatmeal, quick oats	1 1/4 Cup(s)	188 cal
	cinnamon, ground	1/2 tsp	3 cal
	grapefruit	1 fruit	52 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 50 g (42%) / **Protein** 13 g (11%) / **Fat** 25 g (47%) / **Fluid** 21

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	walnuts	3/4 oz	137 cal
	apricots	4 apricot	67 cal
	pineapple	1 Cup(s)	78 cal

MEAL TOTAL: **Calories** 282 cal / **Carbs** 39 g (50%) / **Protein** 6 g (8%) / **Fat** 14 g (42%) / **Fluid** 25

NOTES:

Lunch 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	drinking water	2 Cup(s)	0 cal
	avocados	1/2 avocado	161 cal
	white beans, no salt, boiled	1/2 Cup(s)	127 cal
	wild rice, cooked	1/2 Cup(s)	83 cal
	chicken breast, boneless skinless	2 oz	61 cal

MEAL TOTAL: **Calories** 440 cal / **Carbs** 51 g (44%) / **Protein** 25 g (22%) / **Fat** 17 g (34%) / **Fluid** 25

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	cod fish, cooked	3 oz	89 cal
	asparagus, boiled	6 spears	20 cal
	fresh spinach	2 Cup(s)	10 cal
	barley, cooked	1 Cup(s)	193 cal

MEAL TOTAL: **Calories** 432 cal / **Carbs** 55 g (47%) / **Protein** 27 g (23%) / **Fat** 16 g (30%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: Calories 1,612 cal / **Carbs** 195 g (45%) / **Protein** 72 g (17%) / **Fat** 72 g (38%) / **Fluid** 96

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**DAY 2**

Breakfast 7:00 AM	black tea brewed	2 Cup(s)	5 cal
	plain greek yogurt, nonfat	6 oz	100 cal
	whole grain bread	1 slice	120 cal
	hemp seeds, raw	2 Tbsp	113 cal
	apricots	2 apricot	34 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 37 g (39%) / **Protein** 30 g (32%) / **Fat** 12 g (29%) / **Fluid** 23

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	fbbc mexicali dip	1 serving	275 cal
	whole grain pretzels, no salt, gluten free	10 pieces	100 cal

MEAL TOTAL: **Calories** 375 cal / **Carbs** 35 g (38%) / **Protein** 36 g (38%) / **Fat** 10 g (24%) / **Fluid** 24

NOTES:

Lunch 12:00 PM	extra virgin olive oil	1 Tbsp	120 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	2 Cup(s)	0 cal
	tuna in water, canned	6 oz	146 cal
	tomatoes	1 cup	27 cal
	cucumber	1 cup	5 cal
	wild rice, cooked	3/4 Cup(s)	124 cal
	lemon juice	1 Tbsp	3 cal

MEAL TOTAL: **Calories** 442 cal / **Carbs** 37 g (32%) / **Protein** 41 g (36%) / **Fat** 17 g (32%) / **Fluid** 33

NOTES:

Dinner 6:00 PM	iced tea, green	2 Cup(s)	0 cal
	soba noodle salad	1 serving	223 cal
	green peas, no salt, boiled	1 Cup(s)	138 cal
	chicken breast, boneless skinless	3 oz	92 cal

MEAL TOTAL: **Calories** 453 cal / **Carbs** 63 g (54%) / **Protein** 32 g (28%) / **Fat** 9 g (18%) / **Fluid** 29

NOTES:

DAY 2 TOTAL: Calories 1,643 cal / **Carbs** 173 g (41%) / **Protein** 139 g (33%) / **Fat** 48 g (26%) / **Fluid** 110



Eating right, simplified.

DAY 3

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	plain greek yogurt, nonfat	6 oz	100 cal
	whole grain bread	1 slice	120 cal
	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	pineapple	1 Cup(s)	78 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 51 g (45%) / **Protein** 29 g (25%) / **Fat** 15 g (30%) / **Fluid** 25

NOTES:

Snack 10:00 AM	bananas	1 medium	105 cal
	drinking water	2 Cup(s)	0 cal
	walnuts	3/4 oz	137 cal

MEAL TOTAL: **Calories** 242 cal / **Carbs** 30 g (45%) / **Protein** 4 g (7%) / **Fat** 14 g (48%) / **Fluid** 19

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	shrimp, cooked	3 oz	101 cal
	extra virgin olive oil	1 Tbsp	120 cal
	lemon juice	2 Tbsp	7 cal
	wild rice, cooked	1 Cup(s)	166 cal
	asparagus, boiled	6 spears	20 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 45 g (41%) / **Protein** 29 g (26%) / **Fat** 17 g (33%) / **Fluid** 29

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	soba noodle salad	1 serving	223 cal
	green peas, no salt, boiled	1 Cup(s)	138 cal
	chicken breast, boneless skinless	4 oz	122 cal

MEAL TOTAL: **Calories** 484 cal / **Carbs** 63 g (50%) / **Protein** 38 g (31%) / **Fat** 10 g (19%) / **Fluid** 30

NOTES:

DAY 3 TOTAL: Calories 1,595 cal / **Carbs** 189 g (46%) / **Protein** 101 g (24%) / **Fat** 56 g (30%) / **Fluid** 104

**DAY 4**

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	ginger turmeric smoothie	1 serving	179 cal
	cinnamon, ground	1/2 tsp	3 cal

MEAL TOTAL: **Calories** 182 cal / **Carbs** 38 g (75%) / **Protein** 1 g (3%) / **Fat** 5 g (22%) / **Fluid** 21

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	fbbc mexicali dip	1 serving	275 cal
	whole wheat crackers, low-sodium	10 cracker, square	177 cal

MEAL TOTAL: **Calories** 452 cal / **Carbs** 49 g (42%) / **Protein** 37 g (32%) / **Fat** 14 g (26%) / **Fluid** 25

NOTES:

Lunch 12:00 PM	iced tea, green	2 Cup(s)	0 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	tofu, extra firm	3 oz	77 cal
	baby bok choy	2 cup	20 cal
	barley, cooked	1 Cup(s)	193 cal

MEAL TOTAL: **Calories** 471 cal / **Carbs** 50 g (40%) / **Protein** 14 g (11%) / **Fat** 27 g (49%) / **Fluid** 22

NOTES:

Dinner 6:00 PM	salmon, cooked	3 oz	130 cal
	white beans, no salt, boiled	1/2 Cup(s)	127 cal
	black tea brewed	2 Cup(s)	5 cal
	wild rice, cooked	1/2 Cup(s)	83 cal
	asparagus, boiled	6 spears	20 cal
	kale	1 cup	33 cal
	extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 517 cal / **Carbs** 52 g (38%) / **Protein** 37 g (28%) / **Fat** 20 g (34%) / **Fluid** 27

NOTES:

DAY 4 TOTAL: Calories 1,622 cal / **Carbs** 188 g (44%) / **Protein** 90 g (21%) / **Fat** 65 g (35%) / **Fluid** 94



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DAY 5

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	ginger turmeric smoothie	1 serving	179 cal
	whole grain bread	1 1/2 slice	180 cal

MEAL TOTAL: **Calories** 359 cal / **Carbs** 67 g (71%) / **Protein** 9 g (9%) / **Fat** 9 g (20%) / **Fluid** 21

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	1 oz	162 cal
	cantaloupe melon	1 cup	54 cal
	grapefruit	1 fruit	52 cal

MEAL TOTAL: **Calories** 268 cal / **Carbs** 32 g (44%) / **Protein** 8 g (11%) / **Fat** 14 g (45%) / **Fluid** 25

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	chicken breast, boneless skinless	4 oz	122 cal
	spaghetti squash, no salt, cooked	1 Cup(s)	42 cal
	asparagus, boiled	6 spears	20 cal
	extra virgin olive oil	2 Tbsp	240 cal
	parmesan cheese, grated	2 Tbsp	43 cal

MEAL TOTAL: **Calories** 467 cal / **Carbs** 14 g (12%) / **Protein** 30 g (25%) / **Fat** 35 g (63%) / **Fluid** 27

NOTES:

Dinner 6:00 PM	extra virgin olive oil	1 Tbsp	120 cal
	iced tea, green	2 Cup(s)	0 cal
	grass-fed strip steaks, lean	3 oz	87 cal
	yams, no salt, boiled or baked	1 Cup(s)	158 cal
	green peas, no salt, boiled	1 Cup(s)	138 cal

MEAL TOTAL: **Calories** 503 cal / **Carbs** 64 g (48%) / **Protein** 31 g (23%) / **Fat** 17 g (29%) / **Fluid** 26

NOTES:

DAY 5 TOTAL: Calories 1,597 cal / **Carbs** 177 g (42%) / **Protein** 78 g (18%) / **Fat** 75 g (40%) / **Fluid** 98

**DAY 6**

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	plain greek yogurt, nonfat	4 oz	67 cal
	ground flaxseed	1 Tbsp	70 cal
	whole grain bread	1 slice	120 cal
	smooth peanut butter, no salt	1 Tbsp	94 cal
	cantaloupe melon	1/3 cup	18 cal

MEAL TOTAL: **Calories** 369 cal / **Carbs** 36 g (36%) / **Protein** 24 g (24%) / **Fat** 17 g (40%) / **Fluid** 21

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	walnuts	1 oz	183 cal
	pineapple	1 1/2 Cup(s)	116 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 34 g (42%) / **Protein** 6 g (7%) / **Fat** 19 g (51%) / **Fluid** 23

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	tomatoes	1/2 cup	13 cal
	romaine lettuce	2 Cup(s)	16 cal
	chicken breast, boneless skinless	3 oz	92 cal
	white beans, no salt, boiled	1/2 Cup(s)	127 cal
	wild rice, cooked	1/2 Cup(s)	83 cal
	extra virgin olive oil	1 Tbsp	120 cal
	yams, no salt, boiled or baked	1/2 Cup(s)	79 cal

MEAL TOTAL: **Calories** 530 cal / **Carbs** 65 g (48%) / **Protein** 31 g (23%) / **Fat** 18 g (29%) / **Fluid** 29

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	spinach, no salt, boiled	1 Cup(s)	41 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	cod fish, cooked	3 oz	89 cal
	spaghetti squash with pesto & mushrooms	1 serving	251 cal

MEAL TOTAL: **Calories** 442 cal / **Carbs** 28 g (24%) / **Protein** 31 g (26%) / **Fat** 26 g (50%) / **Fluid** 31

NOTES:

DAY 6 TOTAL: Calories 1,640 cal / **Carbs** 163 g (38%) / **Protein** 92 g (21%) / **Fat** 80 g (41%) / **Fluid** 104



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DAY 7

Breakfast 7:00 AM	egg, hard boiled	1 large	78 cal
	bananas	1 small	90 cal
	drinking water	2 Cup(s)	0 cal
	plain greek yogurt, nonfat	4 oz	67 cal
	ground flaxseed	2 Tbsp	140 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 36 g (35%) / **Protein** 25 g (25%) / **Fat** 18 g (40%) / **Fluid** 23

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	hummus, lower sodium	3 Tbsp	78 cal
	cucumber	1 cup	5 cal
	red peppers	1 Cup(s)	46 cal
	rye crispbread, no salt	2 slices	110 cal

MEAL TOTAL: **Calories** 240 cal / **Carbs** 41 g (66%) / **Protein** 8 g (14%) / **Fat** 6 g (20%) / **Fluid** 23

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	tofu, extra firm	3 oz	77 cal
	wild rice, cooked	1 Cup(s)	166 cal
	asparagus, boiled	6 spears	20 cal
	green peas, no salt, boiled	1 Cup(s)	138 cal

MEAL TOTAL: **Calories** 461 cal / **Carbs** 67 g (55%) / **Protein** 26 g (21%) / **Fat** 13 g (24%) / **Fluid** 30

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	chicken breast, boneless skinless	4 oz	122 cal
	spaghetti squash with pesto & mushrooms	1 serving	251 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 25 g (18%) / **Protein** 30 g (22%) / **Fat** 36 g (60%) / **Fluid** 29

NOTES:

DAY 7 TOTAL: Calories 1,584 cal / **Carbs** 168 g (40%) / **Protein** 90 g (21%) / **Fat** 72 g (39%) / **Fluid** 105



1 Servings

fbbc mexicali dip

Ingredients

ground beef, lean
4 oz

cumin ground
1/2 tsp

oregano, dried
1/4 tsp

garlic powder
1/4 tsp

salt
1/4 tsp

black pepper
1/8 tsp

cayenne pepper
1/8 tsp

black beans, no salt, boiled
1/4 Cup(s)

salsa, ready to serve
1/2 Cup(s)

plain greek yogurt, nonfat
1 oz

Nutrition Totals

Calories 275 / Carbs 21 g / Protein 33 g / Fat 7 g / Fluid 8 fl oz

Instructions

Instructions:

Brown ground beef in a pan and drain.

Combine cumin, oregano, garlic, salt, pepper, and cayenne in small bowl and add to pan with ground beef. Mix to combine.

Transfer 4 ounces of the meat into a large bowl. Store the remaining meat in an airtight container and refrigerate for later use.

Next add the black beans and salsa to the meat and stir to combine.

Stir in the Greek yogurt and add optional toppings. Serve.

Optional toppings: shredded cheese, chopped jalapenos, minced red or white onion, chopped cilantro, smoked paprika



Nutrition Label

Fbbc Mexicali Dip	
Amount Per Serving	
Calories	275
% Daily Value*	
Total Fat 6.6g	10%
Saturated Fat 3.4g	17%
Trans Fat 0.3g	
Cholesterol 90.2mg	30%
Sodium 834.5mg	35%
Total Carbohydrates 21.3g	7%
Dietary Fiber 6.3g	26%
Total Sugar 6g	
Protein 33.3g	
Vitamin D 3.3IU	1%
Calcium 101.1mg	10%
Iron 4.3mg	24%
Potassium 969.3mg	

* 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.



4 Servings

soba noodle salad

Ingredients

extra virgin olive oil
1/2 Tbsp

mushrooms shiitake raw
16 oz

onions
1 medium

carrots
1 medium

red peppers
1/2 Cup(s)

kale
2 cup

drinking water
1/4 Cup(s)

baby bok choy
2 cup

teriyaki marinade & sauce, less sodium
2 Tbsp

buckwheat soba noodles
8 oz

garlic
2 clove

ginger root
2 tsp

sriracha, hot chili sauce
1/4 tsp

rice vinegar
1 oz

sesame oil, salad or cooking
1 Tbsp

Nutrition Totals

Calories 894 / Carbs 147 g / Protein 23 g / Fat 26 g / Fluid 27 fl oz

Instructions

1. Cook noodles in a large pot of boiling water until just tender. Drain and rinse under cold water to cool. Place in a large bowl.
2. Heat olive oil in a large skillet over medium-high heat. Add the mushrooms, onions, carrots, ginger, garlic and peppers and cook until tender. Place in the bowl with the noodles.
3. To the same skillet add the bok choy, kale and water. Cook until wilted, stirring constantly. Add to the noodle bowl.
4. Whisk together sesame oil, rice vinegar, hot chili sauce and teriyaki sauce. Pour over the salad and toss well.



Nutrition Label

Soba Noodle Salad	
Amount Per Serving	
Calories	223
% Daily Value*	
Total Fat 6.4g	10%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 377.8mg	16%
Total Carbohydrates 36.6g	12%
Dietary Fiber 6.5g	26%
Total Sugar 8.5g	
Protein 5.7g	
Vitamin D 20.4IU	3%
Calcium 114.7mg	11%
Iron 2.4mg	14%
Potassium 737.5mg	

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1 Servings

ginger turmeric smoothie

Ingredients

bananas

1/2 extra large

pineapple

1/2 Cup(s)

ginger root

1 tsp

spices turmeric ground

1/4 tsp

lemon juice

1 Tbsp

honey

1 tsp

coconut milk beverage, unsweetened

1 Cup(s)

Nutrition Totals

Calories 179 / Carbs 37 g / Protein 1 g / Fat 5 g / Fluid 5 fl oz

Instructions

1. Place all ingredients in blender.
2. Add approx. 1 cup of ice - add more if you desire a thicker smoothie.
3. Blend thoroughly until all ingredients are pureed. Drink immediately.



Nutrition Label

Ginger Turmeric Smoothie	
Amount Per Serving	
Calories	179
% Daily Value*	
Total Fat 4.8g	7%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2.3mg	0%
Total Carbohydrates 37g	12%
Dietary Fiber 4.2g	17%
Total Sugar 23.1g	
Protein 1.4g	
Vitamin D 118.2IU	20%
Calcium 115mg	12%
Iron 0.7mg	4%
Potassium 435.1mg	

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4 Servings



spaghetti squash with pesto & mushrooms

Ingredients

spaghetti squash, no salt, cooked
4 Cup(s)

extra virgin olive oil
1 Tbsp

onions
1 medium

garlic
4 clove

kale
2 cup

mushrooms shiitake raw
4 oz

crushed red pepper flakes
1/4 tsp

classic basil pesto
4 oz

parmesan cheese, grated
2 Tbsp

Nutrition Totals

Calories 1004 / **Carbs** 86 g / **Protein** 24 g / **Fat** 71 g / **Fluid** 30 fl oz

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add in diced onion; cook and stir until onion begins to turn translucent.
2. Stir in minced garlic, kale and sliced mushrooms; reduce heat to medium low. Cook until all vegetables are tender.
3. Stir in prepared spaghetti squash, red pepper flakes and pesto. Cook over low heat until all ingredients are heated through.
4. Top with parmesan cheese prior to serving.

Nutrition Label

Spaghetti Squash With Pesto & Mushrooms	
Amount Per Serving	
Calories	251
% Daily Value*	
Total Fat 17.8g	27%
Saturated Fat 2.9g	15%
Trans Fat 0g	
Cholesterol 2.2mg	1%
Sodium 394.8mg	16%
Total Carbohydrates 21.4g	7%
Dietary Fiber 5.8g	23%
Total Sugar 7.6g	
Protein 6g	
Vitamin D 5.6IU	1%
Calcium 122.8mg	12%
Iron 1.2mg	7%
Potassium 487.3mg	

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Shopping List

Accompaniments

classic basil pesto

2 oz

honey

2 tsp

rice vinegar

0.5 oz

salsa, ready to serve

1 Cup(s)

sriracha, hot chili sauce

0.12 tsp

teriyaki marinade & sauce, less sodium

1 Tbsp

Beef

grass-fed strip steaks, lean

3 oz

ground beef, lean

8 oz

Beverages

black tea brewed

6 Cup(s)

coconut milk beverage, unsweetened

2 Cup(s)

drinking water

44.12 Cup(s)

iced tea, green

6 Cup(s)

Bread

rye crispbread, no salt

2 slices

whole grain bread

4.5 slice

Cereal & Grain Products

barley, cooked

2 Cup(s)

buckwheat soba noodles



4 oz
oatmeal, quick oats
1.25 Cup(s)
wild rice, cooked
4.25 Cup(s)

Cookies & Crackers

whole wheat crackers, low-sodium
10 cracker, square

Dairy & Egg

egg, hard boiled
1 large
parmesan cheese, grated
3 Tbsp
plain greek yogurt, nonfat
22 oz
whole eggs, scrambled
1 large

Fats & Oils

extra virgin olive oil
13.26 Tbsp
sesame oil, salad or cooking
0.5 Tbsp

Finfish & Shellfish

cod fish, cooked
6 oz
salmon, cooked
3 oz
shrimp, cooked
3 oz
tuna in water, canned
6 oz

Fruits & Juices

apricots
6 apricot
avocados
0.5 avocado
bananas



1 medium
1 extra large
1 small
cantaloupe melon
1.33 cup
grapefruit
2 fruit
lemon juice
5 Tbsp
pineapple
4.5 Cup(s)

Legumes & Beans

black beans, no salt, boiled
0.5 Cup(s)
hummus, lower sodium
3 Tbsp
white beans, no salt, boiled
1.5 Cup(s)

Nuts & Seeds

almonds
1 oz
ground flaxseed
3 Tbsp
hemp seeds, raw
2 Tbsp
smooth peanut butter, no salt
2.5 Tbsp
walnuts
2.5 oz

Poultry

chicken breast, boneless skinless
20 oz

Snacks

whole grain pretzels, no salt, gluten free
10 pieces

Spices & Herbs

black pepper



0.26 tsp
cayenne pepper
0.26 tsp
cinnamon, ground
1 tsp
crushed red pepper flakes
0.12 tsp
cumin ground
1 tsp
garlic powder
0.5 tsp
oregano, dried
0.5 tsp
salt
0.5 tsp

Uncategorized

mushrooms shiitake raw
10 oz
spices turmeric ground
0.5 tsp

Vegetables

asparagus, boiled
30 spears
baby bok choy
3 cup
carrots
0.5 medium
cucumber
2 cup
fresh spinach
2 Cup(s)
garlic
3 clove
ginger root
3 tsp
green peas, no salt, boiled
4 Cup(s)
kale
3 cup
onions
1 medium
red peppers
1.26 Cup(s)
romaine lettuce
9 Cup(s)



Eating right, simplified.

spaghetti squash, no salt, cooked

3 Cup(s)

spinach, no salt, boiled

1 Cup(s)

tomatoes

1.5 cup

yams, no salt, boiled or baked

1.5 Cup(s)

Vegetarian Products

tofu, extra firm

6 oz

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