



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

DAY 1

| | | | |
|-----------------------------|---|-----------|---------|
| Breakfast 7:00 AM | trulean vegan plant based protein chocolate browni... | 1 Scoop | 110 cal |
| | original oat milk by vitasoy | 10 fl oz | 181 cal |
| | strawberries | 1 1/2 cup | 80 cal |

MEAL TOTAL: **Calories** 371 cal / **Carbs** 57 g (61%) / **Protein** 24 g (25%) / **Fat** 6 g (14%) / **Fluid** 8

NOTES:

| | | | |
|--------------------------|--|---------------|---------|
| Snack 10:00 AM | smooth peanut butter, no salt | 1 1/3 Tbsp | 125 cal |
| | drinking water | 16 fl oz | 0 cal |
| | apples | 1 large | 110 cal |
| | chickpea crisps gluten free by has no... | 1 1/2 serving | 177 cal |

MEAL TOTAL: **Calories** 413 cal / **Carbs** 53 g (49%) / **Protein** 11 g (10%) / **Fat** 20 g (41%) / **Fluid** 22

NOTES:

| | | | |
|--------------------------|-----------------------|------------|---------|
| Lunch 12:00 PM | whole wheat tortillas | 2 tortilla | 254 cal |
| | romaine lettuce | 3 leaf | 3 cal |
| | drinking water | 16 fl oz | 0 cal |
| | hummus, lower sodium | 5 Tbsp | 131 cal |

MEAL TOTAL: **Calories** 388 cal / **Carbs** 49 g (50%) / **Protein** 14 g (15%) / **Fat** 16 g (35%) / **Fluid** 19

NOTES:

| | | | |
|--------------------------|-------------------------------|-------------|---------|
| Dinner 6:00 PM | extra virgin olive oil | 1/3 Tbsp | 40 cal |
| | cauliflower, no salt, boiled | 3 flowerets | 12 cal |
| | drinking water | 16 fl oz | 0 cal |
| | wild rice, cooked | 1 Cup(s) | 166 cal |
| | lentil beans, no salt, boiled | 1 Cup(s) | 230 cal |

MEAL TOTAL: **Calories** 448 cal / **Carbs** 77 g (66%) / **Protein** 25 g (22%) / **Fat** 6 g (12%) / **Fluid** 26

NOTES:

DAY 1 TOTAL: Calories 1,620 cal / **Carbs** 236 g (57%) / **Protein** 74 g (18%) / **Fat** 47 g (25%) / **Fluid** 75



DAY 2

Breakfast fbbc cherry almond butter shake-vegan 1 serving 413 cal
7:00 AM

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 1

NOTES:

Snack drinking water 16 fl oz 0 cal
10:00 AM oranges 1 fruit 69 cal
cultured coconut milk yogurt 11 oz 221 cal

MEAL TOTAL: **Calories** 289 cal / **Carbs** 51 g (63%) / **Protein** 1 g (2%) / **Fat** 13 g (35%) / **Fluid** 20

NOTES:

Lunch tomatoes 1/4 Cup(s) 8 cal
12:00 PM mayonnaise, made with tofu 1 Tbsp 48 cal
iced tea, green 16 fl oz 0 cal
whole-wheat pita bread 2 small 149 cal
avocados 1/4 cup 58 cal
chickpeas pasta by banza 1 1/2 serving 330 cal

MEAL TOTAL: **Calories** 594 cal / **Carbs** 86 g (57%) / **Protein** 27 g (18%) / **Fat** 17 g (25%) / **Fluid** 19

NOTES:

Dinner drinking water 16 fl oz 0 cal
6:00 PM yams, no salt, boiled or baked 1 Cup(s) 158 cal
green snap beans, no salt, boiled 2 1/2 Cup(s) 109 cal
extra virgin olive oil 1/2 Tbsp 60 cal

MEAL TOTAL: **Calories** 327 cal / **Carbs** 62 g (70%) / **Protein** 8 g (9%) / **Fat** 8 g (21%) / **Fluid** 29

NOTES:

DAY 2 TOTAL: Calories 1,624 cal / **Carbs** 231 g (54%) / **Protein** 66 g (15%) / **Fat** 59 g (31%) / **Fluid** 69



Eating right, simplified.

DAY 3

| | | | |
|-----------------------------|---|--------------|---------|
| Breakfast 7:00 AM | drinking water | 16 fl oz | 0 cal |
| | brown rice bread, gluten free, low-sodium | 2 slice | 200 cal |
| | soy milk with calcium | 1 1/2 Cup(s) | 158 cal |
| | smooth peanut butter, no salt | 1/2 Tbsp | 47 cal |

MEAL TOTAL: **Calories** 405 cal / **Carbs** 60 g (60%) / **Protein** 16 g (16%) / **Fat** 10 g (24%) / **Fluid** 27

NOTES:

| | | | |
|--------------------------|----------------|---------------|---------|
| Snack 10:00 AM | bananas | 1 extra large | 135 cal |
| | drinking water | 16 fl oz | 0 cal |
| | almond butter | 1 Tbsp | 100 cal |

MEAL TOTAL: **Calories** 235 cal / **Carbs** 38 g (61%) / **Protein** 5 g (8%) / **Fat** 9 g (31%) / **Fluid** 20

NOTES:

| | | | |
|--------------------------|----------------------------|--------------|---------|
| Lunch 12:00 PM | mayonnaise, made with tofu | 1/2 Tbsp | 24 cal |
| | drinking water | 16 fl oz | 0 cal |
| | romaine lettuce | 3 leaf | 3 cal |
| | whole wheat tortillas | 2 tortilla | 254 cal |
| | edamame soybeans, shelled | 1 1/2 Cup(s) | 180 cal |

MEAL TOTAL: **Calories** 461 cal / **Carbs** 50 g (44%) / **Protein** 24 g (21%) / **Fat** 18 g (35%) / **Fluid** 18

NOTES:

| | | | |
|--------------------------|------------------------|-----------|---------|
| Dinner 6:00 PM | tofu, extra firm | 3 oz | 77 cal |
| | whole-wheat pita bread | 1/2 small | 37 cal |
| | drinking water | 16 fl oz | 0 cal |
| | fava bean salad | 1 serving | 366 cal |

MEAL TOTAL: **Calories** 480 cal / **Carbs** 58 g (47%) / **Protein** 26 g (21%) / **Fat** 17 g (32%) / **Fluid** 32

NOTES:

DAY 3 TOTAL: Calories 1,582 cal / **Carbs** 205 g (51%) / **Protein** 70 g (18%) / **Fat** 54 g (31%) / **Fluid** 97

**DAY 4****Breakfast**

7:00 AM

| | | |
|------------------------------|---------------|---------|
| bananas | 1 extra large | 135 cal |
| drinking water | 16 fl oz | 0 cal |
| soy milk with calcium | 1 1/2 Cup(s) | 158 cal |
| whole grain rolled oats, dry | 1/2 Cup(s) | 150 cal |

MEAL TOTAL: **Calories** 443 cal / **Carbs** 80 g (72%) / **Protein** 11 g (10%) / **Fat** 9 g (18%) / **Fluid** 31

NOTES:

Snack

10:00 AM

| | | |
|-------------------------------|----------|---------|
| drinking water | 16 fl oz | 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 serving | 366 cal |
| balsamic vinegar | 1 Tbsp | 14 cal |
| tomatoes | 1/4 Cup(s) | 8 cal |
| romaine lettuce | 1 Cup(s) | 8 cal |
| drinking water | 16 fl oz | 0 cal |

MEAL TOTAL: **Calories** 551 cal / **Carbs** 58 g (41%) / **Protein** 34 g (24%) / **Fat** 22 g (35%) / **Fluid** 38

NOTES:

Dinner

6:00 PM

| | | |
|------------------------------|------------|---------|
| drinking water | 16 fl oz | 0 cal |
| wild rice, cooked | 1 Cup(s) | 166 cal |
| asparagus, boiled | 6 spears | 20 cal |
| black beans, no salt, boiled | 7/8 Cup(s) | 199 cal |

MEAL TOTAL: **Calories** 384 cal / **Carbs** 74 g (74%) / **Protein** 22 g (22%) / **Fat** 2 g (4%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: Calories 1,612 cal / **Carbs** 236 g (57%) / **Protein** 76 g (18%) / **Fat** 47 g (25%) / **Fluid** 115



DAY 5

| | | | |
|-----------------------------|--------------------------------------|-----------|---------|
| Breakfast 7:00 AM | drinking water | 16 fl oz | 0 cal |
| | fbbc blueberry muffin smoothie-vegan | 1 serving | 404 cal |

MEAL TOTAL: **Calories** 404 cal / **Carbs** 35 g (33%) / **Protein** 32 g (30%) / **Fat** 18 g (37%) / **Fluid** 17

NOTES:

| | | | |
|--------------------------|-------------------------------|----------|---------|
| Snack 10:00 AM | drinking water | 16 fl oz | 0 cal |
| | smooth peanut butter, no salt | 1 Tbsp | 94 cal |
| | apples | 1 large | 110 cal |

MEAL TOTAL: **Calories** 204 cal / **Carbs** 32 g (58%) / **Protein** 5 g (8%) / **Fat** 8 g (34%) / **Fluid** 22

NOTES:

| | | | |
|--------------------------|------------------------|------------|---------|
| Lunch 12:00 PM | drinking water | 16 fl oz | 0 cal |
| | tomatoes | 1/4 Cup(s) | 8 cal |
| | hummus, lower sodium | 6 Tbsp | 157 cal |
| | avocados | 1/2 cup | 117 cal |
| | whole-wheat pita bread | 2 small | 149 cal |
| | pine nuts | 1 Tbsp | 57 cal |

MEAL TOTAL: **Calories** 488 cal / **Carbs** 53 g (41%) / **Protein** 16 g (12%) / **Fat** 27 g (47%) / **Fluid** 22

NOTES:

| | | | |
|--------------------------|--------------------------------|--------------|---------|
| Dinner 6:00 PM | veggie burger | 1 serving | 279 cal |
| | drinking water | 16 fl oz | 0 cal |
| | cauliflower, no salt, boiled | 9 flowerets | 37 cal |
| | yams, no salt, boiled or baked | 1 1/4 Cup(s) | 197 cal |

MEAL TOTAL: **Calories** 513 cal / **Carbs** 92 g (68%) / **Protein** 20 g (14%) / **Fat** 11 g (18%) / **Fluid** 29

NOTES:

DAY 5 TOTAL: Calories 1,610 cal / Carbs 212 g (49%) / Protein 72 g (17%) / Fat 64 g (34%) / Fluid 90

**DAY 6**

| | | | |
|-----------------------------|---|--------------|---------|
| Breakfast 7:00 AM | drinking water | 16 fl oz | 0 cal |
| | brown rice bread, gluten free, low-sodium | 2 slice | 200 cal |
| | soy milk with calcium | 1 1/2 Cup(s) | 158 cal |
| | smooth peanut butter, no salt | 1/2 Tbsp | 47 cal |

MEAL TOTAL: **Calories** 405 cal / **Carbs** 60 g (60%) / **Protein** 16 g (16%) / **Fat** 10 g (24%) / **Fluid** 27

NOTES:

| | | | |
|--------------------------|--------------------|----------|---------|
| Snack 10:00 AM | brown rice protein | 1/2 oz | 54 cal |
| | raisins, seedless | 1/4 cup | 123 cal |
| | drinking water | 16 fl oz | 0 cal |
| | plain soy yogurt | 4 oz | 100 cal |

MEAL TOTAL: **Calories** 278 cal / **Carbs** 48 g (66%) / **Protein** 16 g (22%) / **Fat** 4 g (12%) / **Fluid** 16

NOTES:

| | | | |
|--------------------------|-----------------------------------|------------|---------|
| Lunch 12:00 PM | veggie burger | 2 serving | 558 cal |
| | green snap beans, no salt, boiled | 1/4 Cup(s) | 11 cal |
| | drinking water | 16 fl oz | 0 cal |

MEAL TOTAL: **Calories** 569 cal / **Carbs** 79 g (52%) / **Protein** 29 g (19%) / **Fat** 20 g (29%) / **Fluid** 24

NOTES:

| | | | |
|--------------------------|----------------------------|---------------|---------|
| Dinner 6:00 PM | drinking water | 16 fl oz | 0 cal |
| | vegan pasta sauce, low-fat | 1/2 Cup(s) | 80 cal |
| | asparagus, boiled | 6 spears | 20 cal |
| | chickpeas pasta by banza | 1 1/8 serving | 247 cal |

MEAL TOTAL: **Calories** 347 cal / **Carbs** 52 g (59%) / **Protein** 22 g (25%) / **Fat** 6 g (16%) / **Fluid** 19

NOTES:

DAY 6 TOTAL: Calories 1,599 cal / **Carbs** 239 g (58%) / **Protein** 82 g (20%) / **Fat** 40 g (22%) / **Fluid** 86



Eating right, simplified.

DAY 7

| | | | |
|-----------------------------|---|---------|---------|
| Breakfast 7:00 AM | drinking water | 8 fl oz | 0 cal |
| | brown rice bread, gluten free, low-sodium | 2 slice | 200 cal |
| | almond butter | 1 Tbsp | 100 cal |

MEAL TOTAL: **Calories** 300 cal / **Carbs** 43 g (61%) / **Protein** 7 g (10%) / **Fat** 9 g (29%) / **Fluid** 8

NOTES:

| | | | |
|--------------------------|-------------------------|-------------|---------|
| Snack 10:00 AM | melba toast, no salt | 5 toast | 94 cal |
| | carrots | 1 1/8 large | 33 cal |
| | cashews | 5/8 oz | 98 cal |
| | classic hummus by sabra | 5 Tbsp | 175 cal |

MEAL TOTAL: **Calories** 400 cal / **Carbs** 42 g (41%) / **Protein** 12 g (12%) / **Fat** 21 g (47%) / **Fluid** 3

NOTES:

| | | | |
|--------------------------|----------------------------|------------|---------|
| Lunch 12:00 PM | mayonnaise, made with tofu | 2/3 Tbsp | 32 cal |
| | iced tea, green | 16 fl oz | 0 cal |
| | tomatoes | 1/4 Cup(s) | 8 cal |
| | romaine lettuce | 3 leaf | 3 cal |
| | whole wheat tortillas | 2 tortilla | 254 cal |

MEAL TOTAL: **Calories** 298 cal / **Carbs** 40 g (54%) / **Protein** 9 g (12%) / **Fat** 11 g (34%) / **Fluid** 19

NOTES:

| | | | |
|--------------------------|-----------------------------------|--------------|---------|
| Dinner 6:00 PM | yams, no salt, boiled or baked | 1 3/4 Cup(s) | 276 cal |
| | green snap beans, no salt, boiled | 1 Cup(s) | 44 cal |
| | drinking water | 16 fl oz | 0 cal |
| | quinoa, cooked | 1 1/4 Cup(s) | 278 cal |

MEAL TOTAL: **Calories** 597 cal / **Carbs** 125 g (81%) / **Protein** 16 g (11%) / **Fat** 5 g (8%) / **Fluid** 31

NOTES:

DAY 7 TOTAL: Calories 1,595 cal / **Carbs** 250 g (63%) / **Protein** 45 g (11%) / **Fat** 46 g (26%) / **Fluid** 61



1 Servings

fbbc cherry almond butter shake-vegan

Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

almond milk (unsweetened)

1 cup(s)

almond butter (unsweetened)

1 tablespoon(s)

ice cubes

4 cubes

trulean vegan plant based protein frosted vanilla cupcake

1 Scoop

Nutrition Totals

Calories 413 / Carbs 32 g / Protein 29 g / Fat 21 g / Fluid 1 fl oz

Instructions

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.



Nutrition Label

| Fbbc Cherry Almond Butter Shake-Vegan | |
|--|------------|
| Amount Per Serving | |
| Calories | 413 |
| % Daily Value* | |
| Total Fat 21.1g | 33% |
| Saturated Fat 1.6g | 8% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 356.6mg | 15% |
| Total Carbohydrates 32.2g | 11% |
| Dietary Fiber 10.9g | 44% |
| Total Sugar 19g | |
| Protein 29.3g | |
| Vitamin D 0IU | 0% |
| Calcium 71mg | 7% |
| Iron 2.6mg | 15% |
| Potassium 296.7mg | |

* 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

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.



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.

1 Servings



fbbc blueberry muffin smoothie-vegan

Ingredients

almond milk (unsweetened)
1 cup(s)

blueberries (frozen)
1/2 cup(s)

spinach
1 Cup(s)

almond butter (unsweetened)
1 tablespoon(s)

old fashioned oats by quaker
1/3 Cup(s)

ground flaxseed
1/3 tablespoons

cinnamon, ground
1/8 tsp

nutmeg, ground
1/8 tsp

trulean vegan plant based protein frosted vanilla cupcake
1 Scoop

Nutrition Totals

Calories 404 / **Carbs** 35 g / **Protein** 32 g / **Fat** 18 g / **Fluid** 1 fl oz

Instructions

Blend all of the ingredients in a high-speed blender until smooth and serve.

Nutrition Label

| Fbbc Blueberry Muffin Smoothie-Vegan | |
|---|------------|
| Amount Per Serving | |
| Calories | 404 |
| % Daily Value* | |
| Total Fat 17.5g | 27% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 376.8mg | 16% |
| Total Carbohydrates 34.6g | 12% |
| Dietary Fiber 10.1g | 41% |
| Total Sugar 7.5g | |
| Protein 31.5g | |
| Vitamin D 0IU | 0% |
| Calcium 98mg | 10% |
| Iron 4mg | 22% |
| Potassium 222.6mg | |

* 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

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 barbeque 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.



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.



Shopping List

Accompaniments

- barbecue sauce
1.5 Tbsp
- mayonnaise, made with tofu
2.17 Tbsp
- vegan pasta sauce, low-fat
0.5 Cup(s)

Beverages

- almond milk (unsweetened)
2 cup(s)
- drinking water
360 fl oz
- iced tea, green
32 fl oz
- soy milk with calcium
4.5 Cup(s)

Bread

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

Cereal & Grain Products

- brown rice, long-grain, cooked
0.38 Cup(s)
- oat bran
3 Tbsp
- quick oats cereal with iron
1 Cup(s)
- quinoa, cooked
1.25 Cup(s)
- whole grain rolled oats, dry
0.5 Cup(s)
- wild rice, cooked
2 Cup(s)

Cookies & Crackers



melba toast, no salt
5 toast

Desserts

plain soy yogurt
4 oz

Fats & Oils

extra virgin olive oil
0.83 Tbsp
olive oil
1.66 Tbsp

Fruits & Juices

apples
2 large
avocado
0.25 avocado
avocados
0.75 cup
bananas
2 extra large
blueberries (frozen)
0.5 cup(s)
lemon juice
1 Tbsp
oranges
2 fruit
raisins, seedless
0.25 cup
strawberries
1.5 cup

Ingredients

balsamic vinegar
3 Tbsp

Legumes & Beans

black beans, no salt, boiled
0.88 Cup(s)
edamame soybeans, shelled



1.5 Cup(s)
fava beans, canned, no salt
2 Cup(s)
garbanzo beans, no salt, boiled
1 Cup(s)
green snap beans, no salt, boiled
3.75 Cup(s)
hummus, lower sodium
11 Tbsp
lentil beans, no salt, boiled
1 Cup(s)

Nuts & Seeds

almond butter
2 Tbsp
almond butter (unsweetened)
2 tablespoon(s)
cashews
0.63 oz
peanuts, no salt, dry-roasted
1 oz
pine nuts
1 Tbsp
smooth peanut butter, no salt
3.33 Tbsp

Snacks

cultured coconut milk yogurt
11 oz

Spices & Herbs

cinnamon, ground
0.13 tsp
garlic powder
0.38 tsp
nutmeg, ground
0.13 tsp
sage, ground
0.38 tsp

Sports & Diet Nutritionals

brown rice protein
0.5 oz
trulean vegan plant based protein chocolate brownie



1 Scoop

trulean vegan plant based protein frosted vanilla cupcake

2 Scoop

Uncategorized

chickpea crisps gluten free by has no...

1.5 serving

chickpeas pasta by banza

2.63 serving

classic hummus by sabra

5 Tbsp

frozen fruit dark sweet cherries by dole

1 Cup(s)

ground flaxseed

0.33 tablespoons

ice cubes

4 cubes

old fashioned oats by quaker

0.33 Cup(s)

original oat milk by vitasoy

10 fl oz

vegetable oil

0.75 tablespoons

Vegetables

asparagus, boiled

12 spears

carrots

1.13 large

cauliflower, no salt, boiled

12 flowerets

cucumber

1 cucumber

garlic

1 clove

onions

1 small

romaine lettuce

9 leaf

1 Cup(s)

roma tomatoes

1 Cup(s)

spinach

1 Cup(s)

tomatoes

1 Cup(s)

yams, no salt, boiled or baked



Eating right, simplified.

4 Cup(s)

Vegetarian Products

tofu, extra firm

15 oz

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