



Eating right, simplified.

## 2,600 Calorie Plan (Vegetarian) 5 meals/day

### DAY 1

#### Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
oatmeal, steel cut	3/4 Cup(s)	450 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 643 cal / **Carbs** 104 g (63%) / **Protein** 38 g (23%) / **Fat** 10 g (14%) / **Fluid** 20

NOTES:

#### Snack

10:00 AM

low-fat cottage cheese, 1%	1 1/4 Cup(s)	203 cal
tangerines/ mandarin oranges	2 medium	89 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 48 g (49%) / **Protein** 40 g (41%) / **Fat** 4 g (10%) / **Fluid** 28

NOTES:

#### Lunch

12:00 PM

triscuit crackers, light salt	6 crackers	120 cal
baby carrots	15 large	79 cal
tofurky deli slices	3 oz	164 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	3 roll	223 cal
dijon mustard	2 tsp	10 cal

MEAL TOTAL: **Calories** 604 cal / **Carbs** 93 g (60%) / **Protein** 33 g (21%) / **Fat** 13 g (19%) / **Fluid** 25

NOTES:

#### Snack

3:00 PM

skim milk with calcium	1 Cup(s)	86 cal
apples	1 large	110 cal
drinking water	1 Cup(s)	0 cal
honey peanut yogurt balance bar	1 bar	200 cal

MEAL TOTAL: **Calories** 397 cal / **Carbs** 63 g (60%) / **Protein** 24 g (23%) / **Fat** 8 g (17%) / **Fluid** 22

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
garden veggie tempeh	6 oz	376 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** Calories 601 cal / Carbs 72 g (48%) / Protein 42 g (28%) / Fat 16 g (24%) / Fluid 23

### NOTES:

**DAY 1 TOTAL:** Calories 2,628 cal / Carbs 381 g (57%) / Protein 178 g (26%) / Fat 51 g (17%) / Fluid 118



Eating right, simplified.

## DAY 2

### Breakfast

7:00 AM

kashi golean crunch cereal	1 3/4 Cup(s)	339 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 559 cal / **Carbs** 87 g (58%) / **Protein** 34 g (23%) / **Fat** 13 g (19%) / **Fluid** 29

NOTES:

### Snack

10:00 AM

medjool dates	3 date, pitted	199 cal
honey peanut yogurt balance bar	1 bar	200 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 399 cal / **Carbs** 76 g (70%) / **Protein** 16 g (15%) / **Fat** 7 g (15%) / **Fluid** 17

NOTES:

### Lunch

12:00 PM

avocados	1/2 cup	117 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal
salsa, ready to serve	2 Tbsp	10 cal
black beans, no salt, boiled	1 Cup(s)	227 cal

MEAL TOTAL: **Calories** 608 cal / **Carbs** 87 g (56%) / **Protein** 25 g (16%) / **Fat** 20 g (28%) / **Fluid** 23

NOTES:

### Snack

3:00 PM

coconut water	2 Cup(s)	91 cal
fruit yogurt, non-fat	6 oz	162 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 85 g (84%) / **Protein** 13 g (12%) / **Fat** 2 g (4%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
barley, cooked	1 1/2 Cup(s)	290 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
vegan chicken fillets, meat free	8 oz	195 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal

MEAL TOTAL: **Calories** 609 cal / **Carbs** 102 g (63%) / **Protein** 35 g (22%) / **Fat** 11 g (15%) / **Fluid** 27

NOTES:

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.



Eating right, simplified.

---

**DAY 2 TOTAL: Calories** 2,563 cal / **Carbs** 436 g (65%) / **Protein** 123 g (18%) / **Fat** 52 g (17%) / **Fluid** 119

---

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.



Eating right, simplified.

### DAY 3

#### Breakfast

7:00 AM

smooth peanut butter, no salt	2 1/2 Tbsp	235 cal
whole eggs, scrambled	1 large	91 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 572 cal / **Carbs** 61 g (41%) / **Protein** 24 g (16%) / **Fat** 29 g (43%) / **Fluid** 18

NOTES:

#### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
honey peanut yogurt balance bar	1 bar	200 cal
bananas	1 extra large	135 cal
low-fat cottage cheese, 1%	1/2 Cup(s)	81 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 60 g (54%) / **Protein** 31 g (28%) / **Fat** 9 g (18%) / **Fluid** 23

NOTES:

#### Lunch

12:00 PM

whole wheat tortillas	3 tortilla	381 cal
dijon mustard	2 tsp	10 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	3 leaf	3 cal
meat free bacon	6 slices	135 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 640 cal / **Carbs** 89 g (55%) / **Protein** 31 g (19%) / **Fat** 18 g (26%) / **Fluid** 24

NOTES:

#### Snack

3:00 PM

hummus, lower sodium	3 Tbsp	78 cal
baby carrots	20 large	105 cal
triscuit crackers, light salt	10 crackers	200 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 383 cal / **Carbs** 65 g (64%) / **Protein** 11 g (10%) / **Fat** 12 g (26%) / **Fluid** 26

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

whole-wheat pita bread	1 small	74 cal
mango black bean salad	1/2 serving	208 cal
vegan chicken strips, meat free	4 1/2 oz	325 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** **Calories** 607 cal / **Carbs** 59 g (38%) / **Protein** 37 g (23%) / **Fat** 27 g (39%) / **Fluid** 22

### NOTES:

**DAY 3 TOTAL:** **Calories** 2,619 cal / **Carbs** 334 g (50%) / **Protein** 133 g (19%) / **Fat** 95 g (31%) / **Fluid** 113



Eating right, simplified.

## DAY 4

### Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
almonds, slivered	3/4 oz	115 cal
drinking water	1 Cup(s)	0 cal
oatmeal, steel cut	1/2 Cup(s)	300 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 584 cal / **Carbs** 95 g (65%) / **Protein** 24 g (16%) / **Fat** 13 g (19%) / **Fluid** 20

NOTES:

### Snack

10:00 AM

tangerines/ mandarin oranges	2 medium	89 cal
low-fat cottage cheese, 1%	1 1/4 Cup(s)	203 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 48 g (49%) / **Protein** 40 g (41%) / **Fat** 4 g (10%) / **Fluid** 28

NOTES:

### Lunch

12:00 PM

mango black bean salad	1/2 serving	208 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	5 oz	361 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 644 cal / **Carbs** 61 g (36%) / **Protein** 40 g (24%) / **Fat** 29 g (40%) / **Fluid** 22

NOTES:

### Snack

3:00 PM

bananas	1 extra large	135 cal
honey peanut yogurt balance bar	1 bar	200 cal
drinking water	2 Cup(s)	0 cal
medjool dates	1 date, pitted	66 cal

MEAL TOTAL: **Calories** 402 cal / **Carbs** 75 g (68%) / **Protein** 17 g (16%) / **Fat** 8 g (16%) / **Fluid** 20

NOTES:

### Dinner

6:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
drinking water	2 Cup(s)	0 cal
teriyaki tofu, baked	8 oz	363 cal
mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal

MEAL TOTAL: **Calories** 598 cal / **Carbs** 67 g (42%) / **Protein** 60 g (38%) / **Fat** 14 g (20%) / **Fluid** 20

NOTES:

**DAY 4 TOTAL: Calories** 2,611 cal / **Carbs** 346 g (50%) / **Protein** 181 g (27%) / **Fat** 68 g (23%) / **Fluid** 110

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.



Eating right, simplified.

## DAY 5

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
kashi golean crunch cereal	1 1/2 Cup(s)	290 cal
whole eggs, scrambled	1 large	91 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 622 cal / **Carbs** 103 g (63%) / **Protein** 34 g (20%) / **Fat** 12 g (17%) / **Fluid** 28

NOTES:

### Snack

10:00 AM

blueberries	1 Cup(s)	83 cal
low-fat cottage cheese, 1%	1 1/4 Cup(s)	203 cal
almonds, slivered	3/4 oz	115 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 37 g (37%) / **Protein** 41 g (40%) / **Fat** 10 g (23%) / **Fluid** 28

NOTES:

### Lunch

12:00 PM

balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
drinking water	2 Cup(s)	0 cal
tofurky deli slices	4 oz	218 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	2 roll	149 cal
dijon mustard	2 tsp	10 cal
tomatoes	1/2 Cup(s)	16 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 589 cal / **Carbs** 82 g (54%) / **Protein** 36 g (23%) / **Fat** 16 g (23%) / **Fluid** 29

NOTES:

### Snack

3:00 PM

baby carrots	20 large	105 cal
drinking water	2 Cup(s)	0 cal
hummus, lower sodium	3 Tbsp	78 cal
triscuit crackers, light salt	10 crackers	200 cal

MEAL TOTAL: **Calories** 383 cal / **Carbs** 65 g (64%) / **Protein** 11 g (10%) / **Fat** 12 g (26%) / **Fluid** 26

NOTES:





Eating right, simplified.

## Dinner

6:00 PM

black bean vegetable soup, low-fat	1 1/2 Cup(s)	210 cal
grilled vegetable sandwich	1 serving	337 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** **Calories** 547 cal / **Carbs** 75 g (54%) / **Protein** 19 g (14%) / **Fat** 20 g (32%) / **Fluid** 24

**NOTES:**

**DAY 5 TOTAL:** **Calories** 2,543 cal / **Carbs** 361 g (55%) / **Protein** 140 g (21%) / **Fat** 70 g (24%) / **Fluid** 136



Eating right, simplified.

## DAY 6

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
salsa, ready to serve	2 Tbsp	10 cal
avocados	1/2 cup	117 cal
whole wheat tortillas	2 tortilla	254 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	2 large	34 cal

**MEAL TOTAL:** Calories 617 cal / Carbs 73 g (47%) / Protein 25 g (16%) / Fat 26 g (37%) / Fluid 23

NOTES:

### Snack

10:00 AM

low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** Calories 379 cal / Carbs 44 g (46%) / Protein 44 g (45%) / Fat 4 g (9%) / Fluid 29

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
grilled vegetable sandwich	1 serving	337 cal
black bean vegetable soup, low-fat	1 3/4 Cup(s)	245 cal

**MEAL TOTAL:** Calories 582 cal / Carbs 82 g (55%) / Protein 20 g (14%) / Fat 20 g (31%) / Fluid 24

NOTES:

### Snack

3:00 PM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
apples	1 large	110 cal
drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
triscuit crackers, light salt	4 crackers	80 cal

**MEAL TOTAL:** Calories 418 cal / Carbs 59 g (54%) / Protein 17 g (15%) / Fat 16 g (31%) / Fluid 22

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

parmesan cheese, shredded	2 Tbsp	42 cal
vegan chicken fillets, meat free	6 oz	146 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	8 oz	281 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
extra virgin olive oil	1 Tbsp	120 cal

**MEAL TOTAL:** **Calories** 630 cal / **Carbs** 83 g (48%) / **Protein** 41 g (24%) / **Fat** 21 g (28%) / **Fluid** 27

### NOTES:

**DAY 6 TOTAL:** **Calories** 2,626 cal / **Carbs** 341 g (49%) / **Protein** 147 g (22%) / **Fat** 87 g (29%) / **Fluid** 125



Eating right, simplified.

## DAY 7

### Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
whole wheat english muffin	2 muffin	268 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 573 cal / **Carbs** 82 g (56%) / **Protein** 41 g (28%) / **Fat** 10 g (16%) / **Fluid** 25

NOTES:

### Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
drinking water	1 Cup(s)	0 cal
fruit yogurt, non-fat	8 oz	215 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 87 g (84%) / **Protein** 13 g (13%) / **Fat** 1 g (3%) / **Fluid** 25

NOTES:

### Lunch

12:00 PM

olive oil, mayonnaise, light	1 Tbsp	49 cal
meat free bacon	6 slices	135 cal
dijon mustard	2 tsp	10 cal
apples	1 large	110 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat tortillas	3 tortilla	381 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 689 cal / **Carbs** 90 g (52%) / **Protein** 31 g (18%) / **Fat** 23 g (30%) / **Fluid** 24

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
hummus, lower sodium	3 Tbsp	78 cal
baby carrots	20 large	105 cal
triscuit crackers, light salt	8 crackers	160 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 58 g (64%) / **Protein** 10 g (11%) / **Fat** 10 g (25%) / **Fluid** 26

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

garden veggie tempeh	5 oz	314 cal
barley, cooked	1 Cup(s)	193 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal

**MEAL TOTAL:** **Calories** 631 cal / **Carbs** 81 g (50%) / **Protein** 35 g (22%) / **Fat** 20 g (28%) / **Fluid** 25

### NOTES:

**DAY 7 TOTAL:** **Calories** 2,633 cal / **Carbs** 398 g (59%) / **Protein** 130 g (19%) / **Fat** 65 g (22%) / **Fluid** 125



2 Servings

# mango black bean salad

## Ingredients

green onions/scallions  
4 medium

mangos  
1 fruit

romaine lettuce  
4 Cup(s)

red peppers  
1/3 cup

sweet white corn, no salt, boiled  
2/3 cup

olive oil  
2 Tbsp

black beans, no salt, boiled  
1 1/2 Cup(s)

cumin ground  
1 tsp

## Nutrition Totals

**Calories** 831 / **Carbs** 119 g / **Protein** 31 g / **Fat** 31 g / **Fluid** 22 fl oz

## Instructions

1. Whisk together olive oil, garlic, cumin, and chili powder (with salt & pepper to taste) in a small bowl.
2. Place romaine lettuce to large mixing bowl.
3. Add mango, red bell pepper, black beans, corn, green onions, drizzle dressing over mixture and toss to coat.



Eating right, simplified.

## Nutrition Label

Mango Black Bean Salad	
Amount Per Serving	
Calories	415
% Daily Value*	
Total Fat 15.4g	24%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrates 59.4g	20%
Dietary Fiber 16.7g	67%
Total Sugar 16.9g	
Protein 15.2g	
Vitamin D 0IU	0%
Calcium 101.5mg	10%
Iron 4.5mg	25%
Potassium 1067.9mg	
* 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.	

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.



Eating right, simplified.



2 Servings

## grilled vegetable sandwich

### Ingredients

pesto basil sauce, low-fat  
1/4 Cup(s)

zucchini/summer squash  
1 cup

olive oil  
1 Tbsp

eggplant  
3 cup

red peppers  
1 cup

french bread  
1 medium slice

### Nutrition Totals

**Calories** 673 / **Carbs** 72 g / **Protein** 20 g / **Fat** 35 g / **Fluid** 17 fl oz

### Instructions

1. Combine zucchini, eggplant, and red bell pepper in a bowl. <
2. Preheat grill for medium heat and lightly oil the grate.
3. Drain moisture from vegetable mixture. Brush vegetables with olive oil to coat; season with black pepper.
4. Cook vegetables on hot grill until tender, 2 to 3 minutes per side. Transfer to a bowl and set aside.
5. Toast cut sides of baguette in a toaster oven until golden brown, 2 to 3 minutes. Spread basil pesto evenly over toasted surface. Arrange grilled vegetables evenly onto 2 of the baguette halves. Top each with plum tomato slices; top sandwich with the remaining baguette pieces to serve.





Eating right, simplified.

## Nutrition Label

Grilled Vegetable Sandwich		
Amount Per Serving		
Calories		337
% Daily Value*		
Total Fat	17.4g	27%
Saturated Fat	3.2g	16%
Trans Fat	0g	
Cholesterol	7.4mg	2%
Sodium	444.6mg	19%
Total Carbohydrates	36.2g	12%
Dietary Fiber	7.6g	31%
Total Sugar	12.3g	
Protein	9.9g	
Vitamin D	0IU	0%
Calcium	140.3mg	14%
Iron	2.2mg	12%
Potassium	641.7mg	
* 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.		



# Shopping List

## Accompaniments

balsamic vinaigrette salad dressing, lower sodium

6 Tbsp

dijon mustard

8 tsp

olive oil, mayonnaise, light

1 Tbsp

salsa, ready to serve

4 Tbsp

## Beverages

coconut water

7 Cup(s)

drinking water

50 Cup(s)

iced tea, green

48 fl. oz.

## Bread

french bread

1 medium slice

whole-wheat pita bread

2 small

whole wheat dinner rolls

5 roll

whole wheat english muffin

3 muffin

whole wheat tortillas

10 tortilla

## Cereal & Grain Products

barley, cooked

2.5 Cup(s)

kashi golean crunch cereal

3.25 Cup(s)

macaroni, cooked

8 oz

oatmeal, steel cut

1.25 Cup(s)

pesto basil sauce, low-fat

0.26 Cup(s)

wild rice, cooked



Eating right, simplified.

1 Cup(s)

## Cookies & Crackers

triscuit crackers, light salt  
38 crackers

## Dairy & Egg

egg whites, cooked  
8 large  
fruit yogurt, non-fat  
14 oz  
low-fat cottage cheese, 1%  
5.75 Cup(s)  
parmesan cheese, shredded  
2 Tbsp  
skim milk with calcium  
6 Cup(s)  
whole eggs, scrambled  
5 large

## Entrees

vegan chicken strips, meat free  
9.5 oz

## Fats & Oils

extra virgin olive oil  
1 Tbsp  
olive oil  
2 Tbsp

## Fruits & Juices

apples  
5 large  
avocados  
1 cup  
bananas  
5 extra large  
blueberries  
3 Cup(s)  
mangos  
0.5 fruit  
medjool dates

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.



Eating right, simplified.

4 date, pitted  
orange juice  
4 Cup(s)  
tangerines/ mandarin oranges  
4 medium

## Legumes & Beans

black beans, no salt, boiled  
1.76 Cup(s)  
hummus, lower sodium  
9 Tbsp

## Nuts & Seeds

almonds, slivered  
1.5 oz  
smooth peanut butter, no salt  
4 Tbsp

## Sausages & Meats

meat free bacon  
12 slices

## Soup

black bean vegetable soup, low-fat  
3.25 Cup(s)

## Spices & Herbs

cumin ground  
0.5 tsp

## Sports & Diet Nutritionals

honey peanut yogurt balance bar  
4 bar  
trulean vegan plant based protein frosted vanilla cupcake  
1 Scoop

## Vegetables

baby carrots

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.



Eating right, simplified.

75 large  
eggplant  
3 cup  
green onions/scallions  
2 medium  
mixed vegetables, frozen no salt, boiled  
2.5 Cup(s)  
peas & carrots, no salt, boiled  
2 Cup(s)  
red peppers  
1.16 cup  
romaine lettuce  
8 Cup(s)  
6 leaf  
spinach, no salt, boiled  
1 Cup(s)  
sweet white corn, no salt, boiled  
0.34 cup  
tomatoes  
0.75 Cup(s)  
zucchini/summer squash  
1 cup

## Vegetarian Products

garden veggie tempeh  
11 oz  
teriyaki tofu, baked  
8 oz  
tofurky deli slices  
7 oz  
vegan chicken fillets, meat free  
20 oz