



Eating right, simplified.

## 2,900 Calorie Plan (Vegetarian) 5 meals.day

### DAY 1

#### Breakfast

7:00 AM

whole eggs, poached	2 large	143 cal
oat bran, cooked	1 1/2 Cup(s)	131 cal
drinking water	8 fl oz	0 cal
egg whites, cooked	4 large	69 cal
almond milk (unsweetened)	1 cup(s)	35 cal
ezekiel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
almond butter (unsweetened)	1 1/2 tablespoon(s)	147 cal

MEAL TOTAL: **Calories** 605 cal / **Carbs** 60 g (35%) / **Protein** 47 g (27%) / **Fat** 29 g (38%) / **Fluid** 24

NOTES:

#### Snack

10:00 AM

almond nut thins hint of sea salt	18 crackers	138 cal
low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
drinking water	16 fl oz	0 cal
nectarines	2 fruit	120 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 63 g (50%) / **Protein** 48 g (38%) / **Fat** 7 g (12%) / **Fluid** 34

NOTES:

#### Lunch

12:00 PM

olive oil, mayonnaise, light	1 Tbsp	49 cal
baby carrots	15 large	79 cal
tomatoes	1/2 Cup(s)	16 cal
dijon mustard	2 tsp	10 cal
drinking water	16 fl oz	0 cal
romaine lettuce	2 leaf	2 cal
hamburger buns, gluten free	1 bun	190 cal
sweet potato and black bean burger	3 serving	200 cal

MEAL TOTAL: **Calories** 546 cal / **Carbs** 96 g (70%) / **Protein** 12 g (9%) / **Fat** 13 g (21%) / **Fluid** 32

NOTES:

#### Snack

3:00 PM

drinking water	8 fl oz	0 cal
bananas	1 large	121 cal
natural peanut butter	2 tablespoons	190 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 581 cal / **Carbs** 42 g (30%) / **Protein** 53 g (39%) / **Fat** 19 g (31%) / **Fluid** 11

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.

## Dinner

6:00 PM

quinoa, cooked	1 1/2 Cup(s)	333 cal
vegan turkey with sage, meat free	8 oz	75 cal
brussels sprouts, no salt, boiled	10 sprout	76 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal

**MEAL TOTAL:** **Calories** 664 cal / **Carbs** 81 g (48%) / **Protein** 27 g (15%) / **Fat** 29 g (37%) / **Fluid** 29

### NOTES:

**DAY 1 TOTAL:** **Calories** 2,897 cal / **Carbs** 342 g (46%) / **Protein** 188 g (25%) / **Fat** 98 g (29%) / **Fluid** 130



Eating right, simplified.

## DAY 2

### Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
blueberries	1 Cup(s)	83 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal
almonds, raw	12 Whole nuts	89 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 56 g (36%) / **Protein** 34 g (22%) / **Fat** 29 g (42%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

almond butter	2 Tbsp	200 cal
egg, hard boiled	2 large	155 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
celery	3 medium stalk	19 cal

MEAL TOTAL: **Calories** 484 cal / **Carbs** 40 g (33%) / **Protein** 20 g (16%) / **Fat** 27 g (51%) / **Fluid** 29

NOTES:

### Lunch

12:00 PM

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	16 fl oz	0 cal
baby carrots	10 large	53 cal
hummus	4 Tbsp	110 cal
tempeh	6 oz	324 cal

MEAL TOTAL: **Calories** 662 cal / **Carbs** 72 g (42%) / **Protein** 41 g (23%) / **Fat** 28 g (35%) / **Fluid** 26

NOTES:

### Snack

3:00 PM

drinking water	16 fl oz	0 cal
almonds	1 1/4 oz	203 cal
nectarines	2 fruit	120 cal
nut and raisin granola bars	1 bar	127 cal
string cheese, low-fat	1 piece	80 cal

MEAL TOTAL: **Calories** 529 cal / **Carbs** 55 g (38%) / **Protein** 21 g (14%) / **Fat** 30 g (48%) / **Fluid** 24

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
vegan chicken strips, meat free	5 oz	361 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	16 fl oz	0 cal
green beans	1 1/2 cups	53 cal

**MEAL TOTAL:** **Calories** 642 cal / **Carbs** 61 g (36%) / **Protein** 42 g (25%) / **Fat** 29 g (39%) / **Fluid** 22

### NOTES:

**DAY 2 TOTAL:** **Calories** 2,903 cal / **Carbs** 284 g (37%) / **Protein** 157 g (21%) / **Fat** 143 g (42%) / **Fluid** 123



Eating right, simplified.

### DAY 3

#### Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
almond butter	2 Tbsp	200 cal
drinking water	8 fl oz	0 cal
whole wheat bread	2 slice	200 cal
nectarines	2 fruit	120 cal

MEAL TOTAL: **Calories** 610 cal / **Carbs** 77 g (48%) / **Protein** 31 g (19%) / **Fat** 24 g (33%) / **Fluid** 16

NOTES:

#### Snack

10:00 AM

bananas	1 large	121 cal
nut and raisin granola bars	1 bar	127 cal
almonds	1 oz	162 cal
plain greek yogurt, nonfat	12 oz	201 cal

MEAL TOTAL: **Calories** 611 cal / **Carbs** 67 g (42%) / **Protein** 44 g (28%) / **Fat** 21 g (30%) / **Fluid** 13

NOTES:

#### Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
whole wheat dinner rolls	1 roll	74 cal
balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
iced tea, green	16 fl oz	0 cal
chickpeas (garbanzo beans), canned	6 oz	235 cal
nutritional yeast seasoning	3 Tbsp	60 cal
spinach	2 Cup(s)	14 cal

MEAL TOTAL: **Calories** 526 cal / **Carbs** 66 g (48%) / **Protein** 26 g (19%) / **Fat** 20 g (33%) / **Fluid** 25

NOTES:

#### Snack

3:00 PM

hummus, lower sodium	4 Tbsp	105 cal
drinking water	16 fl oz	0 cal
baby carrots	20 large	105 cal
pretzel sticks, no salt	1 oz	108 cal
egg, hard boiled	2 large	155 cal
almond nut thins hint of sea salt	10 crackers	76 cal

MEAL TOTAL: **Calories** 549 cal / **Carbs** 72 g (52%) / **Protein** 24 g (17%) / **Fat** 19 g (31%) / **Fluid** 29

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

mustard greens, no salt, boiled	1 cup	36 cal
drinking water	16 fl oz	0 cal
banza chick peas pasta	2 1/2 oz	238 cal
olive oil	1 Tbsp	119 cal
tempeh	4 oz	216 cal

**MEAL TOTAL:** **Calories** 609 cal / **Carbs** 57 g (34%) / **Protein** 42 g (25%) / **Fat** 31 g (41%) / **Fluid** 23

### NOTES:

**DAY 3 TOTAL:** **Calories** 2,905 cal / **Carbs** 338 g (44%) / **Protein** 167 g (22%) / **Fat** 115 g (34%) / **Fluid** 106



Eating right, simplified.

## DAY 4

### Breakfast

7:00 AM

salsa, ready to serve	4 Tbsp	19 cal
whole eggs, poached	2 large	143 cal
drinking water	8 fl oz	0 cal
whole wheat tortillas	2 tortilla	254 cal
egg whites, cooked	4 large	69 cal
blueberries	3/4 Cup(s)	62 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 59 g (43%) / **Protein** 37 g (27%) / **Fat** 18 g (30%) / **Fluid** 20

NOTES:

### Snack

10:00 AM

low-fat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
nectarines	2 fruit	120 cal
drinking water	16 fl oz	0 cal
almonds, raw	25 Whole nuts	185 cal

MEAL TOTAL: **Calories** 549 cal / **Carbs** 43 g (31%) / **Protein** 52 g (38%) / **Fat** 19 g (31%) / **Fluid** 34

NOTES:

### Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
vegetarian chili soup, no salt added	2 Cup(s)	420 cal
mexican cheese blend, reduced fat	1/2 oz	40 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 609 cal / **Carbs** 113 g (69%) / **Protein** 29 g (18%) / **Fat** 9 g (13%) / **Fluid** 17

NOTES:

### Snack

3:00 PM

drinking water	8 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal
almond nut thins hint of sea salt	15 crackers	115 cal
hummus	2 Tbsp	55 cal

MEAL TOTAL: **Calories** 583 cal / **Carbs** 60 g (39%) / **Protein** 33 g (22%) / **Fat** 26 g (39%) / **Fluid** 10

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

vegan chicken strips, meat free	3 oz	217 cal
navy beans, no salt, boiled	3/4 Cup(s)	191 cal
wild rice, cooked	3/4 Cup(s)	124 cal
mustard greens, no salt, boiled	1 cup	36 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

**MEAL TOTAL:** **Calories** 629 cal / **Carbs** 77 g (47%) / **Protein** 37 g (23%) / **Fat** 22 g (30%) / **Fluid** 26

### NOTES:

**DAY 4 TOTAL:** **Calories** 2,916 cal / **Carbs** 353 g (47%) / **Protein** 189 g (25%) / **Fat** 94 g (28%) / **Fluid** 107





Eating right, simplified.

## DAY 5

### Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
drinking water	16 fl oz	0 cal
wheat chex cereal	2 Cup(s)	320 cal
strawberries	3/4 Cup(s)	35 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal
egg whites, cooked	2 large	34 cal
whole eggs, scrambled	1 large	91 cal

**MEAL TOTAL:** Calories 675 cal / Carbs 90 g (53%) / Protein 51 g (30%) / Fat 13 g (17%) / Fluid 23

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
almond butter	2 Tbsp	200 cal
drinking water	8 fl oz	0 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal
almond milk (unsweetened)	2 cup(s)	70 cal

**MEAL TOTAL:** Calories 545 cal / Carbs 40 g (29%) / Protein 42 g (30%) / Fat 25 g (41%) / Fluid 14

NOTES:

### Lunch

12:00 PM

extra virgin olive oil	1 Tbsp	120 cal
whole wheat dinner rolls	1 roll	74 cal
balsamic vinegar	1 Tbsp	14 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	16 fl oz	0 cal
chickpeas (garbanzo beans), canned	6 oz	235 cal
spinach	1 Cup(s)	7 cal
nutritional yeast seasoning	3 Tbsp	60 cal

**MEAL TOTAL:** Calories 526 cal / Carbs 66 g (48%) / Protein 26 g (19%) / Fat 20 g (33%) / Fluid 25

NOTES:

### Snack

3:00 PM

baby carrots	15 large	79 cal
hummus, lower sodium	4 Tbsp	105 cal
drinking water	16 fl oz	0 cal
plain greek yogurt, nonfat	12 oz	201 cal
blueberries	1 Cup(s)	83 cal
almond nut thins hint of sea salt	15 crackers	115 cal

**MEAL TOTAL:** Calories 581 cal / Carbs 82 g (54%) / Protein 45 g (30%) / Fat 10 g (16%) / Fluid 38

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.

## Dinner

6:00 PM

drinking water	16 fl oz	0 cal
refried beans, vegetarian	1 Cup(s)	201 cal
vegan fajitas	1 serving	379 cal

**MEAL TOTAL:** **Calories** 580 cal / **Carbs** 96 g (63%) / **Protein** 29 g (19%) / **Fat** 12 g (18%) / **Fluid** 32

**NOTES:**

**DAY 5 TOTAL:** **Calories** 2,908 cal / **Carbs** 374 g (50%) / **Protein** 192 g (26%) / **Fat** 81 g (24%) / **Fluid** 131



Eating right, simplified.

## DAY 6

### Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
bananas	1 small	90 cal
almond butter	2 Tbsp	200 cal
whole wheat bread	2 slice	200 cal
egg whites, cooked	4 large	69 cal
pea milk unsweetened original-ripple	8 fl oz	70 cal

MEAL TOTAL: **Calories** 629 cal / **Carbs** 70 g (45%) / **Protein** 39 g (26%) / **Fat** 20 g (29%) / **Fluid** 14

NOTES:

### Snack

10:00 AM

drinking water	16 fl oz	0 cal
almonds	1 oz	162 cal
nectarines	1 fruit	60 cal
plain greek yogurt, nonfat	12 oz	201 cal
blueberries	1 Cup(s)	83 cal
chia seeds	1 Tbsp	80 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 61 g (39%) / **Protein** 46 g (30%) / **Fat** 21 g (31%) / **Fluid** 34

NOTES:

### Lunch

12:00 PM

refried beans, vegetarian	1 Cup(s)	201 cal
iced tea, green	16 fl oz	0 cal
vegan fajitas	1 serving	379 cal

MEAL TOTAL: **Calories** 580 cal / **Carbs** 96 g (63%) / **Protein** 29 g (19%) / **Fat** 12 g (18%) / **Fluid** 32

NOTES:

### Snack

3:00 PM

drinking water	16 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal
apples	1 medium	72 cal

MEAL TOTAL: **Calories** 485 cal / **Carbs** 51 g (40%) / **Protein** 30 g (23%) / **Fat** 21 g (37%) / **Fluid** 21

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
drinking water	16 fl oz	0 cal
summer squash, no salt, boiled	2 cup	72 cal
butter, no salt	1 Tbsp	103 cal
tempeh	5 oz	270 cal

**MEAL TOTAL:** **Calories** 610 cal / **Carbs** 64 g (39%) / **Protein** 36 g (22%) / **Fat** 28 g (39%) / **Fluid** 34

### NOTES:

**DAY 6 TOTAL:** **Calories** 2,889 cal / **Carbs** 341 g (45%) / **Protein** 180 g (24%) / **Fat** 102 g (31%) / **Fluid** 136



Eating right, simplified.

## DAY 7

### Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
drinking water	8 fl oz	0 cal
whole wheat bread	2 slice	200 cal
whole eggs, poached	2 large	143 cal
natural peanut butter	2 tablespoons	190 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 692 cal / **Carbs** 52 g (29%) / **Protein** 56 g (31%) / **Fat** 33 g (40%) / **Fluid** 14

NOTES:

### Snack

10:00 AM

pretzel sticks, no salt	1 oz	108 cal
hummus, lower sodium	4 Tbsp	105 cal
baby carrots	20 large	105 cal
drinking water	16 fl oz	0 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 482 cal / **Carbs** 59 g (48%) / **Protein** 43 g (34%) / **Fat** 10 g (18%) / **Fluid** 27

NOTES:

### Lunch

12:00 PM

olive oil, mayonnaise, light	1 Tbsp	49 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	16 fl oz	0 cal
tempeh	5 oz	270 cal

MEAL TOTAL: **Calories** 595 cal / **Carbs** 54 g (36%) / **Protein** 35 g (23%) / **Fat** 28 g (41%) / **Fluid** 22

NOTES:

### Snack

3:00 PM

almonds	1 oz	162 cal
drinking water	16 fl oz	0 cal
strawberries	1 Cup(s)	46 cal
plain greek yogurt, nonfat	12 oz	201 cal
chia seeds	1 Tbsp	80 cal

MEAL TOTAL: **Calories** 489 cal / **Carbs** 36 g (29%) / **Protein** 44 g (35%) / **Fat** 21 g (36%) / **Fluid** 30

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

chicken nuggets, meat free	4 oz	316 cal
quinoa, cooked	1 Cup(s)	222 cal
brussels sprouts, no salt, boiled	14 sprout	106 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL:** **Calories** 644 cal / **Carbs** 88 g (52%) / **Protein** 33 g (20%) / **Fat** 21 g (28%) / **Fluid** 29

### NOTES:

**DAY 7 TOTAL:** **Calories** 2,902 cal / **Carbs** 289 g (38%) / **Protein** 210 g (28%) / **Fat** 113 g (34%) / **Fluid** 123



12 Servings

# sweet potato and black bean burger

## Ingredients

sweet potato cooked boiled without skin sweetpotato

4 medium

brown rice, cooked

1 Cup(s)

almond meal flour by bob's red mill

1/2 Cup(s)

green onions/scallions

1/2 cup

cumin ground

2 1/2 tsp

gourmet collection smoked paprika by mccormick

1 tsp

salt

1/4 tsp

black pepper

1/4 tsp

chili powder

1/4 tsp

## Nutrition Totals

**Calories 800 / Carbs 162 g / Protein 18 g / Fat 11 g / Fluid 23 fl oz**

## Instructions

2 cups mashed sweet potato (~2 large sweet potatoes - organic when possible)

1 cup cooked salted black beans, rinsed and well drained (if unsalted, add more salt to the burgers)

1 - 1 1/2 cups cooked brown rice\* (or sub cooked quinoa\* with varied results)

1/2 cup walnut or pecan meal (or very finely chopped)

1/2 cup finely diced green onion

2 1/2 tsp ground cumin

1 tsp smoked paprika

1/4 tsp each salt and pepper (to taste)

optional: 1/4 tsp chipotle powder

optional: 1 Tbsp brown sugar (for added sweetness)

FOR SERVING (optional)

Sliced avocado

Sprouts, lettuce or parsley

Sliced onion

Whiskey BBQ Ketchup

Instructions

Preheat oven to 400 degrees F (204 C) and cut sweet potatoes in half. Rub with olive oil and place face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch - about 30 minutes - set aside. Reduce oven heat to 375 degrees F (190 C).

While potatoes are baking, cook rice or quinoa (see notes for instructions).

Add black beans to a mixing bowl and mash half of them for texture. Then add sweet potato and lightly mash, then 1 cup rice, green onion, nut meal and spices. Mix to combine. Taste and adjust seasonings as needed. Add more rice or nut meal if the mixture feels too wet. It should be very moist but moldable.

Lightly grease a baking sheet and line a 1/4 cup measuring cup with plastic wrap.



Eating right, simplified.

---

Fill the lined measuring cup with sweet potato mixture. Scrape down to pack, then lift out and transfer to the baking sheet and gently press down to mash. The thinner you press them, the faster they'll cook, but no need to go too far. Just a gentle press will do.

Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them the firmer and drier they will get - up to preference. I went for around the 35 minute mark.

Serve on slider buns (double stack for more bulk) or atop a salad with sliced avocado, red onion, greens, and ketchup or salsa.

Store leftovers covered in the fridge for up to a few days. Freeze for longer term storage.

#### Notes

\*To cook rice: bring 2 cups water to a boil. Then add 1 cup very well-rinsed rice, reduce heat to simmer, cover, and cook for about 30 minutes or until fluffy and tender. You will have leftovers.

\*For quinoa: rinse 1 cup quinoa and add to a saucepan over medium heat. Sauté in a bit of olive oil for 1-2 minutes, then add 2 cups water and bring to a boil. Reduce heat to simmer, cover and continue cooking for about 15 minutes or until tender and fluffy and the water is absorbed.

\*Inspired by the Black Bean Burger at Beer Kitchen





Eating right, simplified.

## Nutrition Label

Sweet Potato And Black Bean Burger		
Amount Per Serving		
Calories		67
		% Daily Value*
Total Fat	0.9g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	63.7mg	3%
Total Carbohydrates	13.5g	5%
Dietary Fiber	1.8g	7%
Total Sugar	3g	
Protein	1.4g	
Vitamin D	0IU	0%
Calcium	21.1mg	2%
Iron	0.5mg	3%
Potassium	141.7mg	
* 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.		



Eating right, simplified.



1 Servings

# fbcc 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.



Eating right, simplified.

## 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.		

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.



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.



Eating right, simplified.

## Nutrition Label

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

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.



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

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** 759 / **Carbs** 126 g / **Protein** 33 g / **Fat** 19 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



Eating right, simplified.

## Nutrition Label

Vegan Fajitas		
Amount Per Serving		
Calories		379
		% Daily Value*
Total Fat	9.7g	15%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrates	62.9g	21%
Dietary Fiber	15g	60%
Total Sugar	9g	
Protein	16.2g	
Vitamin D	0IU	0%
Calcium	95.9mg	10%
Iron	3.8mg	21%
Potassium	994mg	
* 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  
2.5 Tbsp  
salsa, ready to serve  
4 Tbsp

## Beverages

almond milk (unsweetened)  
6 cup(s)  
drinking water  
432 fl oz  
2 Cup(s)  
iced tea, green  
32 fl oz

## Bread

corn tortillas, no salt  
2 tortilla  
hamburger buns, gluten free  
1 bun  
whole-wheat pita bread  
4 small  
whole wheat bread  
6 slice  
whole wheat dinner rolls  
2 roll  
whole wheat tortillas  
4 tortilla

## Cereal & Grain Products

brown rice, cooked  
0.25 Cup(s)  
oat bran, cooked  
1.5 Cup(s)  
pasta shells  
0.33 Cup(s)  
quinoa, cooked  
2.5 Cup(s)  
wheat chex cereal  
2 Cup(s)





Eating right, simplified.

wild rice, cooked  
1.75 Cup(s)

## Dairy & Egg

butter, no salt  
1 Tbsp  
egg, hard boiled  
4 large  
egg whites, cooked  
18 large  
low-fat cottage cheese, 1%  
3 Cup(s)  
mexican cheese blend, reduced fat  
0.5 oz  
plain greek yogurt, nonfat  
48 oz  
string cheese, low-fat  
1 piece  
whole eggs, poached  
6 large  
whole eggs, scrambled  
1 large

## Entrees

vegan chicken strips, meat free  
8 oz

## Fats & Oils

extra virgin olive oil  
4 Tbsp  
olive oil  
2.5 Tbsp

## Fruits & Juices

apples  
2 large  
1 medium  
avocado  
0.75 avocado  
bananas  
2 large  
1 small  
blueberries  
3.75 Cup(s)

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.

nectarines  
9 fruit  
strawberries  
1.75 Cup(s)

## Ingredients

balsamic vinegar  
1.5 Tbsp  
distilled vinegar  
2 tsp

## Legumes & Beans

black beans, no salt, boiled  
1.34 Cup(s)  
hummus  
6 Tbsp  
hummus, lower sodium  
12 Tbsp  
navy beans, no salt, boiled  
0.75 Cup(s)  
refried beans, vegetarian  
2 Cup(s)

## Nuts & Seeds

almond butter  
8 Tbsp  
almond butter (unsweetened)  
4.5 tablespoon(s)  
almonds  
4.25 oz  
chia seeds  
2 Tbsp  
natural peanut butter  
4 tablespoons

## Sausages & Meats

meat free bacon  
12 slices

## Snacks

almond nut thins hint of sea salt  
58 crackers

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.

**nut and raisin granola bars**

**2 bar**

**pretzel sticks, no salt**

**2 oz**

## Soup

**vegetarian chili soup, no salt added**

**2 Cup(s)**

## Spices & Herbs

**black pepper**

**0.06 tsp**

**chili powder**

**0.56 tsp**

**cumin ground**

**0.63 tsp**

**nutritional yeast seasoning**

**6 Tbsp**

**salt**

**0.06 tsp**

## Sports & Diet Nutritionals

**trulean vegan plant based protein frosted vanilla cupcake**

**7.5 Scoop**

## Uncategorized

**almond meal flour by bob's red mill**

**0.13 Cup(s)**

**almonds, raw**

**37 Whole nuts**

**banza chick peas pasta**

**2.5 oz**

**corn sweet yellow raw**

**1.34 Cup(s)**

**ezekiel 4:9 sprouted 100% whole grain bread by food for life**

**1 slice**

**frozen fruit dark sweet cherries by dole**

**3 Cup(s)**

**gourmet collection smoked paprika by mccormick**

**0.25 tsp**

**green beans**

**1.5 cups**

**ice cubes**

**12 cubes**

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.

pea milk unsweetened original-ripple  
32 fl oz  
sweet potato cooked boiled without skin sweetpotato  
1 medium

## Vegetables

artichokes  
0.5 medium  
baby carrots  
80 large  
brussels sprouts, no salt, boiled  
24 sprout  
celery  
3 medium stalk  
chickpeas (garbanzo beans), canned  
12 oz  
garlic  
0.5 clove  
green onions/scallions  
0.13 cup  
mustard greens, no salt, boiled  
3 cup  
romaine lettuce  
8 leaf  
4 Cup(s)  
spinach  
3 Cup(s)  
summer squash  
0.76 cup  
summer squash, no salt, boiled  
2 cup  
sweet green peppers  
0.66 medium  
tomatoes  
0.75 Cup(s)  
zucchini/summer squash  
0.5 small

## Vegetarian Products

chicken nuggets, meat free  
4 oz  
tempeh  
20 oz  
vegan turkey with sage, meat free  
8 oz

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.