



Eating right, simplified.

2,900 Calorie Plan (Vegetarian) 5 meals/day

DAY 1

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
raisins, seedless	1/3 cup	164 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 658 cal / **Carbs** 101 g (63%) / **Protein** 29 g (18%) / **Fat** 14 g (19%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Sodium** 253 mg / **Calcium** 82 mg

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
pumpkin and squash seeds, no salt, dry roasted	1 1/2 oz	190 cal

MEAL TOTAL: **Calories** 488 cal / **Carbs** 58 g (44%) / **Protein** 16 g (13%) / **Fat** 25 g (43%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Sodium** 15 mg / **Calcium** 50 mg

NOTES:

Lunch

12:00 PM

hummus, lower sodium	3 Tbsp	78 cal
romaine lettuce	3 leaf	3 cal
whole wheat tortillas	3 tortilla	381 cal
drinking water	2 Cup(s)	0 cal
garden vegetable burger patties, with soy	2 serving	260 cal

MEAL TOTAL: **Calories** 723 cal / **Carbs** 82 g (46%) / **Protein** 46 g (26%) / **Fat** 23 g (28%) / **Fluid** 19
ADDITIONAL NUTRIENTS: **Sodium** 737 mg / **Calcium** 524 mg

NOTES:

Snack

3:00 PM

bananas	1 extra large	135 cal
skim milk with calcium	1 Cup(s)	86 cal
drinking water	1 Cup(s)	0 cal
soy protein bar chocolate mint	1 bar	240 cal

MEAL TOTAL: **Calories** 462 cal / **Carbs** 84 g (70%) / **Protein** 24 g (20%) / **Fat** 5 g (10%) / **Fluid** 19
ADDITIONAL NUTRIENTS: **Sodium** 84 mg / **Calcium** 711 mg

NOTES:



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Dinner

6:00 PM

meat free sausages	5 3/8 oz	275 cal
drinking water	2 Cup(s)	0 cal
lentil beans, no salt, boiled	3/4 Cup(s)	172 cal
wild rice, cooked	3/4 Cup(s)	124 cal
cauliflower, no salt, boiled	3 flowerets	12 cal

MEAL TOTAL: **Calories** 584 cal / **Carbs** 89 g (54%) / **Protein** 39 g (24%) / **Fat** 16 g (22%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Sodium** 472 mg / **Calcium** 41 mg

NOTES:

DAY 1 TOTAL: **Calories** 2,914 cal / **Carbs** 414 g (54%) / **Protein** 155 g (21%) / **Fat** 82 g (25%) / **Fluid** 109
ADDITIONAL NUTRIENTS: **Sodium** 1,559 mg / **Calcium** 1,408 mg



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DAY 2

Breakfast

7:00 AM

skim milk with calcium	2 1/2 Cup(s)	216 cal
multi-grain cheerios cereal	2 1/2 Cup(s)	300 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 710 cal / **Carbs** 95 g (55%) / **Protein** 54 g (31%) / **Fat** 11 g (14%) / **Fluid** 26
ADDITIONAL NUTRIENTS: **Sodium** 464 mg / **Calcium** 1,564 mg

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1 bar	127 cal
oranges	2 fruit	137 cal
trulean vegan plant based protein frosted vanilla...	1 3/4 Scoop	193 cal

MEAL TOTAL: **Calories** 457 cal / **Carbs** 56 g (46%) / **Protein** 43 g (36%) / **Fat** 10 g (18%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Sodium** 375 mg / **Calcium** 258 mg

NOTES:

Lunch

12:00 PM

avocados	1/2 cup	117 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	2 large	340 cal
iced tea, green	16 fl. oz.	0 cal
olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
philly steak tofurky, slices	6 slices	120 cal

MEAL TOTAL: **Calories** 659 cal / **Carbs** 88 g (51%) / **Protein** 29 g (17%) / **Fat** 25 g (32%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 514 mg / **Calcium** 32 mg

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
cantaloupe melon	1 1/2 cup	80 cal
vanilla yogurt, low-fat	1 1/2 Cup(s)	312 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 79 g (70%) / **Protein** 22 g (19%) / **Fat** 6 g (11%) / **Fluid** 41
ADDITIONAL NUTRIENTS: **Sodium** 406 mg / **Calcium** 707 mg

NOTES:



Eating right, simplified.

Dinner

6:00 PM

green snap beans, no salt, boiled	2 Cup(s)	88 cal
vegan chicken strips, meat free	4 oz	289 cal
drinking water	2 Cup(s)	0 cal
yams, no salt, boiled or baked	2 Cup(s)	316 cal
whole wheat dinner rolls	1 roll	74 cal

MEAL TOTAL: **Calories** 767 cal / **Carbs** 121 g (61%) / **Protein** 35 g (17%) / **Fat** 19 g (22%) / **Fluid** 30

ADDITIONAL NUTRIENTS: **Sodium** 170 mg / **Calcium** 178 mg

NOTES:

DAY 2 TOTAL: **Calories** 3,030 cal / **Carbs** 439 g (57%) / **Protein** 182 g (23%) / **Fat** 70 g (20%) / **Fluid** 142

ADDITIONAL NUTRIENTS: **Sodium** 1,929 mg / **Calcium** 2,739 mg



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

whole wheat mini bagel	2 bagel	200 cal
skim milk with calcium	2 Cup(s)	173 cal
smooth peanut butter, no salt	2 1/2 Tbsp	235 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 718 cal / **Carbs** 101 g (54%) / **Protein** 35 g (19%) / **Fat** 22 g (27%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 263 mg / **Calcium** 1,238 mg

NOTES:

Snack

10:00 AM

bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
nut and raisin granola bars	1 bar	127 cal
peanuts, no salt, dry-roasted	3/4 oz	124 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 497 cal / **Carbs** 59 g (45%) / **Protein** 31 g (23%) / **Fat** 19 g (32%) / **Fluid** 20
ADDITIONAL NUTRIENTS: **Sodium** 231 mg / **Calcium** 108 mg

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	2 Tbsp	98 cal
romaine lettuce	3 leaf	3 cal
drinking water	2 Cup(s)	0 cal
hickory smoked tofurky deli slices	8 pieces	160 cal
whole wheat tortillas	3 tortilla	381 cal

MEAL TOTAL: **Calories** 642 cal / **Carbs** 69 g (42%) / **Protein** 33 g (21%) / **Fat** 27 g (37%) / **Fluid** 18
ADDITIONAL NUTRIENTS: **Sodium** 863 mg / **Calcium** 338 mg

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
celery	5 medium stalk	32 cal
hummus, lower sodium	3 Tbsp	78 cal
wheat thin crackers	20 crackers	160 cal
string cheese, light	2 serving	100 cal

MEAL TOTAL: **Calories** 370 cal / **Carbs** 43 g (45%) / **Protein** 19 g (20%) / **Fat** 15 g (35%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Sodium** 674 mg / **Calcium** 98 mg

NOTES:



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Dinner

6:00 PM

fava bean salad	1 serving	366 cal
whole-wheat pita bread	1 1/2 large	255 cal
tofu, extra firm	4 oz	103 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 724 cal / **Carbs** 103 g (55%) / **Protein** 37 g (20%) / **Fat** 21 g (25%) / **Fluid** 34
ADDITIONAL NUTRIENTS: Sodium 146 mg / **Calcium** 319 mg

NOTES:

DAY 3 TOTAL: Calories 2,952 cal / **Carbs** 375 g (49%) / **Protein** 156 g (20%) / **Fat** 104 g (31%) / **Fluid** 116
ADDITIONAL NUTRIENTS: Sodium 2,176 mg / **Calcium** 2,100 mg



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

whole grain rolled oats, dry	1 Cup(s)	299 cal
drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal
bananas	1 extra large	135 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 628 cal / **Carbs** 92 g (61%) / **Protein** 29 g (19%) / **Fat** 14 g (20%) / **Fluid** 27
ADDITIONAL NUTRIENTS: **Sodium** 248 mg / **Calcium** 62 mg

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
peanuts, no salt, dry-roasted	1 oz	166 cal
nut and raisin granola bars	1 bar	127 cal
sea salt & black pepper soy chips	1 1/2 oz	182 cal

MEAL TOTAL: **Calories** 544 cal / **Carbs** 66 g (47%) / **Protein** 19 g (14%) / **Fat** 25 g (39%) / **Fluid** 20
ADDITIONAL NUTRIENTS: **Sodium** 206 mg / **Calcium** 99 mg

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1/3 Tbsp	40 cal
fava bean salad	1 serving	366 cal
tofu, extra firm	6 oz	155 cal
balsamic vinegar	1 Tbsp	14 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal
whole wheat dinner rolls	1 roll	74 cal

MEAL TOTAL: **Calories** 665 cal / **Carbs** 72 g (42%) / **Protein** 37 g (21%) / **Fat** 28 g (37%) / **Fluid** 38
ADDITIONAL NUTRIENTS: **Sodium** 199 mg / **Calcium** 458 mg

NOTES:

Snack

3:00 PM

skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	1 Cup(s)	0 cal
soy protein bar chocolate mint	1 bar	240 cal

MEAL TOTAL: **Calories** 370 cal / **Carbs** 55 g (59%) / **Protein** 27 g (29%) / **Fat** 5 g (12%) / **Fluid** 19
ADDITIONAL NUTRIENTS: **Sodium** 86 mg / **Calcium** 956 mg

NOTES:



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Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
garden vegetable burger patties, with soy	2 serving	260 cal
drinking water	2 Cup(s)	0 cal
asparagus, boiled	6 spears	20 cal
whole-wheat pita bread	1 large	170 cal

MEAL TOTAL: **Calories** 616 cal / **Carbs** 92 g (59%) / **Protein** 45 g (29%) / **Fat** 8 g (12%) / **Fluid** 24

ADDITIONAL NUTRIENTS: **Sodium** 489 mg / **Calcium** 235 mg

NOTES:

DAY 4 TOTAL: **Calories** 2,823 cal / **Carbs** 377 g (53%) / **Protein** 157 g (22%) / **Fat** 80 g (25%) / **Fluid** 128

ADDITIONAL NUTRIENTS: **Sodium** 1,227 mg / **Calcium** 1,810 mg



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

multi-grain cheerios cereal	2 1/2 Cup(s)	300 cal
skim milk with calcium	2 Cup(s)	173 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	6 large	103 cal
strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 713 cal / **Carbs** 100 g (57%) / **Protein** 50 g (29%) / **Fat** 11 g (14%) / **Fluid** 27
ADDITIONAL NUTRIENTS: **Sodium** 462 mg / **Calcium** 1,335 mg

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	2 1/2 Tbsp	235 cal
drinking water	1 Cup(s)	0 cal
apples	1 large	110 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 46 g (44%) / **Protein** 12 g (12%) / **Fat** 21 g (44%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Sodium** 135 mg / **Calcium** 88 mg

NOTES:

Lunch

12:00 PM

hummus, lower sodium	3 Tbsp	78 cal
avocados	1/3 cup	78 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	2 large	340 cal
drinking water	2 Cup(s)	0 cal
philly steak tofurky, slices	6 slices	120 cal

MEAL TOTAL: **Calories** 625 cal / **Carbs** 91 g (56%) / **Protein** 32 g (19%) / **Fat** 19 g (25%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 519 mg / **Calcium** 47 mg

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
raspberries	1/2 Cup(s)	32 cal
vanilla yogurt, low-fat	3/4 Cup(s)	156 cal
soy protein bar chocolate mint	1 bar	240 cal

MEAL TOTAL: **Calories** 428 cal / **Carbs** 70 g (63%) / **Protein** 24 g (22%) / **Fat** 7 g (15%) / **Fluid** 23
ADDITIONAL NUTRIENTS: **Sodium** 197 mg / **Calcium** 530 mg

NOTES:



Eating right, simplified.

Dinner

6:00 PM

veggie burger	1 serving	279 cal
drinking water	2 Cup(s)	0 cal
cauliflower, no salt, boiled	12 flowerets	50 cal
whole wheat hamburger buns	1 bun	190 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 97 g (60%) / **Protein** 30 g (19%) / **Fat** 15 g (21%) / **Fluid** 28

ADDITIONAL NUTRIENTS: **Sodium** 506 mg / **Calcium** 259 mg

NOTES:

DAY 5 TOTAL: **Calories** 2,758 cal / **Carbs** 404 g (56%) / **Protein** 149 g (21%) / **Fat** 72 g (23%) / **Fluid** 121

ADDITIONAL NUTRIENTS: **Sodium** 1,819 mg / **Calcium** 2,259 mg



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

smooth peanut butter, no salt	2 1/2 Tbsp	235 cal
whole wheat mini bagel	2 bagel	200 cal
skim milk with calcium	2 Cup(s)	173 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 743 cal / **Carbs** 107 g (55%) / **Protein** 36 g (19%) / **Fat** 23 g (26%) / **Fluid** 19
ADDITIONAL NUTRIENTS: **Sodium** 262 mg / **Calcium** 1,233 mg

NOTES:

Snack

10:00 AM

raisins, seedless	1/4 cup	123 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
drinking water	2 Cup(s)	0 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 332 cal / **Carbs** 48 g (56%) / **Protein** 31 g (36%) / **Fat** 3 g (8%) / **Fluid** 30
ADDITIONAL NUTRIENTS: **Sodium** 161 mg / **Calcium** 216 mg

NOTES:

Lunch

12:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
veggie burger	2 serving	558 cal
drinking water	2 Cup(s)	0 cal
whole wheat hamburger buns	1 bun	190 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 874 cal / **Carbs** 136 g (59%) / **Protein** 43 g (18%) / **Fat** 24 g (23%) / **Fluid** 29
ADDITIONAL NUTRIENTS: **Sodium** 566 mg / **Calcium** 422 mg

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
nut and raisin granola bars	1 bar	127 cal
trulean vegan plant based protein frosted vanilla...	1 1/4 Scoop	138 cal

MEAL TOTAL: **Calories** 375 cal / **Carbs** 50 g (50%) / **Protein** 30 g (31%) / **Fat** 9 g (19%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Sodium** 278 mg / **Calcium** 117 mg

NOTES:



Eating right, simplified.

Dinner

6:00 PM

vegan pasta sauce, low-fat	1/3 Cup(s)	53 cal
vegan chicken strips, meat free	6 oz	434 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	1 Cup(s)	174 cal
asparagus, boiled	10 spears	33 cal

MEAL TOTAL: **Calories** 694 cal / **Carbs** 69 g (39%) / **Protein** 50 g (27%) / **Fat** 28 g (34%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Sodium** 212 mg / **Calcium** 96 mg

NOTES:

DAY 6 TOTAL: **Calories** 3,018 cal / **Carbs** 409 g (52%) / **Protein** 190 g (24%) / **Fat** 86 g (24%) / **Fluid** 124
ADDITIONAL NUTRIENTS: **Sodium** 1,479 mg / **Calcium** 2,084 mg



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

skim milk with calcium	2 1/2 Cup(s)	216 cal
whole wheat mini bagel	2 bagel	200 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	6 large	103 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 720 cal / **Carbs** 102 g (56%) / **Protein** 57 g (32%) / **Fat** 10 g (12%) / **Fluid** 33
ADDITIONAL NUTRIENTS: **Sodium** 506 mg / **Calcium** 1,527 mg

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
celery	8 medium stalk	51 cal
smooth peanut butter, no salt	2 1/2 Tbsp	235 cal
wheat thin crackers	20 crackers	160 cal

MEAL TOTAL: **Calories** 446 cal / **Carbs** 45 g (39%) / **Protein** 14 g (12%) / **Fat** 26 g (49%) / **Fluid** 26
ADDITIONAL NUTRIENTS: **Sodium** 278 mg / **Calcium** 145 mg

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl. oz.	0 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	3 leaf	3 cal
whole wheat tortillas	3 tortilla	381 cal
hickory smoked tofurky deli slices	10 pieces	200 cal
olive oil, mayonnaise, light	2 Tbsp	98 cal

MEAL TOTAL: **Calories** 690 cal / **Carbs** 73 g (42%) / **Protein** 39 g (22%) / **Fat** 28 g (36%) / **Fluid** 19
ADDITIONAL NUTRIENTS: **Sodium** 989 mg / **Calcium** 351 mg

NOTES:

Snack

3:00 PM

cantaloupe melon	2 cup	106 cal
drinking water	2 Cup(s)	0 cal
vanilla yogurt, low-fat	1 Cup(s)	208 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 479 cal / **Carbs** 62 g (50%) / **Protein** 48 g (38%) / **Fat** 7 g (12%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Sodium** 500 mg / **Calcium** 545 mg

NOTES:



Eating right, simplified.

Dinner

6:00 PM

green snap beans, no salt, boiled	2 Cup(s)	88 cal
drinking water	2 Cup(s)	0 cal
garden vegetable burger patties, with soy	2 serving	260 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
whole wheat dinner rolls	1 roll	74 cal

MEAL TOTAL: **Calories** 580 cal / **Carbs** 89 g (60%) / **Protein** 39 g (27%) / **Fat** 8 g (13%) / **Fluid** 27

ADDITIONAL NUTRIENTS: **Sodium** 559 mg / **Calcium** 359 mg

NOTES:

DAY 7 TOTAL: **Calories** 2,916 cal / **Carbs** 371 g (50%) / **Protein** 197 g (26%) / **Fat** 78 g (24%) / **Fluid** 137

ADDITIONAL NUTRIENTS: **Sodium** 2,832 mg / **Calcium** 2,926 mg



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.



Eating right, simplified.

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.	

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Eating right, simplified.



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 barbecue 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.



Eating right, simplified.

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.		

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Shopping List

Accompaniments

barbecue sauce
1.5 Tbsp
olive oil, mayonnaise, light
5.5 Tbsp
vegan pasta sauce, low-fat
0.33 Cup(s)

Beverages

coconut water
3 Cup(s)
drinking water
53 Cup(s)
iced tea, green
32 fl. oz.

Bread

whole-wheat pita bread
6.5 large
whole wheat dinner rolls
3 roll
whole wheat hamburger buns
2 bun
whole wheat mini bagel
6 bagel
whole wheat tortillas
9 tortilla

Cereal & Grain Products

brown rice, long-grain, cooked
0.38 Cup(s)
macaroni, cooked
1 Cup(s)
multi-grain cheerios cereal
5 Cup(s)
oat bran
3 Tbsp
quick oats cereal with iron
1 Cup(s)
whole grain rolled oats, dry
2 Cup(s)
wild rice, cooked



Eating right, simplified.

2.75 Cup(s)

Cookies & Crackers

wheat thin crackers
40 crackers

Dairy & Egg

egg whites, cooked
30 large
low-fat cottage cheese, 1%
1 Cup(s)
skim milk with calcium
13.5 Cup(s)
string cheese, light
2 serving
vanilla yogurt, low-fat
3.25 Cup(s)
whole eggs, scrambled
5 large

Entrees

garden vegetable burger patties, with soy
6 serving
vegan chicken strips, meat free
10 oz

Fats & Oils

extra virgin olive oil
0.33 Tbsp
olive oil
1.66 Tbsp

Fruits & Juices

apples
5 large
avocados
0.83 cup
bananas
4 extra large
cantaloupe melon
3.5 cup
lemon juice

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Eating right, simplified.

1 Tbsp
oranges
3 fruit
raisins, seedless
0.58 cup
raspberries
0.5 Cup(s)
strawberries
1 Cup(s)

Ingredients

balsamic vinegar
3 Tbsp

Legumes & Beans

fava beans, canned, no salt
2 Cup(s)
garbanzo beans, no salt, boiled
1 Cup(s)
green snap beans, no salt, boiled
5 Cup(s)
hummus, lower sodium
9 Tbsp
lentil beans, no salt, boiled
0.75 Cup(s)

Nuts & Seeds

peanuts, no salt, dry-roasted
1.75 oz
pumpkin and squash seeds, no salt, dry roasted
1.5 oz
smooth peanut butter, no salt
12 Tbsp

Snacks

nut and raisin granola bars
4 bar
sea salt & black pepper soy chips
1.5 oz

Spices & Herbs

garlic powder

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Eating right, simplified.

0.38 tsp
sage, ground
0.38 tsp

Sports & Diet Nutritionals

soy protein bar chocolate mint
3 bar
trulean vegan plant based protein frosted vanilla cupcake
5.5 Scoop

Uncategorized

vegetable oil
0.75 tablespoons

Vegetables

asparagus, boiled
16 spears
cauliflower, no salt, boiled
15 flowerets
celery
13 medium stalk
cucumber
1 cucumber
garlic
1 clove
onions
1 small
romaine lettuce
9 leaf
1 Cup(s)
roma tomatoes
1 Cup(s)
tomatoes
1 Cup(s)
yams, no salt, boiled or baked
3 Cup(s)

Vegetarian Products

hickory smoked tofurky deli slices
18 pieces
meat free sausages
5.38 oz
philly steak tofurky, slices
12 slices

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Eating right, simplified.

tofu, extra firm
16 oz

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