



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

meat free sausages	1 sausage	72 cal
soy milk with calcium	1 1/4 Cup(s)	132 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
drinking water	1 Cup(s)	0 cal
raisins, seedless	1/4 cup	123 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 111 g (70%) / **Protein** 14 g (9%) / **Fat** 15 g (21%) / **Fluid** 18

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
cinnamon granola bars	1 bars	90 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 50 g (48%) / **Protein** 11 g (10%) / **Fat** 19 g (42%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

vegan soy burgers	2 serving	200 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	4 leaf	4 cal
hummus, lower sodium	4 Tbsp	105 cal
whole wheat tortillas	2 tortilla	254 cal
baby carrots	15 large	79 cal

MEAL TOTAL: **Calories** 642 cal / **Carbs** 84 g (50%) / **Protein** 41 g (24%) / **Fat** 19 g (26%) / **Fluid** 26

NOTES:

Snack

3:00 PM

strawberry soy yogurt	9 oz	240 cal
drinking water	2 Cup(s)	0 cal
trulean vegan plant based protein frosted vanilla...	2 Scoop	220 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 49 g (40%) / **Protein** 53 g (43%) / **Fat** 9 g (17%) / **Fluid** 16

NOTES:



Eating right, simplified.

Dinner

6:00 PM

lentil beans, no salt, boiled	1 Cup(s)	230 cal
wild rice, cooked	1 1/3 Cup(s)	221 cal
extra virgin olive oil	1 Tbsp	120 cal
drinking water	2 Cup(s)	0 cal
meat free sausages	2 sausage	144 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 743 cal / **Carbs** 108 g (53%) / **Protein** 39 g (20%) / **Fat** 24 g (27%) / **Fluid** 30

NOTES:

DAY 1 TOTAL: **Calories** 2,860 cal / **Carbs** 402 g (53%) / **Protein** 158 g (21%) / **Fat** 87 g (26%) / **Fluid** 112



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

wheat bran flakes	2 Cup(s)	220 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
drinking water	1 Cup(s)	0 cal
meat free bacon	6 slices	135 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 625 cal / **Carbs** 101 g (60%) / **Protein** 37 g (22%) / **Fat** 14 g (18%) / **Fluid** 27

NOTES:

Snack

10:00 AM

cinnamon granola bars	2 bars	180 cal
drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
peppered tofurky jurky	2 oz	202 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 65 g (55%) / **Protein** 30 g (25%) / **Fat** 10 g (20%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

philly steak tofurky, slices	4 oz	218 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
iced tea, green	16 fl. oz.	0 cal
avocados	1/2 cup	117 cal
whole-wheat pita bread	2 small	149 cal
tomatoes	1/2 Cup(s)	16 cal

MEAL TOTAL: **Calories** 548 cal / **Carbs** 56 g (39%) / **Protein** 35 g (24%) / **Fat** 24 g (37%) / **Fluid** 22

NOTES:

Snack

3:00 PM

cantaloupe melon	2 cup	106 cal
drinking water	2 Cup(s)	0 cal
strawberry soy yogurt	9 oz	240 cal
trulean vegan plant based protein frosted vanilla...	2 Scoop	220 cal

MEAL TOTAL: **Calories** 566 cal / **Carbs** 74 g (48%) / **Protein** 56 g (37%) / **Fat** 10 g (15%) / **Fluid** 26

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	1 1/2 Cup(s)	237 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 733 cal / **Carbs** 88 g (47%) / **Protein** 31 g (16%) / **Fat** 32 g (37%) / **Fluid** 28

NOTES:

DAY 2 TOTAL: **Calories** 2,924 cal / **Carbs** 385 g (50%) / **Protein** 189 g (24%) / **Fat** 89 g (26%) / **Fluid** 122



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
soy milk with calcium	1 Cup(s)	105 cal
brown rice bread, gluten free, low-sodium	3 slice	300 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 594 cal / **Carbs** 78 g (53%) / **Protein** 20 g (14%) / **Fat** 21 g (33%) / **Fluid** 16

NOTES:

Snack

10:00 AM

cinnamon granola bars	2 bars	180 cal
drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal
peppered tofurky jurky	1 oz	101 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 73 g (67%) / **Protein** 18 g (16%) / **Fat** 9 g (17%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

hickory smoked tofurky deli slices	5 oz	273 cal
apples	1 large	110 cal
whole wheat tortillas	2 tortilla	254 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	4 leaf	4 cal

MEAL TOTAL: **Calories** 665 cal / **Carbs** 84 g (49%) / **Protein** 45 g (26%) / **Fat** 19 g (25%) / **Fluid** 24

NOTES:

Snack

3:00 PM

hummus, lower sodium	4 Tbsp	105 cal
melba toast, no salt	10 toast	187 cal
almonds	7/8 oz	142 cal
celery	5 medium stalk	32 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 58 g (48%) / **Protein** 18 g (15%) / **Fat** 20 g (37%) / **Fluid** 24

NOTES:



Eating right, simplified.

Dinner

6:00 PM

fava bean salad	1 serving	366 cal
tofu, extra firm	4 oz	103 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 618 cal / **Carbs** 81 g (51%) / **Protein** 33 g (21%) / **Fat** 20 g (28%) / **Fluid** 33

NOTES:

DAY 3 TOTAL: **Calories** 2,759 cal / **Carbs** 375 g (53%) / **Protein** 134 g (19%) / **Fat** 89 g (28%) / **Fluid** 116



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

whole grain rolled oats, dry	1 1/2 Cup(s)	449 cal
meat free bacon	4 slices	90 cal
bananas	1 extra large	135 cal
drinking water	1 Cup(s)	0 cal
soy milk with calcium	1 Cup(s)	105 cal

MEAL TOTAL: **Calories** 779 cal / **Carbs** 132 g (69%) / **Protein** 20 g (10%) / **Fat** 18 g (21%) / **Fluid** 19

NOTES:

Snack

10:00 AM

peanuts, no salt, dry-roasted	1 1/4 oz	207 cal
peppered tofurky jurky	2 oz	202 cal
drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 43 g (34%) / **Protein** 34 g (27%) / **Fat** 22 g (39%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	1 Cup(s)	8 cal
tomatoes	1/2 Cup(s)	16 cal
balsamic vinegar	1 Tbsp	14 cal
tofu, extra firm	5 oz	129 cal
fava bean salad	1 serving	366 cal

MEAL TOTAL: **Calories** 682 cal / **Carbs** 90 g (51%) / **Protein** 38 g (21%) / **Fat** 22 g (28%) / **Fluid** 39

NOTES:

Snack

3:00 PM

cinnamon granola bars	1 bars	90 cal
drinking water	2 Cup(s)	0 cal
strawberry soy yogurt	6 oz	160 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 48 g (44%) / **Protein** 41 g (37%) / **Fat** 10 g (19%) / **Fluid** 16

NOTES:



Eating right, simplified.

Dinner

6:00 PM

hamburger buns, gluten free	1 bun	190 cal
asparagus, boiled	6 spears	20 cal
drinking water	2 Cup(s)	0 cal
kielbasa sausage tofurky	4 oz	275 cal
wild rice, cooked	1 Cup(s)	166 cal

MEAL TOTAL: **Calories** 650 cal / **Carbs** 84 g (49%) / **Protein** 43 g (25%) / **Fat** 19 g (26%) / **Fluid** 23

NOTES:

DAY 4 TOTAL: **Calories** 3,005 cal / **Carbs** 397 g (51%) / **Protein** 176 g (23%) / **Fat** 91 g (26%) / **Fluid** 117



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
wheat bran flakes	2 Cup(s)	220 cal
soy milk with calcium	2 Cup(s)	211 cal

MEAL TOTAL: **Calories** 632 cal / **Carbs** 106 g (62%) / **Protein** 34 g (20%) / **Fat** 14 g (18%) / **Fluid** 30

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
peppered tofurky jurky	1 oz	101 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 45 g (42%) / **Protein** 21 g (19%) / **Fat** 19 g (39%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

philly steak tofurky, slices	4 oz	218 cal
whole-wheat pita bread	2 small	149 cal
hummus, lower sodium	2 Tbsp	52 cal
tomatoes	1/2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 cup	117 cal

MEAL TOTAL: **Calories** 552 cal / **Carbs** 60 g (41%) / **Protein** 36 g (25%) / **Fat** 22 g (34%) / **Fluid** 22

NOTES:

Snack

3:00 PM

strawberry soy yogurt	6 oz	160 cal
drinking water	2 Cup(s)	0 cal
raspberries	1/2 Cup(s)	32 cal
trulean vegan plant based protein frosted vanilla...	2 Scoop	220 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 41 g (38%) / **Protein** 51 g (46%) / **Fat** 8 g (16%) / **Fluid** 18

NOTES:



Eating right, simplified.

Dinner

6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
hamburger buns, gluten free	2 bun	380 cal
drinking water	2 Cup(s)	0 cal
veggie burger	2 serving	558 cal

MEAL TOTAL: **Calories** 966 cal / **Carbs** 146 g (57%) / **Protein** 40 g (16%) / **Fat** 30 g (27%) / **Fluid** 27

NOTES:

DAY 5 TOTAL: **Calories** 2,963 cal / **Carbs** 398 g (51%) / **Protein** 183 g (23%) / **Fat** 92 g (26%) / **Fluid** 119



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
drinking water	1 Cup(s)	0 cal
soy milk with calcium	1 Cup(s)	105 cal

MEAL TOTAL: **Calories** 584 cal / **Carbs** 60 g (41%) / **Protein** 30 g (21%) / **Fat** 25 g (38%) / **Fluid** 16

NOTES:

Snack

10:00 AM

plain soy yogurt	6 oz	150 cal
drinking water	2 Cup(s)	0 cal
raisins, seedless	1/4 cup	123 cal
trulean vegan plant based protein frosted vanilla...	2 Scoop	220 cal

MEAL TOTAL: **Calories** 493 cal / **Carbs** 56 g (44%) / **Protein** 53 g (41%) / **Fat** 9 g (15%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

green snap beans, no salt, boiled	1/2 Cup(s)	22 cal
hamburger buns, gluten free	2 bun	380 cal
drinking water	2 Cup(s)	0 cal
veggie burger	2 serving	558 cal

MEAL TOTAL: **Calories** 960 cal / **Carbs** 145 g (57%) / **Protein** 39 g (16%) / **Fat** 30 g (27%) / **Fluid** 25

NOTES:

Snack

3:00 PM

peppered tofurky jerky	1 oz	101 cal
drinking water	2 Cup(s)	0 cal
cinnamon granola bars	2 bars	180 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 67 g (66%) / **Protein** 17 g (16%) / **Fat** 8 g (18%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

macaroni, cooked	1 1/2 Cup(s)	260 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	4 oz	289 cal
asparagus, boiled	6 spears	20 cal
vegan pasta sauce, low-fat	1/2 Cup(s)	80 cal

MEAL TOTAL: **Calories** 649 cal / **Carbs** 83 g (48%) / **Protein** 42 g (25%) / **Fat** 20 g (27%) / **Fluid** 24

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 6 TOTAL: **Calories** 3,077 cal / **Carbs** 412 g (51%) / **Protein** 182 g (23%) / **Fat** 92 g (26%) / **Fluid** 102

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 7

Breakfast

7:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
drinking water	1 Cup(s)	0 cal
meat free bacon	4 slices	90 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 590 cal / **Carbs** 74 g (50%) / **Protein** 26 g (17%) / **Fat** 22 g (33%) / **Fluid** 15

NOTES:

Snack

10:00 AM

hummus, lower sodium	2 Tbsp	52 cal
melba toast, no salt	8 toast	150 cal
cashews	7/8 oz	137 cal
drinking water	2 Cup(s)	0 cal
celery	5 medium stalk	32 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 48 g (51%) / **Protein** 14 g (14%) / **Fat** 15 g (35%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

mayonnaise, made with tofu	1 Tbsp	48 cal
tomatoes	1/2 Cup(s)	16 cal
hickory smoked tofurky deli slices	4 1/2 oz	245 cal
whole wheat tortillas	3 tortilla	381 cal
romaine lettuce	3 leaf	3 cal
iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 694 cal / **Carbs** 76 g (43%) / **Protein** 46 g (26%) / **Fat** 24 g (31%) / **Fluid** 21

NOTES:

Snack

3:00 PM

peppered tofurky jurky	1 1/2 oz	152 cal
cinnamon granola bars	2 bars	180 cal
drinking water	2 Cup(s)	0 cal
cantaloupe melon	1 1/2 cup	80 cal

MEAL TOTAL: **Calories** 411 cal / **Carbs** 62 g (57%) / **Protein** 24 g (23%) / **Fat** 9 g (20%) / **Fluid** 23

NOTES:



Eating right, simplified.

Dinner

6:00 PM

yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
drinking water	2 Cup(s)	0 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal
whole-wheat pita bread	1 small	74 cal
kielbasa sausage tofurky	5 oz	344 cal

MEAL TOTAL: **Calories** 699 cal / **Carbs** 98 g (54%) / **Protein** 45 g (24%) / **Fat** 19 g (22%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: **Calories** 2,765 cal / **Carbs** 359 g (50%) / **Protein** 155 g (22%) / **Fat** 89 g (28%) / **Fluid** 108



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.	

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

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.		

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.

Shopping List

Accompaniments

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

Beverages

drinking water
59 Cup(s)
iced tea, green
32 fl. oz.
soy milk with calcium
7.75 Cup(s)

Bread

brown rice bread, gluten free, low-sodium
7 slice
hamburger buns, gluten free
5 bun
whole-wheat pita bread
9 small
whole wheat tortillas
7 tortilla

Cereal & Grain Products

brown rice, long-grain, cooked
0.5 Cup(s)
macaroni, cooked
1.5 Cup(s)
oat bran
4 Tbsp
quick oats cereal with iron
1.34 Cup(s)
wheat bran flakes
4 Cup(s)
whole grain rolled oats, dry
2.5 Cup(s)
wild rice, cooked
2.33 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.

Cookies & Crackers

melba toast, no salt
18 toast

Desserts

plain soy yogurt
6 oz
strawberry soy yogurt
30 oz

Entrees

vegan chicken strips, meat free
8 oz
vegan soy burgers
2 serving

Fats & Oils

extra virgin olive oil
2 Tbsp
olive oil
1.66 Tbsp

Fruits & Juices

apples
4 large
avocados
1 cup
bananas
2 extra large
cantaloupe melon
3.5 cup
lemon juice
1 Tbsp
orange juice
3 Cup(s)
oranges
2 fruit
raisins, seedless
0.5 cup
raspberries
0.5 Cup(s)



Eating right, simplified.

Ingredients

balsamic vinegar
3 Tbsp

Legumes & Beans

fava beans, canned, no salt
2 Cup(s)
garbanzo beans, no salt, boiled
1.34 Cup(s)
green snap beans, no salt, boiled
3.5 Cup(s)
hummus, lower sodium
12 Tbsp
lentil beans, no salt, boiled
1 Cup(s)

Nuts & Seeds

almonds
0.88 oz
cashews
0.88 oz
peanuts, no salt, dry-roasted
1.25 oz
smooth peanut butter, no salt
10 Tbsp

Sausages & Meats

meat free bacon
22 slices

Snacks

cinnamon granola bars
10 bars

Spices & Herbs

garlic powder
0.5 tsp
sage, ground
0.5 tsp

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.

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake
9.5 Scoop

Uncategorized

vegetable oil
1 tablespoons

Vegetables

asparagus, boiled
12 spears
baby carrots
15 large
cauliflower, no salt, boiled
2 Cup(s)
celery
10 medium stalk
cucumber
1 cucumber
garlic
1 clove
onions
1 small
romaine lettuce
11 leaf
1 Cup(s)
roma tomatoes
1 Cup(s)
tomatoes
2 Cup(s)
yams, no salt, boiled or baked
3 Cup(s)

Vegetarian Products

hickory smoked tofurky deli slices
9.5 oz
kielbasa sausage tofurky
9 oz
meat free sausages
3 sausage
peppered tofurky jurky
8.5 oz
philly steak tofurky, slices
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.



Eating right, simplified.

tofu, extra firm
17 oz