



Eating right, simplified.

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

### DAY 1

#### Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
raisins, seedless	1/4 cup	123 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal
walnuts (raw)	1/4 cup(s)	196 cal

MEAL TOTAL: **Calories** 724 cal / **Carbs** 92 g (54%) / **Protein** 18 g (11%) / **Fat** 26 g (35%) / **Fluid** 8

NOTES:

#### Snack

10:00 AM

apples	1 large	110 cal
drinking water	16 fl oz	0 cal
cinnamon granola bars	2 bars	180 cal
natural peanut butter	2 tablespoons	190 cal
baby carrots	10 large	53 cal
hummus	2 Tbsp	55 cal
cucumber	1 cup	5 cal

MEAL TOTAL: **Calories** 593 cal / **Carbs** 86 g (55%) / **Protein** 14 g (9%) / **Fat** 25 g (36%) / **Fluid** 29

NOTES:

#### Lunch

12:00 PM

drinking water	16 fl oz	0 cal
romaine lettuce	2 leaf	2 cal
vegan soy burgers	2 serving	200 cal
whole wheat tortillas	2 tortilla	254 cal
hummus, lower sodium	2 Tbsp	52 cal
green beans	1/2 cups	18 cal

MEAL TOTAL: **Calories** 526 cal / **Carbs** 64 g (47%) / **Protein** 38 g (27%) / **Fat** 16 g (26%) / **Fluid** 18

NOTES:

#### Snack

3:00 PM

drinking water	16 fl oz	0 cal
almond milk yogurt plain unsweetened by kite hill...	8 oz	210 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 26 g (21%) / **Protein** 43 g (36%) / **Fat** 23 g (43%) / **Fluid** 20

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
cauliflower, no salt, boiled	1 Cup(s)	29 cal
vegan fajitas	1 1/2 serving	569 cal

**MEAL TOTAL:** **Calories** 598 cal / **Carbs** 100 g (62%) / **Protein** 27 g (17%) / **Fat** 15 g (21%) / **Fluid** 34

**NOTES:**

**DAY 1 TOTAL:** **Calories** 2,898 cal / **Carbs** 367 g (49%) / **Protein** 139 g (19%) / **Fat** 106 g (32%) / **Fluid** 109



Eating right, simplified.

## DAY 2

### Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
meat free bacon	4 slices	90 cal
wheat bran flakes	1 3/4 Cup(s)	192 cal
pea milk unsweetened original-ripple	16 fl oz	140 cal
strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 60 g (54%) / **Protein** 36 g (33%) / **Fat** 6 g (13%) / **Fluid** 12

NOTES:

### Snack

10:00 AM

oranges	2 fruit	137 cal
drinking water	16 fl oz	0 cal
cinnamon granola bars	2 bars	180 cal
almonds, raw	30 Whole nuts	222 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 70 g (50%) / **Protein** 16 g (11%) / **Fat** 24 g (39%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
avocados	1/2 cup	117 cal
iced tea, green	16 fl oz	0 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
tomatoes	1/2 Cup(s)	16 cal
tempeh	6 oz	324 cal

MEAL TOTAL: **Calories** 654 cal / **Carbs** 57 g (32%) / **Protein** 40 g (23%) / **Fat** 35 g (45%) / **Fluid** 25

NOTES:

### Snack

3:00 PM

drinking water	16 fl oz	0 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal
baby carrots	10 large	53 cal
hummus	2 Tbsp	55 cal

MEAL TOTAL: **Calories** 512 cal / **Carbs** 53 g (40%) / **Protein** 34 g (26%) / **Fat** 20 g (34%) / **Fluid** 22

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

vegan chicken strips, meat free	5 oz	361 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal

**MEAL TOTAL:** **Calories** 724 cal / **Carbs** 86 g (46%) / **Protein** 36 g (19%) / **Fat** 29 g (35%) / **Fluid** 27

### NOTES:

**DAY 2 TOTAL:** **Calories** 2,897 cal / **Carbs** 327 g (43%) / **Protein** 161 g (22%) / **Fat** 115 g (35%) / **Fluid** 110



Eating right, simplified.

### DAY 3

#### Breakfast

7:00 AM

brown rice bread, gluten free, low-sodium	2 slice	200 cal
drinking water	8 fl oz	0 cal
natural peanut butter	2 tablespoons	190 cal
pea milk unsweetened original-ripple	16 fl oz	140 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 695 cal / **Carbs** 51 g (33%) / **Protein** 60 g (38%) / **Fat** 20 g (29%) / **Fluid** 8

NOTES:

#### Snack

10:00 AM

bananas	1 extra large	135 cal
drinking water	16 fl oz	0 cal
cinnamon granola bars	2 bars	180 cal
cashews (raw)	1/4 cup(s)	160 cal

MEAL TOTAL: **Calories** 475 cal / **Carbs** 72 g (57%) / **Protein** 11 g (9%) / **Fat** 19 g (34%) / **Fluid** 20

NOTES:

#### Lunch

12:00 PM

romaine lettuce	4 leaf	4 cal
drinking water	16 fl oz	0 cal
whole wheat tortillas	1 tortilla	127 cal
spicy quinoa & black beans	1 serving	386 cal
broccoli	2 cup	62 cal

MEAL TOTAL: **Calories** 579 cal / **Carbs** 93 g (63%) / **Protein** 28 g (18%) / **Fat** 13 g (19%) / **Fluid** 26

NOTES:

#### Snack

3:00 PM

hummus, lower sodium	4 Tbsp	105 cal
melba toast, no salt	8 toast	150 cal
drinking water	16 fl oz	0 cal
celery	5 medium stalk	32 cal
almond milk yogurt plain unsweetened by kite hill...	8 oz	210 cal
baby carrots	12 large	63 cal

MEAL TOTAL: **Calories** 559 cal / **Carbs** 62 g (43%) / **Protein** 22 g (15%) / **Fat** 27 g (42%) / **Fluid** 29

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

whole-wheat pita bread	1 small	74 cal
drinking water	16 fl oz	0 cal
tofu, extra firm	6 oz	155 cal
fava bean salad	1 serving	366 cal

**MEAL TOTAL:** Calories 595 cal / Carbs 67 g (44%) / Protein 36 g (23%) / Fat 23 g (33%) / Fluid 35

### NOTES:

**DAY 3 TOTAL:** Calories 2,904 cal / Carbs 345 g (48%) / Protein 156 g (21%) / Fat 101 g (31%) / Fluid 118



Eating right, simplified.

## DAY 4

### Breakfast

7:00 AM

whole grain rolled oats, dry	3/4 Cup(s)	224 cal
bananas	1 extra large	135 cal
drinking water	8 fl oz	0 cal
walnuts (raw)	1/4 cup(s)	196 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal

MEAL TOTAL: **Calories** 661 cal / **Carbs** 80 g (52%) / **Protein** 18 g (12%) / **Fat** 25 g (36%) / **Fluid** 12

NOTES:

### Snack

10:00 AM

drinking water	16 fl oz	0 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal
baby carrots	15 large	79 cal
hummus	2 Tbsp	55 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 59 g (42%) / **Protein** 34 g (25%) / **Fat** 20 g (33%) / **Fluid** 24

NOTES:

### Lunch

12:00 PM

drinking water	16 fl oz	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
whole-wheat pita bread	1 small	74 cal
fava bean salad	1 serving	366 cal

MEAL TOTAL: **Calories** 608 cal / **Carbs** 74 g (47%) / **Protein** 35 g (22%) / **Fat** 21 g (31%) / **Fluid** 39

NOTES:

### Snack

3:00 PM

strawberry soy yogurt	6 oz	160 cal
drinking water	16 fl oz	0 cal
cinnamon granola bars	1 bars	90 cal
almonds, raw	15 Whole nuts	111 cal

MEAL TOTAL: **Calories** 361 cal / **Carbs** 48 g (50%) / **Protein** 13 g (13%) / **Fat** 16 g (37%) / **Fluid** 16

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

drinking water	16 fl oz	0 cal
asparagus, boiled	12 spears	40 cal
hamburger buns, gluten free	1 bun	190 cal
wild rice, cooked	1/2 Cup(s)	83 cal
veggie burger	1 1/2 serving	418 cal

**MEAL TOTAL:** **Calories** 731 cal / **Carbs** 114 g (59%) / **Protein** 34 g (17%) / **Fat** 20 g (24%) / **Fluid** 29

### NOTES:

**DAY 4 TOTAL:** **Calories** 2,898 cal / **Carbs** 376 g (51%) / **Protein** 134 g (18%) / **Fat** 103 g (31%) / **Fluid** 120





Eating right, simplified.

## DAY 5

### Breakfast

7:00 AM

wheat bran flakes	2 Cup(s)	220 cal
drinking water	8 fl oz	0 cal
pea milk unsweetened original-ripple	16 fl oz	140 cal
bananas	1 extra large	135 cal
almond butter (unsweetened)	2 tablespoon(s)	196 cal

MEAL TOTAL: **Calories** 691 cal / **Carbs** 95 g (55%) / **Protein** 32 g (19%) / **Fat** 20 g (26%) / **Fluid** 12

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
drinking water	16 fl oz	0 cal
natural peanut butter	2 tablespoons	190 cal
garbanzo beans, dry-roasted no salt	3 1/2 oz	135 cal
brown rice bread, gluten free, low-sodium	1 slice	100 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 615 cal / **Carbs** 93 g (54%) / **Protein** 21 g (12%) / **Fat** 26 g (34%) / **Fluid** 23

NOTES:

### Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
hummus, lower sodium	4 Tbsp	105 cal
drinking water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/2 cup	117 cal
garden veggie tempeh	4 oz	251 cal
baby carrots	10 large	53 cal

MEAL TOTAL: **Calories** 682 cal / **Carbs** 77 g (44%) / **Protein** 35 g (20%) / **Fat** 29 g (36%) / **Fluid** 26

NOTES:

### Snack

3:00 PM

strawberry soy yogurt	6 oz	160 cal
drinking water	16 fl oz	0 cal
raspberries	1 Cup(s)	64 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 389 cal / **Carbs** 48 g (45%) / **Protein** 40 g (39%) / **Fat** 7 g (16%) / **Fluid** 20

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

cauliflower, no salt, boiled	1 1/2 Cup(s)	43 cal
drinking water	16 fl oz	0 cal
hamburger buns, gluten free	1 bun	190 cal
veggie burger	1 serving	279 cal

**MEAL TOTAL:** **Calories** 512 cal / **Carbs** 78 g (57%) / **Protein** 22 g (17%) / **Fat** 16 g (26%) / **Fluid** 25

### NOTES:

**DAY 5 TOTAL:** **Calories** 2,889 cal / **Carbs** 391 g (51%) / **Protein** 151 g (20%) / **Fat** 98 g (29%) / **Fluid** 106



Eating right, simplified.

## DAY 6

### Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
meat free bacon	4 slices	90 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal
natural peanut butter	2 tablespoons	190 cal
grapes	1 Cup(s)	104 cal

MEAL TOTAL: **Calories** 689 cal / **Carbs** 75 g (46%) / **Protein** 36 g (23%) / **Fat** 22 g (31%) / **Fluid** 13

NOTES:

### Snack

10:00 AM

drinking water	16 fl oz	0 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal
garbanzo beans, dry-roasted no salt	3 oz	115 cal

MEAL TOTAL: **Calories** 520 cal / **Carbs** 62 g (42%) / **Protein** 40 g (28%) / **Fat** 19 g (30%) / **Fluid** 17

NOTES:

### Lunch

12:00 PM

green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
drinking water	16 fl oz	0 cal
hamburger buns, gluten free	1 bun	190 cal
veggie burger	1 serving	279 cal

MEAL TOTAL: **Calories** 534 cal / **Carbs** 85 g (60%) / **Protein** 23 g (16%) / **Fat** 15 g (24%) / **Fluid** 25

NOTES:

### Snack

3:00 PM

cinnamon granola bars	2 bars	180 cal
drinking water	16 fl oz	0 cal
apples	1 large	110 cal
almond butter (unsweetened)	2 tablespoon(s)	196 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 64 g (49%) / **Protein** 11 g (9%) / **Fat** 24 g (42%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

vegan pasta sauce, low-fat	1/2 Cup(s)	80 cal
asparagus, boiled	12 spears	40 cal
drinking water	16 fl oz	0 cal
vegan chicken strips, meat free	5 oz	361 cal
banza chick peas pasta	2 oz	190 cal

MEAL TOTAL: **Calories** 671 cal / **Carbs** 66 g (37%) / **Protein** 53 g (29%) / **Fat** 27 g (34%) / **Fluid** 22

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** 2,900 cal / **Carbs** 352 g (46%) / **Protein** 163 g (22%) / **Fat** 107 g (32%) / **Fluid** 99

---

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

brown rice bread, gluten free, low-sodium	2 slice	200 cal
meat free bacon	4 slices	90 cal
drinking water	8 fl oz	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 561 cal / **Carbs** 69 g (48%) / **Protein** 25 g (18%) / **Fat** 22 g (34%) / **Fluid** 12

NOTES:

### Snack

10:00 AM

drinking water	16 fl oz	0 cal
melba toast, no salt	8 toast	150 cal
celery	5 medium stalk	32 cal
hummus, lower sodium	4 Tbsp	105 cal
almonds, raw	30 Whole nuts	222 cal
baby carrots	10 large	53 cal

MEAL TOTAL: **Calories** 561 cal / **Carbs** 64 g (45%) / **Protein** 21 g (15%) / **Fat** 26 g (40%) / **Fluid** 29

NOTES:

### Lunch

12:00 PM

mayonnaise, made with tofu	1 Tbsp	48 cal
romaine lettuce	4 leaf	4 cal
whole wheat tortillas	2 tortilla	254 cal
iced tea, green	16 fl oz	0 cal
tomatoes	1/2 Cup(s)	16 cal
garden veggie tempeh	5 oz	314 cal

MEAL TOTAL: **Calories** 636 cal / **Carbs** 64 g (40%) / **Protein** 38 g (24%) / **Fat** 26 g (36%) / **Fluid** 21

NOTES:

### Snack

3:00 PM

drinking water	16 fl oz	0 cal
cantaloupe melon	1 1/2 cup	80 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal

MEAL TOTAL: **Calories** 484 cal / **Carbs** 54 g (42%) / **Protein** 33 g (26%) / **Fat** 18 g (32%) / **Fluid** 24

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

green snap beans, no salt, boiled	2 Cup(s)	88 cal
drinking water	16 fl oz	0 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
mediterranean sprouted lentil salad	1 serving	254 cal
sunflower seeds, kernels	3 Tbsp	159 cal

**MEAL TOTAL:** **Calories** 658 cal / **Carbs** 92 g (51%) / **Protein** 21 g (12%) / **Fat** 29 g (37%) / **Fluid** 34

### NOTES:

**DAY 7 TOTAL:** **Calories** 2,900 cal / **Carbs** 343 g (46%) / **Protein** 138 g (18%) / **Fat** 120 g (36%) / **Fluid** 119



Eating right, simplified.



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.		

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.



1 Servings

# fbbc blueberry muffin smoothie-vegan

## Ingredients

almond milk (unsweetened)  
1 cup(s)

blueberries (frozen)  
1/2 cup(s)

spinach  
1 Cup(s)

almond butter (unsweetened)  
1 tablespoon(s)

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

ground flaxseed  
1/3 tablespoons

cinnamon, ground  
1/8 tsp

nutmeg, ground  
1/8 tsp

trulean vegan plant based protein frosted vanilla cupcake  
1 Scoop

## Nutrition Totals

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

## Instructions

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



Eating right, simplified.

## Nutrition Label

Fbbc Blueberry Muffin Smoothie-Vegan	
Amount Per Serving	
Calories	404
% Daily Value*	
Total Fat 17.5g	27%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 376.8mg	16%
Total Carbohydrates 34.6g	12%
Dietary Fiber 10.1g	41%
Total Sugar 7.5g	
Protein 31.5g	
Vitamin D 0IU	0%
Calcium 98mg	10%
Iron 4mg	22%
Potassium 222.6mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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.



1 Servings

## spicy quinoa & black beans

### Ingredients

red pepper, spices

1/8 tsp

cilantro leaves raw, coriander

5 sprigs

onions

1/4 cup

garlic

1/2 clove

quinoa

1/4 Cup(s)

cumin ground

1/4 tsp

black beans, no salt, boiled

3/4 Cup(s)

extra virgin olive oil

1/3 Tbsp

### Nutrition Totals

**Calories** 386 / **Carbs** 62 g / **Protein** 18 g / **Fat** 8 g / **Fluid** 4 fl oz

### Instructions

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and saute until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin & cayenne pepper (with salt & pepper to taste). Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
3. Stir corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.



Eating right, simplified.

## Nutrition Label

Spicy Quinoa & Black Beans		
Amount Per Serving		
Calories		386
		% Daily Value*
Total Fat	8.1g	13%
Saturated Fat	1.1g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	9.9mg	0%
Total Carbohydrates	61.7g	21%
Dietary Fiber	15g	60%
Total Sugar	1.3g	
Protein	18.2g	
Vitamin D	0IU	0%
Calcium	71.9mg	7%
Iron	4.9mg	28%
Potassium	807.6mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



2 Servings

# 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.



1 Servings

# mediterranean sprouted lentil salad

## Ingredients

sprouted lentils

1 Cup(s)

garlic

1 clove

olive oil

1 Tbsp

lemon juice

1 1/2 fl oz

celery

1/2 cup

carrots

1/2 cup

thyme, dried

1/3 tbsp

## Nutrition Totals

**Calories** 254 / **Carbs** 30 g / **Protein** 8 g / **Fat** 14 g / **Fluid** 7 fl oz

## Instructions

1. In a saucepan combine lentils, carrots, onion, garlic, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.
2. Drain lentils and vegetables. Add olive oil, lemon juice, and celery. Add optional parsley, salt and pepper to taste. Toss to mix and serve at room temperature.



Eating right, simplified.

## Nutrition Label

Mediterranean Sprouted Lentil Salad		
Amount Per Serving		
Calories		254
		% Daily Value*
Total Fat	14.3g	22%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	95mg	4%
Total Carbohydrates	29.7g	10%
Dietary Fiber	3.3g	13%
Total Sugar	5.1g	
Protein	8.3g	
Vitamin D	0IU	0%
Calcium	95.9mg	10%
Iron	4.6mg	26%
Potassium	654.9mg	
* 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.



# Shopping List

## Accompaniments

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

## Beverages

almond milk (unsweetened)  
4 cup(s)  
drinking water  
472 fl oz  
iced tea, green  
32 fl oz

## Bread

brown rice bread, gluten free, low-sodium  
7 slice  
corn tortillas, no salt  
1.5 tortilla  
hamburger buns, gluten free  
3 bun  
whole-wheat pita bread  
6 small  
whole wheat tortillas  
5 tortilla

## Cereal & Grain Products

brown rice, long-grain, cooked  
0.45 Cup(s)  
oat bran  
3.5 Tbsp  
quick oats cereal with iron  
1.16 Cup(s)  
quinoa  
0.25 Cup(s)  
wheat bran flakes  
3.75 Cup(s)  
whole grain rolled oats, dry  
1.75 Cup(s)  
wild rice, cooked



Eating right, simplified.

0.5 Cup(s)

## Cookies & Crackers

melba toast, no salt  
16 toast

## Desserts

strawberry soy yogurt  
12 oz

## Entrees

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

## Fats & Oils

extra virgin olive oil  
0.83 Tbsp  
olive oil  
3.41 Tbsp

## Fruits & Juices

apples  
3 large  
avocados  
1 cup  
0.25 avocado  
bananas  
3 extra large  
blueberries  
2 Cup(s)  
blueberries (frozen)  
2 cup(s)  
cantaloupe melon  
1.5 cup  
grapes  
1 Cup(s)  
lemon juice  
1 Tbsp  
1.5 fl oz  
oranges

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 fruit  
raisins, seedless  
0.25 cup  
raspberries  
1 Cup(s)  
strawberries  
1 Cup(s)

## Ingredients

balsamic vinegar  
3 Tbsp  
distilled vinegar  
1.5 tsp

## Legumes & Beans

black beans, no salt, boiled  
1.75 Cup(s)  
fava beans, canned, no salt  
2 Cup(s)  
garbanzo beans, no salt, boiled  
1.16 Cup(s)  
green snap beans, no salt, boiled  
5 Cup(s)  
hummus  
6 Tbsp  
hummus, lower sodium  
14 Tbsp  
sprouted lentils  
1 Cup(s)

## Nuts & Seeds

almond butter (unsweetened)  
8 tablespoon(s)  
cashews (raw)  
0.25 cup(s)  
natural peanut butter  
8 tablespoons  
smooth peanut butter, no salt  
2 Tbsp  
sunflower seeds, kernels  
3 Tbsp  
walnuts (raw)  
0.5 cup(s)



Eating right, simplified.

## Sausages & Meats

meat free bacon  
12 slices

## Snacks

cinnamon granola bars  
9 bars  
garbanzo beans, dry-roasted no salt  
6.5 oz

## Spices & Herbs

chili powder  
0.38 tsp  
cinnamon, ground  
0.52 tsp  
cumin ground  
0.25 tsp  
garlic powder  
0.45 tsp  
nutmeg, ground  
0.52 tsp  
red pepper, spices  
0.13 tsp  
sage, ground  
0.45 tsp  
thyme, dried  
0.33 tbsp

## Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake  
8.5 Scoop

## Uncategorized

almond milk yogurt plain unsweetened by kite hill (copy 2)  
16 oz  
almonds, raw  
75 Whole nuts  
banza chick peas pasta  
2 oz  
corn sweet yellow raw  
1 Cup(s)  
green beans  
0.5 cups

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.

ground flaxseed  
1.32 tablespoons  
old fashioned oats by quaker  
1.32 Cup(s)  
pea milk unsweetened original-ripple  
84 fl oz  
vegetable oil  
0.88 tablespoons

## Vegetables

asparagus, boiled  
24 spears  
baby carrots  
67 large  
broccoli  
2 cup  
carrots  
0.5 cup  
cauliflower, no salt, boiled  
2.5 Cup(s)  
celery  
10 medium stalk  
0.5 cup  
cilantro leaves raw, coriander  
5 sprigs  
cucumber  
1 cup  
1 cucumber  
garlic  
2.5 clove  
onions  
0.25 cup  
1 small  
romaine lettuce  
10 leaf  
1 Cup(s)  
roma tomatoes  
1 Cup(s)  
spinach  
4 Cup(s)  
summer squash  
0.56 cup  
sweet green peppers  
0.5 medium  
tomatoes  
1.75 Cup(s)  
yams, no salt, boiled or baked  
2.5 Cup(s)  
zucchini/summer squash

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.

---

0.38 small

## Vegetarian Products

garden veggie tempeh

9 oz

tempeh

6 oz

tofu, extra firm

18 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.