



Eating right, simplified.

## 2,900 Calorie Plan (Basic) 6meals/day

### DAY 1

#### Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
blueberries	1 Cup(s)	83 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 562 cal / **Carbs** 78 g (58%) / **Protein** 29 g (21%) / **Fat** 13 g (21%) / **Fluid** 27

NOTES:

#### Snack

10:00 AM

apples	1 large	110 cal
almond butter	1 Tbsp	100 cal
drinking water	2 Cup(s)	0 cal
chocolate brownie protein bar, low-carb	1 bar	221 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 35 g (37%) / **Protein** 22 g (22%) / **Fat** 18 g (41%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

turkey breast, roasted	8 oz	308 cal
baby carrots	15 large	79 cal
romaine lettuce	3 leaf	3 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	1 large	170 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 56 g (38%) / **Protein** 75 g (52%) / **Fat** 7 g (10%) / **Fluid** 31

NOTES:

#### Snack

3:00 PM

bananas	1/2 extra large	68 cal
skim milk with calcium	2 Cup(s)	173 cal
cottage cheese, 2% milkfat	1 Cup(s)	194 cal

MEAL TOTAL: **Calories** 435 cal / **Carbs** 50 g (45%) / **Protein** 44 g (41%) / **Fat** 7 g (14%) / **Fluid** 23

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

broccoli, no salt, boiled	1 Cup(s)	55 cal
cod fish	8 oz	186 cal
black beans, no salt, boiled	1 1/3 Cup(s)	303 cal
wild rice, cooked	1/3 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 tsp	40 cal

**MEAL TOTAL:** **Calories** 639 cal / **Carbs** 77 g (48%) / **Protein** 67 g (41%) / **Fat** 8 g (11%) / **Fluid** 33

NOTES:

## Snack

8:00 PM

fruit yogurt, non-fat	2/3 cup	155 cal
drinking water	2 Cup(s)	0 cal
whey protein powder	1 Scoop	113 cal

**MEAL TOTAL:** **Calories** 268 cal / **Carbs** 32 g (48%) / **Protein** 33 g (49%) / **Fat** 1 g (3%) / **Fluid** 20

NOTES:

**DAY 1 TOTAL:** **Calories** 2,903 cal / **Carbs** 329 g (46%) / **Protein** 270 g (38%) / **Fat** 53 g (16%) / **Fluid** 157



Eating right, simplified.

## DAY 2

### Breakfast

7:00 AM

oat bran flakes cereal	1 Cup(s)	179 cal
skim milk with calcium	2 Cup(s)	173 cal
egg, hard boiled	2 large	155 cal
italian turkey sausage, lower sodium	3 oz	134 cal

MEAL TOTAL: **Calories** 641 cal / **Carbs** 66 g (41%) / **Protein** 47 g (30%) / **Fat** 20 g (29%) / **Fluid** 20

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	1 1/2 oz	24 cal
almonds	1 oz	162 cal
chocolate brownie protein bar, low-carb	1 bar	221 cal

MEAL TOTAL: **Calories** 407 cal / **Carbs** 15 g (16%) / **Protein** 24 g (26%) / **Fat** 23 g (58%) / **Fluid** 17

NOTES:

### Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
whole wheat dinner rolls	1 roll	74 cal
cranberries, dried sweetened	1/5 Cup(s)	74 cal
extra virgin olive oil	1 Tbsp	120 cal
romaine lettuce	2 Cup(s)	16 cal
chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 597 cal / **Carbs** 43 g (28%) / **Protein** 46 g (31%) / **Fat** 27 g (41%) / **Fluid** 24

NOTES:

### Snack

3:00 PM

pears	1 large	119 cal
egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 39 g (34%) / **Protein** 19 g (17%) / **Fat** 25 g (49%) / **Fluid** 25

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

spinach, no salt, boiled	2 Cup(s)	83 cal
beef flank, lean, broiled	5 oz	272 cal
sweet potato, no salt, baked	1 large	162 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** Calories 517 cal / Carbs 51 g (38%) / Protein 54 g (40%) / Fat 13 g (22%) / Fluid 35

NOTES:

## Snack

8:00 PM

cottage cheese, 2% milkfat	1 Cup(s)	194 cal
blueberries	1 1/2 Cup(s)	124 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** Calories 318 cal / Carbs 40 g (49%) / Protein 28 g (34%) / Fat 6 g (17%) / Fluid 28

NOTES:

**DAY 2 TOTAL:** Calories 2,916 cal / Carbs 253 g (35%) / Protein 219 g (30%) / Fat 115 g (35%) / Fluid 149



Eating right, simplified.

## DAY 3

### Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
almond butter	2 Tbsp	200 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 34 g (32%) / **Protein** 33 g (31%) / **Fat** 18 g (37%) / **Fluid** 7

NOTES:

### Snack

10:00 AM

egg, hard boiled	2 large	155 cal
bananas	1 medium	105 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 260 cal / **Carbs** 28 g (42%) / **Protein** 14 g (21%) / **Fat** 11 g (37%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

whole wheat bread	3 slice	300 cal
drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
romaine lettuce	3 leaf	3 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
apples	1 large	110 cal
tomatoes	3/4 Cup(s)	24 cal

MEAL TOTAL: **Calories** 686 cal / **Carbs** 96 g (51%) / **Protein** 68 g (36%) / **Fat** 11 g (13%) / **Fluid** 27

NOTES:

### Snack

3:00 PM

baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
chocolate brownie protein bar, low-carb	1 bar	221 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 24 g (27%) / **Protein** 31 g (36%) / **Fat** 15 g (37%) / **Fluid** 23

NOTES:

### Dinner

6:00 PM

italian chicken	1 1/2 serving	392 cal
kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	2/3 Cup(s)	116 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 699 cal / **Carbs** 42 g (23%) / **Protein** 48 g (27%) / **Fat** 40 g (50%) / **Fluid** 31

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.

## Snack

8:00 PM

peaches

1 large

61 cal

drinking water

2 Cup(s)

0 cal

fruit yogurt, non-fat

1 1/2 cup

349 cal

**MEAL TOTAL:** **Calories** 410 cal / **Carbs** 85 g (81%) / **Protein** 18 g (17%) / **Fat** 1 g (2%) / **Fluid** 30

**NOTES:**

**DAY 3 TOTAL:** **Calories** 2,892 cal / **Carbs** 308 g (42%) / **Protein** 213 g (29%) / **Fat** 95 g (29%) / **Fluid** 140



Eating right, simplified.

## DAY 4

### Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 640 cal / **Carbs** 79 g (51%) / **Protein** 35 g (23%) / **Fat** 18 g (26%) / **Fluid** 29

NOTES:

### Snack

10:00 AM

pears	1 large	119 cal
melba toast, no salt	6 toast	112 cal

MEAL TOTAL: **Calories** 231 cal / **Carbs** 55 g (88%) / **Protein** 5 g (8%) / **Fat** 1 g (4%) / **Fluid** 6

NOTES:

### Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
whole-wheat pita bread	1 1/2 large	255 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
italian chicken	1 1/2 serving	392 cal

MEAL TOTAL: **Calories** 683 cal / **Carbs** 62 g (36%) / **Protein** 49 g (28%) / **Fat** 27 g (36%) / **Fluid** 24

NOTES:

### Snack

3:00 PM

baby carrots	15 large	79 cal
oat & honey granola bars	1 bar	140 cal
drinking water	2 Cup(s)	0 cal
chocolate brownie protein bar, low-carb	1 bar	221 cal

MEAL TOTAL: **Calories** 440 cal / **Carbs** 43 g (44%) / **Protein** 21 g (22%) / **Fat** 15 g (34%) / **Fluid** 23

NOTES:

### Dinner

6:00 PM

beef flank, lean, broiled	8 oz	435 cal
wild rice, cooked	1/2 Cup(s)	83 cal
summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 590 cal / **Carbs** 33 g (22%) / **Protein** 69 g (47%) / **Fat** 20 g (31%) / **Fluid** 34

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.

## Snack

8:00 PM

cottage cheese, 2% milkfat	1 1/2 Cup(s)	292 cal
grapes	2 oz	32 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** **Calories** 324 cal / **Carbs** 20 g (25%) / **Protein** 41 g (51%) / **Fat** 9 g (24%) / **Fluid** 27

**NOTES:**

**DAY 4 TOTAL:** **Calories** 2,908 cal / **Carbs** 292 g (41%) / **Protein** 220 g (31%) / **Fat** 89 g (28%) / **Fluid** 143





Eating right, simplified.

## DAY 5

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
oat bran flakes cereal	1 Cup(s)	179 cal
egg whites, cooked	6 large	103 cal
italian turkey sausage, lower sodium	4 oz	179 cal

MEAL TOTAL: **Calories** 461 cal / **Carbs** 43 g (39%) / **Protein** 43 g (38%) / **Fat** 12 g (23%) / **Fluid** 17

NOTES:

### Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 Cup(s)	194 cal

MEAL TOTAL: **Calories** 505 cal / **Carbs** 44 g (35%) / **Protein** 33 g (26%) / **Fat** 22 g (39%) / **Fluid** 28

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	10 oz	386 cal
whole-wheat pita bread	1 1/2 large	255 cal
tomatoes	1/4 Cup(s)	8 cal
baby carrots	5 large	26 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 678 cal / **Carbs** 61 g (35%) / **Protein** 94 g (54%) / **Fat** 8 g (11%) / **Fluid** 28

NOTES:

### Snack

3:00 PM

fruit yogurt, non-fat	1 cup	233 cal
drinking water	2 Cup(s)	0 cal
peanuts, no salt, dry-roasted	1/2 oz	83 cal
whey protein powder	1 Scoop	113 cal

MEAL TOTAL: **Calories** 428 cal / **Carbs** 51 g (46%) / **Protein** 40 g (37%) / **Fat** 8 g (17%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

chicken vegetable soup	1 1/2 serving	502 cal
whole wheat dinner rolls	1 roll	74 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 576 cal / **Carbs** 43 g (30%) / **Protein** 49 g (33%) / **Fat** 24 g (37%) / **Fluid** 29

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.

## Snack

8:00 PM

bananas	1 medium	105 cal
oat & honey granola bars	1 bar	140 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** **Calories** 245 cal / **Carbs** 48 g (76%) / **Protein** 3 g (5%) / **Fat** 5 g (19%) / **Fluid** 19

**NOTES:**

**DAY 5 TOTAL:** **Calories** 2,893 cal / **Carbs** 290 g (40%) / **Protein** 263 g (36%) / **Fat** 79 g (24%) / **Fluid** 143



Eating right, simplified.

## DAY 6

### Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
almond butter	2 Tbsp	200 cal
skim milk with calcium	2 Cup(s)	173 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 57 g (44%) / **Protein** 29 g (23%) / **Fat** 18 g (33%) / **Fluid** 16

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 Cup(s)	194 cal
blueberries	1 Cup(s)	83 cal
melba toast, no salt	6 toast	112 cal

MEAL TOTAL: **Calories** 389 cal / **Carbs** 52 g (53%) / **Protein** 32 g (32%) / **Fat** 7 g (15%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

chicken vegetable soup	1 1/2 serving	502 cal
whole wheat dinner rolls	2 roll	149 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 651 cal / **Carbs** 58 g (35%) / **Protein** 51 g (31%) / **Fat** 25 g (34%) / **Fluid** 30

NOTES:

### Snack

3:00 PM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
almond butter	2 Tbsp	200 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
black beans, no salt, boiled	1 3/4 Cup(s)	397 cal
chicken breast, cooked	7 oz	327 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 808 cal / **Carbs** 85 g (41%) / **Protein** 99 g (48%) / **Fat** 10 g (11%) / **Fluid** 38

NOTES:



Eating right, simplified.

## Snack

8:00 PM

bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
whey protein powder	1 Scoop	113 cal

**MEAL TOTAL:** **Calories** 248 cal / **Carbs** 36 g (55%) / **Protein** 28 g (42%) / **Fat** 1 g (3%) / **Fluid** 20

**NOTES:**

**DAY 6 TOTAL:** **Calories** 2,913 cal / **Carbs** 322 g (44%) / **Protein** 245 g (33%) / **Fat** 77 g (23%) / **Fluid** 153



Eating right, simplified.

## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 small	90 cal
fruit yogurt, non-fat	1 cup	233 cal
italian turkey sausage, lower sodium	4 oz	179 cal

MEAL TOTAL: **Calories** 579 cal / **Carbs** 75 g (51%) / **Protein** 35 g (24%) / **Fat** 16 g (25%) / **Fluid** 13

NOTES:

### Snack

10:00 AM

string cheese, light	3 serving	150 cal
baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
melba toast, no salt	6 toast	112 cal

MEAL TOTAL: **Calories** 315 cal / **Carbs** 38 g (47%) / **Protein** 23 g (29%) / **Fat** 8 g (24%) / **Fluid** 21

NOTES:

### Lunch

12:00 PM

whole wheat tortillas	3 tortilla	381 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
bottled water	16 fl. oz.	0 cal
tomatoes	1/4 Cup(s)	8 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal

MEAL TOTAL: **Calories** 662 cal / **Carbs** 59 g (35%) / **Protein** 64 g (38%) / **Fat** 20 g (27%) / **Fluid** 19

NOTES:

### Snack

3:00 PM

oat & honey granola bars	1 bar	140 cal
drinking water	2 Cup(s)	0 cal
whey protein powder	1 1/2 Scoop	169 cal

MEAL TOTAL: **Calories** 309 cal / **Carbs** 23 g (29%) / **Protein** 41 g (54%) / **Fat** 6 g (17%) / **Fluid** 16

NOTES:

### Dinner

6:00 PM

sweet potato, no salt, baked	1 large	162 cal
chicken, boneless, roasted	9 oz	426 cal
kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 661 cal / **Carbs** 52 g (31%) / **Protein** 72 g (44%) / **Fat** 18 g (25%) / **Fluid** 34

NOTES:



Eating right, simplified.

## Snack

8:00 PM

cottage cheese, 2% milkfat	1 1/2 Cup(s)	292 cal
drinking water	2 Cup(s)	0 cal
pears	1 large	119 cal

**MEAL TOTAL:** **Calories** 411 cal / **Carbs** 44 g (42%) / **Protein** 41 g (39%) / **Fat** 9 g (19%) / **Fluid** 31

**NOTES:**

**DAY 7 TOTAL:** **Calories** 2,937 cal / **Carbs** 292 g (40%) / **Protein** 276 g (37%) / **Fat** 77 g (23%) / **Fluid** 134



Eating right, simplified.



1 Servings

## italian chicken

### Ingredients

garlic  
1/2 clove

lemon juice  
1 Tbsp

olive oil  
1 Tbsp

chicken breast skinless  
4 oz

### Nutrition Totals

**Calories** 261 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3 fl oz

### Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.



Eating right, simplified.

## Nutrition Label

Italian Chicken		
Amount Per Serving		
Calories		261
		% Daily Value*
Total Fat	16.5g	25%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	51.7mg	2%
Total Carbohydrates	1.5g	1%
Dietary Fiber	0g	0%
Total Sugar	0.4g	
Protein	25.6g	
Vitamin D	1.1IU	0%
Calcium	9.4mg	1%
Iron	0.5mg	3%
Potassium	400.7mg	
* 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.		





2 Servings

# chicken vegetable soup

## Ingredients

coconut vegetable oil

1 Tbsp

onions

1 medium

zucchini/summer squash

2 cup

chicken, boneless, roasted

8 oz

vegetable stock, no salt added

3 Cup(s)

carrots

1 medium

black pepper

1/2 tsp

oregano, dried

1/2 tsp

parsley (fresh)

1 tablespoon(s)

## Nutrition Totals

**Calories** 669 / **Carbs** 39 g / **Protein** 62 g / **Fat** 30 g / **Fluid** 18 fl oz

## Instructions

1. In a large saucepan, cook diced onion, zucchini and carrots in coconut oil until tender.
2. Season with pepper, oregano and parsley.
3. Add cooked chicken and vegetable stock.
4. Simmer over low heat for 15 minutes, stirring occasionally.



Eating right, simplified.

## Nutrition Label

Chicken Vegetable Soup	
Amount Per Serving	
Calories	335
% Daily Value*	
Total Fat 14.9g	23%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 162.5mg	7%
Total Carbohydrates 19.4g	6%
Dietary Fiber 3.2g	13%
Total Sugar 13.3g	
Protein 30.8g	
Vitamin D 0IU	0%
Calcium 63.9mg	6%
Iron 2.2mg	12%
Potassium 18947.6mg	
* 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.



Eating right, simplified.

# Shopping List

## Accompaniments

olive oil, mayonnaise, light  
1.5 Tbsp

## Beef

beef flank, lean, broiled  
13 oz  
italian turkey sausage, lower sodium  
11 oz

## Beverages

bottled water  
16 fl. oz.  
drinking water  
67 Cup(s)  
iced tea, green  
16 fl. oz.

## Bread

whole-wheat pita bread  
4 large  
whole wheat bread  
3 slice  
whole wheat dinner rolls  
4 roll  
whole wheat english muffin  
2 muffin  
whole wheat tortillas  
3 tortilla

## Cereal & Grain Products

macaroni, cooked  
0.67 Cup(s)  
oat bran flakes cereal  
2 Cup(s)  
whole grain rolled oats, dry  
2 Cup(s)  
wild rice, cooked  
0.83 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

## Dairy & Egg

cottage cheese, 2% milkfat  
7 Cup(s)  
egg, hard boiled  
10 large  
egg whites, cooked  
24 large  
fruit yogurt, non-fat  
4.17 cup  
skim milk with calcium  
6 Cup(s)  
string cheese, light  
5 serving

## Fats & Oils

coconut vegetable oil  
1.5 Tbsp  
extra virgin olive oil  
1 tsp  
1 Tbsp  
olive oil  
4 Tbsp

## Finfish & Shellfish

cod fish  
8 oz  
tuna fish, very low-sodium, in water  
16 oz

## Fruits & Juices

apples  
4 large  
bananas  
1.5 extra large  
2 medium  
1 small  
blueberries  
4.5 Cup(s)  
cranberries, dried sweetened

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.

0.2 Cup(s)  
grapes  
3.5 oz  
lemon juice  
3 Tbsp  
peaches  
1 large  
pears  
3 large

## Ingredients

balsamic vinegar  
4 Tbsp

## Legumes & Beans

black beans, no salt, boiled  
3.08 Cup(s)

## Nuts & Seeds

almond butter  
9 Tbsp  
almonds  
2 oz  
peanuts, no salt, dry-roasted  
0.5 oz

## Poultry

chicken, boneless, roasted  
27 oz  
chicken breast, cooked  
7 oz  
chicken breast skinless  
12 oz  
turkey breast, roasted  
18 oz

## Snacks

oat & honey granola bars  
3 bar

## Soup

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.

---

vegetable stock, no salt added  
4.5 Cup(s)

### Spices & Herbs

black pepper  
0.76 tsp  
oregano, dried  
0.76 tsp  
parsley (fresh)  
1.5 tablespoon(s)

### Sports & Diet Nutritionals

chocolate brownie protein bar, low-carb  
4 bar  
whey protein powder  
4.5 Scoop

### Vegetables

baby carrots  
60 large  
broccoli, no salt, boiled  
1 Cup(s)  
carrots  
1.5 medium  
garlic  
1.5 clove  
kale, no salt, boiled  
4 Cup(s)  
onions  
1.5 medium  
romaine lettuce  
9 leaf  
3 Cup(s)  
spinach, no salt, boiled  
4 Cup(s)  
summer squash, no salt, boiled  
2 cup  
sweet potato, no salt, baked  
2 large  
tomatoes  
1.5 Cup(s)  
zucchini/summer squash  
3 cup

---

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.