



Eating right, simplified.

1,400 Calorie Plan (Vegetarian) 4meals/day

DAY 1

Breakfast

7:00 AM

blueberries	1/2 Cup(s)	41 cal
whole eggs, scrambled	1 large	91 cal
drinking water	2 Cup(s)	0 cal
oatmeal, steel cut	1/3 Cup(s)	200 cal

MEAL TOTAL: **Calories** 332 cal / **Carbs** 47 g (56%) / **Protein** 13 g (16%) / **Fat** 10 g (28%) / **Fluid** 20

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
tangerines/ mandarin oranges	1 medium	45 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 258 cal / **Carbs** 34 g (52%) / **Protein** 25 g (38%) / **Fat** 3 g (10%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

triscuit crackers, light salt	6 crackers	120 cal
baby carrots	15 large	79 cal
tofurky deli slices	2 oz	109 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	1 roll	74 cal
dijon mustard	1 tsp	5 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 61 g (59%) / **Protein** 21 g (21%) / **Fat** 9 g (20%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
garden veggie tempeh	3 oz	188 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 60 g (57%) / **Protein** 26 g (25%) / **Fat** 8 g (18%) / **Fluid** 23

NOTES:

DAY 1 TOTAL: Calories 1,398 cal / **Carbs** 202 g (57%) / **Protein** 86 g (24%) / **Fat** 30 g (19%) / **Fluid** 90

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DAY 2

Breakfast

7:00 AM

kashi golean crunch cereal	1 Cup(s)	193 cal
skim milk with calcium	1 Cup(s)	86 cal
drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 52 g (53%) / **Protein** 23 g (24%) / **Fat** 10 g (23%) / **Fluid** 25

NOTES:

Snack

10:00 AM

medjool dates	1 date, pitted	66 cal
honey peanut yogurt balance bar	1 bar	200 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 266 cal / **Carbs** 40 g (56%) / **Protein** 15 g (22%) / **Fat** 7 g (22%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

avocados	1/4 cup	58 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal
salsa, ready to serve	2 Tbsp	10 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 63 g (57%) / **Protein** 17 g (15%) / **Fat** 14 g (28%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
barley, cooked	3/4 Cup(s)	145 cal
peas & carrots, no salt, boiled	3/4 Cup(s)	29 cal
vegan chicken fillets, meat free	3 oz	73 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	1 Cup(s)	8 cal

MEAL TOTAL: **Calories** 325 cal / **Carbs** 53 g (61%) / **Protein** 15 g (17%) / **Fat** 8 g (22%) / **Fluid** 22

NOTES:

DAY 2 TOTAL: Calories 1,398 cal / **Carbs** 208 g (57%) / **Protein** 70 g (19%) / **Fat** 39 g (24%) / **Fluid** 84



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

smooth peanut butter, no salt	1/2 Tbsp	47 cal
whole eggs, scrambled	1 large	91 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 55 g (55%) / **Protein** 16 g (16%) / **Fat** 13 g (29%) / **Fluid** 18

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
honey peanut yogurt balance bar	1/2 bar	100 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 235 cal / **Carbs** 46 g (72%) / **Protein** 9 g (14%) / **Fat** 4 g (14%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
dijon mustard	2 tsp	10 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	4 leaf	4 cal
meat free bacon	4 slices	90 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 40 g (46%) / **Protein** 20 g (23%) / **Fat** 12 g (31%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

whole-wheat pita bread	1/2 small	37 cal
mango black bean salad	1/2 serving	208 cal
vegan chicken strips, meat free	3 oz	217 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 462 cal / **Carbs** 47 g (39%) / **Protein** 27 g (22%) / **Fat** 21 g (39%) / **Fluid** 22

NOTES:

DAY 3 TOTAL: Calories 1,439 cal / **Carbs** 188 g (51%) / **Protein** 72 g (19%) / **Fat** 49 g (30%) / **Fluid** 77



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DAY 4

Breakfast

7:00 AM

blueberries	1/2 Cup(s)	41 cal
almonds, slivered	1 oz	153 cal
drinking water	1 Cup(s)	0 cal
oatmeal, steel cut	1/4 Cup(s)	150 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 60 g (55%) / **Protein** 20 g (19%) / **Fat** 12 g (26%) / **Fluid** 18

NOTES:

Snack

10:00 AM

tangerines/ mandarin oranges	2 medium	89 cal
low-fat cottage cheese, 1%	1/2 Cup(s)	81 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 262 cal / **Carbs** 43 g (63%) / **Protein** 19 g (28%) / **Fat** 3 g (9%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

mango black bean salad	1/2 serving	208 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	2 oz	145 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 427 cal / **Carbs** 51 g (46%) / **Protein** 22 g (20%) / **Fat** 17 g (34%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

vegan chicken fillets, meat free	3 oz	73 cal
drinking water	2 Cup(s)	0 cal
teriyaki tofu, baked	4 oz	181 cal
mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal

MEAL TOTAL: **Calories** 314 cal / **Carbs** 37 g (44%) / **Protein** 31 g (37%) / **Fat** 7 g (19%) / **Fluid** 19

NOTES:

DAY 4 TOTAL: Calories 1,433 cal / **Carbs** 191 g (51%) / **Protein** 92 g (25%) / **Fat** 39 g (24%) / **Fluid** 81



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DAY 5

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
skim milk with calcium	1 Cup(s)	86 cal
kashi golean crunch cereal	1 Cup(s)	193 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 52 g (53%) / **Protein** 23 g (24%) / **Fat** 10 g (23%) / **Fluid** 25

NOTES:

Snack

10:00 AM

blueberries	1 Cup(s)	83 cal
low-fat cottage cheese, 1%	3/4 Cup(s)	122 cal
almonds, slivered	1/2 oz	77 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 281 cal / **Carbs** 31 g (44%) / **Protein** 25 g (35%) / **Fat** 7 g (21%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
drinking water	2 Cup(s)	0 cal
tofurky deli slices	2 oz	109 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	2 roll	149 cal
dijon mustard	2 tsp	10 cal
tomatoes	1/4 Cup(s)	8 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 71 g (62%) / **Protein** 21 g (19%) / **Fat** 10 g (19%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

black bean vegetable soup, low-fat	1/2 Cup(s)	70 cal
grilled vegetable sandwich	1 serving	337 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 407 cal / **Carbs** 49 g (47%) / **Protein** 13 g (13%) / **Fat** 18 g (40%) / **Fluid** 24

NOTES:

DAY 5 TOTAL: Calories 1,496 cal / **Carbs** 203 g (53%) / **Protein** 83 g (21%) / **Fat** 45 g (26%) / **Fluid** 102



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DAY 6

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
salsa, ready to serve	2 Tbsp	10 cal
avocados	1/4 cup	58 cal
whole wheat tortillas	1 tortilla	127 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 51 g (50%) / **Protein** 13 g (13%) / **Fat** 17 g (37%) / **Fluid** 19

NOTES:

Snack

10:00 AM

low-fat cottage cheese, 1%	1 Cup(s)	163 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 298 cal / **Carbs** 41 g (53%) / **Protein** 30 g (39%) / **Fat** 3 g (8%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
grilled vegetable sandwich	1 serving	337 cal
black bean vegetable soup, low-fat	1/2 Cup(s)	70 cal

MEAL TOTAL: **Calories** 407 cal / **Carbs** 49 g (47%) / **Protein** 13 g (13%) / **Fat** 18 g (40%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

parmesan cheese, shredded	1 Tbsp	21 cal
vegan chicken fillets, meat free	3 oz	73 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	5 oz	176 cal
spinach, no salt, boiled	1 Cup(s)	41 cal

MEAL TOTAL: **Calories** 311 cal / **Carbs** 52 g (61%) / **Protein** 25 g (29%) / **Fat** 4 g (10%) / **Fluid** 25

NOTES:

DAY 6 TOTAL: Calories 1,413 cal / **Carbs** 193 g (53%) / **Protein** 80 g (22%) / **Fat** 42 g (25%) / **Fluid** 95



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DAY 7

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 53 g (62%) / **Protein** 14 g (16%) / **Fat** 9 g (22%) / **Fluid** 18

NOTES:

Snack

10:00 AM

coconut water	1/2 Cup(s)	23 cal
drinking water	1 1/2 Cup(s)	0 cal
fruit yogurt, non-fat	4 oz	108 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 28 g (46%) / **Protein** 28 g (45%) / **Fat** 2 g (9%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1/2 Tbsp	25 cal
meat free bacon	4 slices	90 cal
dijon mustard	1 tsp	5 cal
apples	1 large	110 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat tortillas	2 tortilla	254 cal
romaine lettuce	4 leaf	4 cal

MEAL TOTAL: **Calories** 488 cal / **Carbs** 70 g (56%) / **Protein** 21 g (17%) / **Fat** 15 g (27%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

garden veggie tempeh	3 oz	188 cal
barley, cooked	3/4 Cup(s)	145 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	1 Cup(s)	8 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 58 g (55%) / **Protein** 22 g (21%) / **Fat** 12 g (24%) / **Fluid** 23

NOTES:

DAY 7 TOTAL: Calories 1,479 cal / **Carbs** 209 g (56%) / **Protein** 85 g (22%) / **Fat** 37 g (22%) / **Fluid** 83



2 Servings

mango black bean salad

Ingredients

green onions/scallions
4 medium

mangos
1 fruit

romaine lettuce
4 Cup(s)

red peppers
1/3 cup

sweet white corn, no salt, boiled
2/3 cup

olive oil
2 Tbsp

black beans, no salt, boiled
1 1/2 Cup(s)

cumin ground
1 tsp

Nutrition Totals

Calories 831 / **Carbs** 119 g / **Protein** 31 g / **Fat** 31 g / **Fluid** 22 fl oz

Instructions

1. Whisk together olive oil, garlic, cumin, and chili powder (with salt & pepper to taste) in a small bowl.
2. Place romaine lettuce to large mixing bowl.
3. Add mango, red bell pepper, black beans, corn, green onions, drizzle dressing over mixture and toss to coat.



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Nutrition Label

Mango Black Bean Salad	
Amount Per Serving	
Calories	415
% Daily Value*	
Total Fat 15.4g	24%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrates 59.4g	20%
Dietary Fiber 16.7g	67%
Total Sugar 16.9g	
Protein 15.2g	
Vitamin D 0IU	0%
Calcium 101.5mg	10%
Iron 4.5mg	25%
Potassium 1067.9mg	
* 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.	

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2 Servings

grilled vegetable sandwich

Ingredients

pesto basil sauce, low-fat
1/4 Cup(s)

zucchini/summer squash
1 cup

olive oil
1 Tbsp

eggplant
3 cup

red peppers
1 cup

french bread
1 medium slice

Nutrition Totals

Calories 673 / **Carbs** 72 g / **Protein** 20 g / **Fat** 35 g / **Fluid** 17 fl oz

Instructions

1. Combine zucchini, eggplant, and red bell pepper in a bowl. <
2. Preheat grill for medium heat and lightly oil the grate.
3. Drain moisture from vegetable mixture. Brush vegetables with olive oil to coat; season with black pepper.
4. Cook vegetables on hot grill until tender, 2 to 3 minutes per side. Transfer to a bowl and set aside.
5. Toast cut sides of baguette in a toaster oven until golden brown, 2 to 3 minutes. Spread basil pesto evenly over toasted surface. Arrange grilled vegetables evenly onto 2 of the baguette halves. Top each with plum tomato slices; top sandwich with the remaining baguette pieces to serve.



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Nutrition Label

Grilled Vegetable Sandwich		
Amount Per Serving		
Calories		337
% Daily Value*		
Total Fat	17.4g	27%
Saturated Fat	3.2g	16%
Trans Fat	0g	
Cholesterol	7.4mg	2%
Sodium	444.6mg	19%
Total Carbohydrates	36.2g	12%
Dietary Fiber	7.6g	31%
Total Sugar	12.3g	
Protein	9.9g	
Vitamin D	0IU	0%
Calcium	140.3mg	14%
Iron	2.2mg	12%
Potassium	641.7mg	
* 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.		



Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium

4 Tbsp

dijon mustard

6 tsp

olive oil, mayonnaise, light

0.5 Tbsp

salsa, ready to serve

4 Tbsp

Beverages

coconut water

4.5 Cup(s)

drinking water

41.5 Cup(s)

iced tea, green

48 fl. oz.

Bread

french bread

1 medium slice

whole-wheat pita bread

1.5 small

whole wheat dinner rolls

3 roll

whole wheat english muffin

2 muffin

whole wheat tortillas

7 tortilla

Cereal & Grain Products

barley, cooked

1.5 Cup(s)

kashi golean crunch cereal

2 Cup(s)

macaroni, cooked

5 oz

oatmeal, steel cut

0.58 Cup(s)

pesto basil sauce, low-fat

0.26 Cup(s)

wild rice, cooked



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1 Cup(s)

Cookies & Crackers

triscuit crackers, light salt
6 crackers

Dairy & Egg

fruit yogurt, non-fat
4 oz
low-fat cottage cheese, 1%
3 Cup(s)
parmesan cheese, shredded
1 Tbsp
skim milk with calcium
3 Cup(s)
whole eggs, scrambled
6 large

Entrees

vegan chicken strips, meat free
5 oz

Fats & Oils

olive oil
2 Tbsp

Fruits & Juices

apples
2 large
avocados
0.5 cup
bananas
2 extra large
blueberries
2 Cup(s)
mangos
0.5 fruit
medjool dates
1 date, pitted
orange juice
3 Cup(s)
tangerines/ mandarin oranges

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3 medium

Legumes & Beans

black beans, no salt, boiled

1.26 Cup(s)

Nuts & Seeds

almonds, slivered

1.5 oz

smooth peanut butter, no salt

0.5 Tbsp

Sausages & Meats

meat free bacon

8 slices

Soup

black bean vegetable soup, low-fat

1 Cup(s)

Spices & Herbs

cumin ground

0.5 tsp

Sports & Diet Nutritionals

honey peanut yogurt balance bar

1.5 bar

trulean vegan plant based protein frosted vanilla cupcake

1 Scoop

Vegetables

baby carrots

15 large

eggplant

3 cup

green onions/scallions

2 medium

mixed vegetables, frozen no salt, boiled

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Eating right, simplified.

2 Cup(s)

peas & carrots, no salt, boiled

1.75 Cup(s)

red peppers

1.16 cup

romaine lettuce

6 Cup(s)

8 leaf

spinach, no salt, boiled

1 Cup(s)

sweet white corn, no salt, boiled

0.34 cup

tomatoes

0.5 Cup(s)

zucchini/summer squash

1 cup

Vegetarian Products

garden veggie tempeh

6 oz

teriyaki tofu, baked

4 oz

tofurky deli slices

4 oz

vegan chicken fillets, meat free

9 oz