



Eating right, simplified.

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

DAY 1

Breakfast

7:00 AM

raisins, seedless	1/4 cup	123 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 78 g (72%) / **Protein** 11 g (10%) / **Fat** 9 g (18%) / **Fluid** 27

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
drinking water	2 Cup(s)	0 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 243 cal / **Carbs** 21 g (32%) / **Protein** 8 g (13%) / **Fat** 16 g (55%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	3 leaf	3 cal
vegan soy burgers	4 oz	160 cal
hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 368 cal / **Carbs** 41 g (42%) / **Protein** 29 g (29%) / **Fat** 13 g (29%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
meat free sausages	2 sausage	144 cal
cauliflower, no salt, boiled	3 flowerets	12 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1/3 Cup(s)	55 cal
lentil beans, no salt, boiled	1/2 Cup(s)	115 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 50 g (47%) / **Protein** 23 g (21%) / **Fat** 15 g (32%) / **Fluid** 21

NOTES:

DAY 1 TOTAL: Calories 1,429 cal / **Carbs** 190 g (50%) / **Protein** 70 g (19%) / **Fat** 53 g (31%) / **Fluid** 86



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
orange juice	1/2 Cup(s)	56 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
wheat bran flakes	1 1/2 Cup(s)	165 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 73 g (58%) / **Protein** 28 g (22%) / **Fat** 11 g (20%) / **Fluid** 15

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
cinnamon granola bars	2 bars	180 cal

MEAL TOTAL: **Calories** 249 cal / **Carbs** 47 g (71%) / **Protein** 5 g (8%) / **Fat** 6 g (21%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

tomatoes	1/4 Cup(s)	8 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
iced tea, green	16 fl. oz.	0 cal
whole-wheat pita bread	1 small	74 cal
philly steak tofurky, slices	12 slices	240 cal
avocados	1/4 cup	58 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 37 g (36%) / **Protein** 33 g (31%) / **Fat** 16 g (33%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1/3 Tbsp	40 cal
vegan chicken strips, meat free	2 oz	145 cal
yams, no salt, boiled or baked	1/2 Cup(s)	79 cal
drinking water	2 Cup(s)	0 cal
green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal

MEAL TOTAL: **Calories** 329 cal / **Carbs** 40 g (46%) / **Protein** 16 g (19%) / **Fat** 14 g (35%) / **Fluid** 23

NOTES:

DAY 2 TOTAL: Calories 1,452 cal / **Carbs** 197 g (51%) / **Protein** 83 g (22%) / **Fat** 47 g (27%) / **Fluid** 77



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
brown rice bread, gluten free, low-sodium	1 slice	100 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 446 cal / **Carbs** 44 g (39%) / **Protein** 20 g (17%) / **Fat** 22 g (44%) / **Fluid** 27

NOTES:

Snack

10:00 AM

bananas	1 small	90 cal
drinking water	2 Cup(s)	0 cal
cinnamon granola bars	2 bars	180 cal

MEAL TOTAL: **Calories** 270 cal / **Carbs** 52 g (73%) / **Protein** 5 g (7%) / **Fat** 6 g (20%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

whole wheat tortillas	1 tortilla	127 cal
romaine lettuce	3 leaf	3 cal
drinking water	2 Cup(s)	0 cal
mayonnaise, made with tofu	1/3 Tbsp	16 cal
hickory smoked tofurky deli slices	8 pieces	160 cal

MEAL TOTAL: **Calories** 306 cal / **Carbs** 29 g (38%) / **Protein** 25 g (32%) / **Fat** 10 g (30%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

tofu, extra firm	4 oz	103 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	2 small	149 cal
fava bean salad	1/2 serving	183 cal

MEAL TOTAL: **Calories** 435 cal / **Carbs** 57 g (50%) / **Protein** 25 g (22%) / **Fat** 14 g (28%) / **Fluid** 26

NOTES:

DAY 3 TOTAL: Calories 1,457 cal / **Carbs** 183 g (48%) / **Protein** 75 g (20%) / **Fat** 53 g (32%) / **Fluid** 89



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

soy milk with calcium	1 1/2 Cup(s)	158 cal
bananas	1 small	90 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 83 g (71%) / **Protein** 11 g (9%) / **Fat** 11 g (20%) / **Fluid** 30

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
peanuts, no salt, dry-roasted	1 oz	166 cal

MEAL TOTAL: **Calories** 234 cal / **Carbs** 24 g (37%) / **Protein** 8 g (13%) / **Fat** 14 g (50%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

tofu, extra firm	6 oz	155 cal
fava bean salad	1/2 serving	183 cal
balsamic vinegar	1 1/4 Tbsp	18 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 379 cal / **Carbs** 36 g (36%) / **Protein** 27 g (27%) / **Fat** 16 g (37%) / **Fluid** 32

NOTES:

Dinner

6:00 PM

asparagus, boiled	6 spears	20 cal
kielbasa sausage tofurky	4 oz	275 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 35 g (35%) / **Protein** 35 g (34%) / **Fat** 14 g (31%) / **Fluid** 21

NOTES:

DAY 4 TOTAL: Calories 1,464 cal / **Carbs** 177 g (46%) / **Protein** 81 g (21%) / **Fat** 55 g (33%) / **Fluid** 103



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

soy milk with calcium	1 1/2 Cup(s)	158 cal
wheat bran flakes	1 Cup(s)	110 cal
orange juice	1/2 Cup(s)	56 cal
meat free bacon	4 slices	90 cal

MEAL TOTAL: **Calories** 414 cal / **Carbs** 60 g (54%) / **Protein** 26 g (24%) / **Fat** 11 g (22%) / **Fluid** 15

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	1 Tbsp	94 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 149 cal / **Carbs** 18 g (44%) / **Protein** 4 g (11%) / **Fat** 8 g (45%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal
hummus, lower sodium	1 Tbsp	26 cal
avocados	1/4 cup	58 cal
philly steak tofurky, slices	8 slices	160 cal
whole-wheat pita bread	1 1/2 small	112 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 41 g (43%) / **Protein** 26 g (27%) / **Fat** 13 g (30%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

veggie burger	1 1/2 serving	418 cal
drinking water	2 Cup(s)	0 cal
cauliflower, no salt, boiled	10 flowerets	41 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 65 g (52%) / **Protein** 24 g (20%) / **Fat** 16 g (28%) / **Fluid** 27

NOTES:

DAY 5 TOTAL: Calories 1,387 cal / **Carbs** 184 g (49%) / **Protein** 81 g (22%) / **Fat** 47 g (29%) / **Fluid** 80



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
brown rice bread, gluten free, low-sodium	1 slice	100 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal
smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 41 g (46%) / **Protein** 16 g (18%) / **Fat** 14 g (36%) / **Fluid** 27

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
brown rice protein	1 oz	109 cal
plain soy yogurt	3 oz	75 cal
raisins, seedless	1/4 cup	123 cal

MEAL TOTAL: **Calories** 307 cal / **Carbs** 48 g (60%) / **Protein** 24 g (30%) / **Fat** 4 g (10%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

veggie burger	1 serving	279 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 58 g (57%) / **Protein** 19 g (19%) / **Fat** 11 g (24%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

macaroni, cooked	1/2 Cup(s)	87 cal
vegan pasta sauce, low-fat	1/4 Cup(s)	40 cal
asparagus, boiled	6 spears	20 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	4 oz	289 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 40 g (35%) / **Protein** 32 g (28%) / **Fat** 18 g (37%) / **Fluid** 20

NOTES:

DAY 6 TOTAL: Calories 1,461 cal / **Carbs** 187 g (49%) / **Protein** 90 g (24%) / **Fat** 47 g (27%) / **Fluid** 91



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
brown rice bread, gluten free, low-sodium	1 slice	100 cal
meat free bacon	4 slices	90 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 48 g (64%) / **Protein** 16 g (21%) / **Fat** 5 g (15%) / **Fluid** 15

NOTES:

Snack

10:00 AM

melba toast, no salt	2 toast	37 cal
celery	5 medium stalk	32 cal
drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	1 1/2 Tbsp	141 cal

MEAL TOTAL: **Calories** 211 cal / **Carbs** 18 g (33%) / **Protein** 9 g (16%) / **Fat** 13 g (51%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	3 leaf	3 cal
whole wheat tortillas	1 1/2 tortilla	191 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
hickory smoked tofurky deli slices	8 pieces	160 cal

MEAL TOTAL: **Calories** 386 cal / **Carbs** 40 g (41%) / **Protein** 28 g (28%) / **Fat** 13 g (31%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

yams, no salt, boiled or baked	1/2 Cup(s)	79 cal
kielbasa sausage tofurky	3 oz	206 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 373 cal / **Carbs** 49 g (47%) / **Protein** 28 g (28%) / **Fat** 11 g (25%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: Calories 1,271 cal / **Carbs** 155 g (47%) / **Protein** 80 g (24%) / **Fat** 42 g (29%) / **Fluid** 82



Eating right, simplified.



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.		



Shopping List

Accompaniments

barbecue sauce
1.25 Tbsp
mayonnaise, made with tofu
1.33 Tbsp
vegan pasta sauce, low-fat
0.25 Cup(s)

Beverages

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

Bread

brown rice bread, gluten free, low-sodium
3 slice
whole-wheat pita bread
4.5 small
whole wheat tortillas
3.5 tortilla

Cereal & Grain Products

brown rice, long-grain, cooked
0.32 Cup(s)
macaroni, cooked
0.5 Cup(s)
oat bran
2.5 Tbsp
quick oats cereal with iron
0.83 Cup(s)
wheat bran flakes
2.5 Cup(s)
whole grain rolled oats, dry
1.25 Cup(s)
wild rice, cooked
0.83 Cup(s)

Cookies & Crackers



Eating right, simplified.

melba toast, no salt
2 toast

Desserts

plain soy yogurt
3 oz

Entrees

vegan chicken strips, meat free
6 oz
vegan soy burgers
4 oz

Fats & Oils

extra virgin olive oil
0.83 Tbsp
olive oil
0.84 Tbsp

Fruits & Juices

apples
2 small
avocados
0.5 cup
bananas
2 small
lemon juice
0.5 Tbsp
orange juice
2 Cup(s)
oranges
2 fruit
raisins, seedless
0.5 cup

Ingredients

balsamic vinegar
2.25 Tbsp

Legumes & Beans

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.

fava beans, canned, no salt
1 Cup(s)
garbanzo beans, no salt, boiled
0.83 Cup(s)
green snap beans, no salt, boiled
5.5 Cup(s)
hummus, lower sodium
4 Tbsp
lentil beans, no salt, boiled
0.5 Cup(s)

Nuts & Seeds

peanuts, no salt, dry-roasted
1 oz
smooth peanut butter, no salt
7.5 Tbsp

Sausages & Meats

meat free bacon
12 slices

Snacks

cinnamon granola bars
4 bars

Spices & Herbs

garlic powder
0.32 tsp
sage, ground
0.32 tsp

Sports & Diet Nutritionals

brown rice protein
1 oz

Uncategorized

vegetable oil
0.63 tablespoons



Vegetables

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

Vegetarian Products

hickory smoked tofurky deli slices
16 pieces
kielbasa sausage tofurky
7 oz
meat free sausages
2 sausage
philly steak tofurky, slices
20 slices
tofu, extra firm
15 oz