



Eating right, simplified.

1,400 Calorie Plan (Basic 2) 4 meals/day

DAY 1

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
garlic	2 clove	9 cal
red peppers	1 Cup(s)	46 cal
raspberries	1 Cup(s)	64 cal
bread oat bran	1 slice	71 cal
olive oil	1 tsp	40 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 39 g (47%) / **Protein** 13 g (15%) / **Fat** 14 g (38%) / **Fluid** 10

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	3/4 oz	137 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 29 g (44%) / **Protein** 5 g (7%) / **Fat** 14 g (49%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
tomatoes	1/4 cup	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
celery	4 medium stalk	26 cal
eggplant, no salt, boiled	1 cup	35 cal
extra virgin olive oil	1/2 Tbsp	60 cal
rice noodles, cooked	1 Cup(s)	190 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 67 g (53%) / **Protein** 8 g (6%) / **Fat** 23 g (41%) / **Fluid** 34

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
cod fish, cooked	3 oz	89 cal
red lentils	1/2 Cup(s)	75 cal
couscous, cooked	1/2 Cup(s)	88 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 362 cal / **Carbs** 41 g (44%) / **Protein** 32 g (35%) / **Fat** 9 g (21%) / **Fluid** 26

NOTES:

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DAY 1 TOTAL: Calories 1,409 cal / **Carbs** 176 g (48%) / **Protein** 57 g (16%) / **Fat** 59 g (36%) / **Fluid** 92



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

chamomile tea, brewed	2 Cup(s)	5 cal
strawberries	1 Cup(s)	46 cal
fbbc pumpkin chia protein oats	1 serving	364 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 54 g (53%) / **Protein** 23 g (22%) / **Fat** 11 g (25%) / **Fluid** 30

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almonds	3/4 oz	122 cal
mangos	1 fruit	124 cal

MEAL TOTAL: **Calories** 246 cal / **Carbs** 36 g (53%) / **Protein** 6 g (9%) / **Fat** 11 g (38%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
extra virgin olive oil	1 Tbsp	120 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
tuna in water, canned	3 oz	73 cal
tomatoes	1 cup	27 cal
bread oat bran	1 slice	71 cal
red lentils	1/2 Cup(s)	75 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 37 g (36%) / **Protein** 28 g (27%) / **Fat** 17 g (37%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

iced tea, green	2 Cup(s)	0 cal
ginger tempeh lettuce wraps	1 serving	219 cal
rice noodles, cooked	1/2 Cup(s)	95 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 342 cal / **Carbs** 43 g (49%) / **Protein** 16 g (19%) / **Fat** 12 g (32%) / **Fluid** 25

NOTES:

DAY 2 TOTAL: Calories 1,398 cal / **Carbs** 170 g (48%) / **Protein** 73 g (20%) / **Fat** 51 g (32%) / **Fluid** 103



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
strawberries	1 Cup(s)	46 cal
fbbc pumpkin chia protein oats	1 serving	364 cal

MEAL TOTAL: **Calories** 410 cal / **Carbs** 53 g (53%) / **Protein** 23 g (22%) / **Fat** 11 g (25%) / **Fluid** 30

NOTES:

Snack

10:00 AM

walnuts	1/2 oz	92 cal
mangos	1 fruit	124 cal
chamomile tea, brewed	2 Cup(s)	5 cal

MEAL TOTAL: **Calories** 220 cal / **Carbs** 34 g (57%) / **Protein** 4 g (6%) / **Fat** 10 g (37%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
shrimp, cooked	3 oz	101 cal
extra virgin olive oil	1 Tbsp	120 cal
rice noodles, cooked	1/2 Cup(s)	95 cal
eggplant, no salt, boiled	1 cup	35 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 379 cal / **Carbs** 36 g (37%) / **Protein** 24 g (25%) / **Fat** 16 g (38%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
ginger tempeh lettuce wraps	1 serving	219 cal
rice noodles, cooked	3/4 Cup(s)	143 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 54 g (55%) / **Protein** 17 g (17%) / **Fat** 12 g (28%) / **Fluid** 25

NOTES:

DAY 3 TOTAL: Calories 1,400 cal / **Carbs** 177 g (50%) / **Protein** 68 g (19%) / **Fat** 50 g (31%) / **Fluid** 104



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
almonds	3/4 oz	122 cal
chia and mango overnight oats	1/2 serving	242 cal

MEAL TOTAL: **Calories** 363 cal / **Carbs** 45 g (47%) / **Protein** 13 g (14%) / **Fat** 16 g (39%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	1/2 oz	92 cal
tangerines/ mandarin oranges	2 large	104 cal
cherries	1/2 Cup(s)	37 cal

MEAL TOTAL: **Calories** 232 cal / **Carbs** 37 g (58%) / **Protein** 4 g (7%) / **Fat** 10 g (35%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
iced tea, green	2 Cup(s)	0 cal
whole grain tortillas	1 tortilla	170 cal
salsa, ready to serve	2 Tbsp	10 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
chicken breast, boneless skinless	4 3/4 oz	145 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 51 g (44%) / **Protein** 42 g (37%) / **Fat** 10 g (19%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

salmon, cooked	3 oz	130 cal
black tea brewed	2 Cup(s)	5 cal
red lentils	1/2 Cup(s)	75 cal
couscous, cooked	1/2 Cup(s)	88 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 42 g (48%) / **Protein** 33 g (38%) / **Fat** 5 g (14%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: Calories 1,389 cal / **Carbs** 176 g (48%) / **Protein** 93 g (26%) / **Fat** 41 g (26%) / **Fluid** 93



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
chia and mango overnight oats	1 serving	484 cal
bread oat bran	1 slice	71 cal

MEAL TOTAL: **Calories** 554 cal / **Carbs** 92 g (65%) / **Protein** 20 g (14%) / **Fat** 13 g (21%) / **Fluid** 24

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almonds	1/2 oz	81 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 185 cal / **Carbs** 29 g (57%) / **Protein** 5 g (9%) / **Fat** 8 g (34%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	1 Cup(s)	8 cal
chicken breast, boneless skinless	4 oz	122 cal
hummus, lower sodium	2 Tbsp	52 cal
bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 351 cal / **Carbs** 36 g (39%) / **Protein** 34 g (37%) / **Fat** 10 g (24%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
iced tea, green	2 Cup(s)	0 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
pork tenderloin, lean, cooked	3 oz	122 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal
sweet potato, no salt, baked	3/4 Cup(s)	135 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 42 g (43%) / **Protein** 30 g (31%) / **Fat** 11 g (26%) / **Fluid** 29

NOTES:

DAY 5 TOTAL: Calories 1,465 cal / **Carbs** 199 g (53%) / **Protein** 88 g (23%) / **Fat** 41 g (24%) / **Fluid** 101



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
ground flaxseed	1 Tbsp	70 cal
cashew butter, no salt	1 Tbsp	94 cal
plain soy yogurt	3 oz	75 cal
strawberries	1 Cup(s)	46 cal
bread oat bran	1 slice	71 cal

MEAL TOTAL: **Calories** 356 cal / **Carbs** 41 g (43%) / **Protein** 14 g (15%) / **Fat** 18 g (42%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
walnuts	3/4 oz	137 cal
tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 241 cal / **Carbs** 29 g (44%) / **Protein** 5 g (7%) / **Fat** 14 g (49%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1 Tbsp	14 cal
pork tenderloin, lean, cooked	4 oz	162 cal
sweet potato, no salt, baked	1/2 Cup(s)	90 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 32 g (30%) / **Protein** 34 g (32%) / **Fat** 19 g (38%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
cod fish, cooked	2 oz	60 cal
mexican bean stew	1/2 serving	172 cal
whole grain tortillas	1/2 tortilla	85 cal
collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 53 g (55%) / **Protein** 27 g (29%) / **Fat** 7 g (16%) / **Fluid** 26

NOTES:

DAY 6 TOTAL: Calories 1,392 cal / **Carbs** 155 g (42%) / **Protein** 80 g (22%) / **Fat** 58 g (36%) / **Fluid** 98



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
ground flaxseed	1 Tbsp	70 cal
plain soy yogurt	3 oz	75 cal
strawberries	1 Cup(s)	46 cal
bread oat bran	1 slice	71 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 38 g (35%) / **Protein** 24 g (22%) / **Fat** 21 g (43%) / **Fluid** 23

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
hummus, lower sodium	2 Tbsp	52 cal
celery	6 medium stalk	38 cal
whole wheat crackers, low-sodium	6 cracker, square	106 cal

MEAL TOTAL: **Calories** 224 cal / **Carbs** 34 g (57%) / **Protein** 8 g (13%) / **Fat** 8 g (30%) / **Fluid** 29

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
rice noodles, cooked	3/4 Cup(s)	143 cal
sesame oil, salad or cooking	1/2 Tbsp	60 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal
garden veggie tempeh	2 oz	125 cal

MEAL TOTAL: **Calories** 357 cal / **Carbs** 46 g (52%) / **Protein** 16 g (17%) / **Fat** 13 g (31%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	1 oz	31 cal
mexican bean stew	1/2 serving	172 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
whole grain tortillas	1 tortilla	170 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 62 g (59%) / **Protein** 21 g (20%) / **Fat** 10 g (21%) / **Fluid** 23

NOTES:

DAY 7 TOTAL: Calories 1,398 cal / **Carbs** 179 g (50%) / **Protein** 68 g (19%) / **Fat** 51 g (31%) / **Fluid** 99



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1 Servings

fbbc pumpkin chia protein oats

Ingredients

oatmeal oatmeal old fashioned oats by quaker oats

1/2 Cup(s)

100% liquid egg whites

1/2 Cup(s)

pumpkin, no salt, canned

3 Tbsp

vanilla extract

1 tsp

chia seeds

1 1/2 Tbsp

drinking water

1 Cup(s)

spices pumpkin pie spice

1/2 tsp

Nutrition Totals

Calories 364 / Carbs 42 g / Protein 22 g / Fat 11 g / Fluid 9 fl oz

Instructions

Instructions:

In a small sauce pan, bring water to a boil.

Add oats to boiling water and reduce to medium heat.

Cook for 2-3 minutes uncovered, stirring occasionally.

In a separate dish, add egg whites. Continually whip whites with a fork or whisk until frothy.

Pour egg whites into oats and stir briskly for about 1 minute.

Cover pot and let cook on low heat for another 3-4 minutes.

Remove from heat and stir in pure vanilla extract, pumpkin puree, pumpkin spice seasoning, and chia seeds.

Serve with optional toppings if desired.

Optional toppings: cinnamon, berries, honey



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Nutrition Label

Fbbc Pumpkin Chia Protein Oats	
Amount Per Serving	
Calories	364
% Daily Value*	
Total Fat 10.7g	17%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 606.8mg	25%
Total Carbohydrates 42.3g	14%
Dietary Fiber 14.4g	58%
Total Sugar 3.1g	
Protein 21.8g	
Vitamin D 0IU	0%
Calcium 168.3mg	17%
Iron 5.3mg	30%
Potassium 707.4mg	
* 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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4 Servings

ginger tempeh lettuce wraps

Ingredients

lemon juice
2 Tbsp

soy sauce, low-sodium
2 Tbsp

sesame oil, salad or cooking
1/2 tsp

sweetener syrup agave
1 Tbsp

sriracha, hot chili sauce
2 tsp

ginger root
2 Tbsp

garlic
4 clove

garden veggie tempeh
8 oz

extra virgin olive oil
2 tsp

carrots
2 medium

romaine lettuce
4 outer leaf

green onions/scallions
2 medium

sesame oil, salad or cooking
1 Tbsp

Nutrition Totals

Calories 874 / Carbs 67 g / Protein 50 g / Fat 46 g / Fluid 10 fl oz

Instructions

1. In a small bowl, combine lemon juice, soy sauce, sesame oil, agave, chili sauce, ginger and garlic to make the marinade.
2. Add cubed tempeh to the marinade and coat well. Set aside and allow to marinate for at least 30 minutes.
3. In a medium skillet, heat olive oil over medium-high heat. Add cubed tempeh and residual marinade.
4. Stir-fry tempeh cubes until lightly browned.
5. Peel and cut carrots into matchstick slices. Add to tempeh and cook until slightly tender.
6. Place 1/4 of tempeh mixture onto each lettuce leaf and garnish with scallions and sesame seeds.



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Nutrition Label

Ginger Tempeh Lettuce Wraps		
Amount Per Serving		
Calories		219
		% Daily Value*
Total Fat	11.5g	18%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	389mg	16%
Total Carbohydrates	16.6g	6%
Dietary Fiber	8.8g	35%
Total Sugar	3.3g	
Protein	12.5g	
Vitamin D	0IU	0%
Calcium	31mg	3%
Iron	0.5mg	3%
Potassium	360.3mg	
* 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

chia and mango overnight oats

Ingredients

mangos

1 fruit

seeds chia dried

1 oz

almond beverage with calcium

4 Tbsp

almond beverage with calcium

1 Cup(s)

oats

1 Cup(s)

vanilla extract

1 tsp

Nutrition Totals

Calories 967 / **Carbs** 160 g / **Protein** 34 g / **Fat** 23 g / **Fluid** 14 fl oz

Instructions

1. In a medium bowl, combine oats, vanilla and 1 cup of almond milk; stir well.
2. Mix the chia seeds with 4 tbsp of almond milk in another small bowl. Set aside.
3. Chop mango into small pieces.
4. In 2 jars, alternate layers of oats, mango and chia.
5. Place the jars in the refrigerator and enjoy the next morning.



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Nutrition Label

Chia And Mango Overnight Oats		
Amount Per Serving		
Calories		484
		% Daily Value*
Total Fat	11.6g	18%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	60.6mg	3%
Total Carbohydrates	80.2g	27%
Dietary Fiber	14.8g	59%
Total Sugar	18.7g	
Protein	16.9g	
Vitamin D	0IU	0%
Calcium	421.1mg	42%
Iron	5.1mg	29%
Potassium	591mg	
* 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.		



4 Servings

mexican bean stew

Ingredients

pinto beans, no salt, boiled

1 Cup(s)

black beans, no salt, boiled

1 Cup(s)

garbanzo beans, no salt, boiled

1 Cup(s)

extra virgin olive oil

1 Tbsp

onions

1 medium

garlic

4 clove

cumin ground

1 tsp

crushed tomatoes, no salt

2 Cup(s)

corn sweet yellow raw

2 Cup(s)

cinnamon, ground

1/2 tsp

black pepper

1/2 tsp

cayenne pepper

1/8 tsp

cilantro leaves raw, coriander

4 Tbsp

Nutrition Totals

Calories 1374 / Carbs 239 g / Protein 58 g / Fat 25 g / Fluid 22 fl oz

Instructions

1. Heat olive oil in a large saucepan over medium heat. Add in onions and garlic and saute until tender.
2. Add in cumin and saute for one additional minute.
3. To the onions add in cooked beans (including desired amount of cooking water), and crushed tomatoes. Simmer for 20 minutes.
4. Add in corn, cinnamon, pepper and cayenne.
5. Garnish with fresh cilantro prior to serving.



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Nutrition Label

Mexican Bean Stew		
Amount Per Serving		
Calories		344
		% Daily Value*
Total Fat	6.2g	10%
Saturated Fat	0.9g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	31.2mg	1%
Total Carbohydrates	59.8g	20%
Dietary Fiber	15.8g	63%
Total Sugar	11.9g	
Protein	14.4g	
Vitamin D	0IU	0%
Calcium	69mg	7%
Iron	4.9mg	27%
Potassium	1068.2mg	
* 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

salsa, ready to serve

2 Tbsp

soy sauce, low-sodium

1 Tbsp

sriracha, hot chili sauce

1 tsp

sweetener syrup agave

0.5 Tbsp

Beverages

almond beverage with calcium

3 Tbsp

0.75 Cup(s)

black tea brewed

2 Cup(s)

chamomile tea, brewed

4 Cup(s)

drinking water

44 Cup(s)

iced tea, green

6 Cup(s)

Bread

whole grain tortillas

2.5 tortilla

Cereal & Grain Products

couscous, cooked

1 Cup(s)

oatmeal oatmeal old fashioned oats by quaker oats

1 Cup(s)

oats

0.75 Cup(s)

rice noodles, cooked

3.5 Cup(s)

Cookies & Crackers

whole wheat crackers, low-sodium

6 cracker, square



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Dairy & Egg

100% liquid egg whites

1 Cup(s)

egg, hard boiled

2 large

whole eggs, scrambled

1 large

Desserts

plain soy yogurt

6 oz

Fats & Oils

extra virgin olive oil

4.76 Tbsp

1 tsp

olive oil

1 tsp

sesame oil, salad or cooking

0.26 tsp

1 Tbsp

Finfish & Shellfish

cod fish, cooked

5 oz

salmon, cooked

3 oz

shrimp, cooked

3 oz

tuna in water, canned

3 oz

Fruits & Juices

avocados

0.5 avocado

cherries

0.5 Cup(s)

lemon juice

1 Tbsp

mangos

2.75 fruit



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raspberries
1 Cup(s)
strawberries
4 Cup(s)
tangerines/ mandarin oranges
8 large

Ingredients

balsamic vinegar
2 Tbsp

Legumes & Beans

black beans, no salt, boiled
0.76 Cup(s)
garbanzo beans, no salt, boiled
0.26 Cup(s)
hummus, lower sodium
4 Tbsp
pinto beans, no salt, boiled
0.26 Cup(s)
red lentils
1.5 Cup(s)

Nuts & Seeds

almonds
2 oz
chia seeds
3 Tbsp
ground flaxseed
2 Tbsp
walnuts
2.5 oz

Pork

pork tenderloin, lean, cooked
7 oz

Poultry

chicken breast, boneless skinless
9.75 oz

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Spices & Herbs

black pepper

0.12 tsp

cayenne pepper

0.04 tsp

cinnamon, ground

0.12 tsp

cumin ground

0.26 tsp

Uncategorized

bread oat bran

7 slice

corn sweet yellow raw

0.5 Cup(s)

seeds chia dried

0.75 oz

spices pumpkin pie spice

1 tsp

vanilla extract

2.75 tsp

Vegetables

carrots

1 medium

cashew butter, no salt

1 Tbsp

cauliflower, no salt, boiled

4 Cup(s)

celery

10 medium stalk

cilantro leaves raw, coriander

1 Tbsp

collards, boiled, no salt

3 Cup(s)

crushed tomatoes, no salt

0.5 Cup(s)

eggplant, no salt, boiled

2 cup

garlic

5 clove

ginger root

1 Tbsp

green onions/scallions

1 medium

mushrooms, no salt, boiled



Eating right, simplified.

3 Cup(s)

onions

0.26 medium

pumpkin, no salt, canned

6 Tbsp

red peppers

1 Cup(s)

romaine lettuce

7 Cup(s)

2 outer leaf

sweet potato, no salt, baked

1.25 Cup(s)

tomatoes

4.25 cup

Vegetarian Products

garden veggie tempeh

6 oz