



Eating right, simplified.

1,800 Calorie Plan (Basic) 4meals/day

DAY 1

Breakfast

7:00 AM

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

MEAL TOTAL: **Calories** 537 cal / **Carbs** 77 g (60%) / **Protein** 14 g (10%) / **Fat** 17 g (30%) / **Fluid** 23

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
almond butter	1 3/4 Tbsp	175 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 285 cal / **Carbs** 35 g (48%) / **Protein** 6 g (8%) / **Fat** 14 g (44%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

turkey breast, roasted	4 oz	154 cal
baby carrots	20 large	105 cal
romaine lettuce	3 leaf	3 cal
tomatoes	1/2 Cup(s)	16 cal
whole-wheat pita bread	1 1/2 large	255 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 534 cal / **Carbs** 82 g (58%) / **Protein** 46 g (33%) / **Fat** 5 g (9%) / **Fluid** 32

NOTES:

Dinner

6:00 PM

broccoli, no salt, boiled	2 Cup(s)	109 cal
cod fish	3 oz	70 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
wild rice, cooked	1/2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 435 cal / **Carbs** 60 g (52%) / **Protein** 33 g (29%) / **Fat** 10 g (19%) / **Fluid** 32

NOTES:

DAY 1 TOTAL: Calories 1,791 cal / **Carbs** 254 g (55%) / **Protein** 99 g (22%) / **Fat** 47 g (23%) / **Fluid** 109

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 2

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
oat bran flakes cereal	1 1/4 Cup(s)	223 cal
skim milk with calcium	1 1/3 Cup(s)	115 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 83 g (77%) / **Protein** 18 g (17%) / **Fat** 3 g (6%) / **Fluid** 22

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	8 oz	129 cal
string cheese, light	2 serving	100 cal
whole wheat crackers, low-sodium	4 cracker, square	71 cal

MEAL TOTAL: **Calories** 300 cal / **Carbs** 45 g (56%) / **Protein** 15 g (19%) / **Fat** 9 g (25%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
whole wheat dinner rolls	2 roll	149 cal
extra virgin olive oil	1 Tbsp	120 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
chicken breast, boneless skinless	4 oz	122 cal

MEAL TOTAL: **Calories** 500 cal / **Carbs** 53 g (40%) / **Protein** 31 g (24%) / **Fat** 21 g (36%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

spinach, no salt, boiled	1 Cup(s)	41 cal
sweet potato, no salt, baked	1/2 Cup(s)	90 cal
drinking water	2 Cup(s)	0 cal
quinoa and black bean patties	1 serving	266 cal
whole wheat hamburger buns	1 bun	190 cal

MEAL TOTAL: **Calories** 587 cal / **Carbs** 93 g (61%) / **Protein** 27 g (18%) / **Fat** 14 g (21%) / **Fluid** 27

NOTES:

DAY 2 TOTAL: Calories 1,809 cal / **Carbs** 273 g (59%) / **Protein** 91 g (19%) / **Fat** 47 g (22%) / **Fluid** 102



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
skim milk with calcium	1 Cup(s)	86 cal
almond butter	2 Tbsp	200 cal
blueberries	3/4 Cup(s)	62 cal

MEAL TOTAL: **Calories** 482 cal / **Carbs** 60 g (50%) / **Protein** 21 g (17%) / **Fat** 18 g (33%) / **Fluid** 28

NOTES:

Snack

10:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 medium	105 cal
drinking water	2 Cup(s)	0 cal
whole wheat crackers, low-sodium	4 cracker, square	71 cal

MEAL TOTAL: **Calories** 253 cal / **Carbs** 38 g (57%) / **Protein** 9 g (14%) / **Fat** 8 g (29%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	4 oz	112 cal
romaine lettuce	3 leaf	3 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
apples	1 large	110 cal
tomatoes	1/2 Cup(s)	16 cal
whole wheat hamburger buns	1 bun	190 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 66 g (52%) / **Protein** 36 g (29%) / **Fat** 11 g (19%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
quinoa and black bean patties	1 serving	266 cal
whole wheat hamburger buns	1 bun	190 cal
sweet potato, no salt, baked	3/4 Cup(s)	135 cal

MEAL TOTAL: **Calories** 591 cal / **Carbs** 97 g (64%) / **Protein** 23 g (15%) / **Fat** 14 g (21%) / **Fluid** 23

NOTES:

DAY 3 TOTAL: Calories 1,807 cal / **Carbs** 262 g (56%) / **Protein** 89 g (19%) / **Fat** 51 g (25%) / **Fluid** 96



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
blueberry lemon breakfast quinoa	1 serving	266 cal
egg, hard boiled	1 large	78 cal
bananas	1 small	90 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 70 g (63%) / **Protein** 19 g (17%) / **Fat** 10 g (20%) / **Fluid** 25

NOTES:

Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
pears	1 large	119 cal
skim milk with calcium	1 Cup(s)	86 cal
whole wheat crackers, low-sodium	6 cracker, square	106 cal

MEAL TOTAL: **Calories** 312 cal / **Carbs** 60 g (73%) / **Protein** 11 g (14%) / **Fat** 5 g (13%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
wild rice, cooked	3/4 Cup(s)	124 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 550 cal / **Carbs** 86 g (60%) / **Protein** 19 g (14%) / **Fat** 17 g (26%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

beef flank, lean, broiled	4 oz	218 cal
wild rice, cooked	1 Cup(s)	166 cal
summer squash, no salt, boiled	1 cup	36 cal
drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 60 g (45%) / **Protein** 45 g (35%) / **Fat** 11 g (20%) / **Fluid** 35

NOTES:

DAY 4 TOTAL: Calories 1,796 cal / **Carbs** 276 g (59%) / **Protein** 94 g (20%) / **Fat** 43 g (21%) / **Fluid** 105



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

skim milk with calcium	1 Cup(s)	86 cal
drinking water	1 Cup(s)	0 cal
blueberry lemon breakfast quinoa	1 serving	266 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 488 cal / **Carbs** 93 g (73%) / **Protein** 21 g (17%) / **Fat** 5 g (10%) / **Fluid** 25

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	1 serving	50 cal
whole wheat crackers, low-sodium	6 cracker, square	106 cal

MEAL TOTAL: **Calories** 267 cal / **Carbs** 47 g (66%) / **Protein** 9 g (12%) / **Fat** 7 g (22%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	4 oz	154 cal
whole-wheat pita bread	1 1/4 large	213 cal
tomatoes	1/2 Cup(s)	16 cal
baby carrots	20 large	105 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 491 cal / **Carbs** 73 g (56%) / **Protein** 44 g (35%) / **Fat** 5 g (9%) / **Fluid** 32

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat penne with chicken and asparagus	1 serving	358 cal
broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 560 cal / **Carbs** 60 g (40%) / **Protein** 29 g (19%) / **Fat** 27 g (41%) / **Fluid** 28

NOTES:

DAY 5 TOTAL: Calories 1,805 cal / **Carbs** 273 g (57%) / **Protein** 103 g (22%) / **Fat** 44 g (21%) / **Fluid** 107



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
almond butter	2 Tbsp	200 cal
skim milk with calcium	1 Cup(s)	86 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 503 cal / **Carbs** 66 g (51%) / **Protein** 21 g (17%) / **Fat** 18 g (32%) / **Fluid** 21

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
peaches	1 small	31 cal

MEAL TOTAL: **Calories** 194 cal / **Carbs** 14 g (28%) / **Protein** 29 g (60%) / **Fat** 3 g (12%) / **Fluid** 25

NOTES:

Lunch

12:00 PM

whole wheat dinner rolls	1 1/2 roll	112 cal
drinking water	2 Cup(s)	0 cal
vegetable soup, low-sodium	16 oz	150 cal
romaine lettuce	1 Cup(s)	8 cal
extra virgin olive oil	2 Tbsp	240 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 50 g (38%) / **Protein** 9 g (7%) / **Fat** 32 g (55%) / **Fluid** 32

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1/2 Cup(s)	21 cal
whole wheat penne with chicken and asparagus	1 1/2 serving	537 cal
broccoli, no salt, boiled	1/2 Cup(s)	27 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 74 g (48%) / **Protein** 39 g (25%) / **Fat** 19 g (27%) / **Fluid** 29

NOTES:

DAY 6 TOTAL: Calories 1,791 cal / **Carbs** 204 g (44%) / **Protein** 98 g (21%) / **Fat** 72 g (35%) / **Fluid** 107



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

bananas	1 small	90 cal
drinking water	2 Cup(s)	0 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
oat bran flakes cereal	1 1/2 Cup(s)	268 cal

MEAL TOTAL: **Calories** 487 cal / **Carbs** 96 g (77%) / **Protein** 21 g (17%) / **Fat** 3 g (6%) / **Fluid** 30

NOTES:

Snack

10:00 AM

string cheese, light	1 serving	50 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 263 cal / **Carbs** 46 g (67%) / **Protein** 13 g (19%) / **Fat** 4 g (14%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	4 oz	112 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/2 Cup(s)	16 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
whole-wheat pita bread	1 1/2 large	255 cal
romaine lettuce	3 leaf	3 cal
vegetable soup, low-sodium	8 oz	75 cal

MEAL TOTAL: **Calories** 510 cal / **Carbs** 72 g (54%) / **Protein** 39 g (29%) / **Fat** 10 g (17%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

sweet potato, no salt, baked	1 Cup(s)	180 cal
drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	3 oz	92 cal
wild rice, cooked	1 Cup(s)	166 cal
extra virgin olive oil	1/2 Tbsp	60 cal
spinach, no salt, boiled	1 Cup(s)	41 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 83 g (59%) / **Protein** 33 g (24%) / **Fat** 11 g (17%) / **Fluid** 33

NOTES:

DAY 7 TOTAL: Calories 1,799 cal / **Carbs** 297 g (63%) / **Protein** 106 g (23%) / **Fat** 28 g (14%) / **Fluid** 114



4 Servings

quinoa and black bean patties

Ingredients

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

quinoa
1/4 Cup(s)

drinking water
1/2 Cup(s)

bread crumbs
4 fl. oz.

red peppers
1/4 cup

onions
2 tbsp

garlic
1 clove

cumin ground
1 1/2 tsp

sriracha, hot chili sauce
1 tsp

egg
1 egg

extra virgin olive oil
2 Tbsp

Nutrition Totals

Calories 1062 / **Carbs** 135 g / **Protein** 43 g / **Fat** 41 g / **Fluid** 12 fl oz

Instructions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to low, cover, and simmer until quinoa is cooked.
2. In a medium bowl, roughly mash the black beans with a fork. Leave some beans whole.
3. Add cooked quinoa, bread crumbs, bell pepper, onion, garlic, cumin, hot sauce, and egg into the black beans.
4. Form the black bean mixture into 4 patties.
5. Heat the olive oil in a large skillet. Brown patties in hot oil for 2-3 minutes per side.



Eating right, simplified.

Nutrition Label

Quinoa And Black Bean Patties		
Amount Per Serving		
Calories		266
		% Daily Value*
Total Fat	10.1g	16%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125.6mg	5%
Total Carbohydrates	33.6g	11%
Dietary Fiber	7.2g	29%
Total Sugar	1.6g	
Protein	10.8g	
Vitamin D	0IU	0%
Calcium	50.2mg	5%
Iron	2.5mg	14%
Potassium	345.2mg	
* 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.		

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.



4 Servings

blueberry lemon breakfast quinoa

Ingredients

quinoa

1 Cup(s)

syrops maple

1 fl. oz.

lemons raw with peel

1/2 oz

blueberries

1 Cup(s)

seeds flaxseed

2 tbsp

skim milk with calcium

2 Cup(s)

Nutrition Totals

Calories 1063 / **Carbs** 187 g / **Protein** 45 g / **Fat** 18 g / **Fluid** 21 fl oz

Instructions

1. Rinse quinoa in a fine strainer with water until water runs clear.
2. Heat milk in a saucepan until warm. Stir quinoa into the milk and simmer until tender, 20 minutes. Remove from heat.
3. To cooked quinoa, add in maple syrup and lemon zest.
4. Fold blueberries into mixture.
5. Top with ground flax prior to serving.



Eating right, simplified.

Nutrition Label

Blueberry Lemon Breakfast Quinoa		
Amount Per Serving		
Calories		266
		% Daily Value*
Total Fat	4.4g	7%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	2.4mg	1%
Sodium	8.3mg	0%
Total Carbohydrates	46.6g	16%
Dietary Fiber	4.9g	20%
Total Sugar	16.4g	
Protein	11.1g	
Vitamin D	58IU	10%
Calcium	295.4mg	30%
Iron	2.3mg	13%
Potassium	527.1mg	
* 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.

4 Servings



whole wheat penne with chicken and asparagus

Ingredients

whole wheat penne pasta
8 oz

extra virgin olive oil
2 Tbsp

chicken breast, boneless skinless
8 oz

black pepper
1/4 tsp

garlic powder
1/4 tsp

chicken broth soup, low-sodium
1 Cup(s)

asparagus
15 spear, medium

garlic
1 clove

parmesan cheese, grated
4 Tbsp

Nutrition Totals

Calories 1432 / **Carbs** 173 g / **Protein** 92 g / **Fat** 48 g / **Fluid** 21 fl oz

Instructions

1. Bring a large pot of unsalted water to boil. Add pasta and cook, stirring frequently, until al dente. Drain, and set aside.
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add in diced chicken breast. Season with pepper and garlic powder. Cook until chicken is cooked through and browned. Place chicken in a bowl.
3. To the skillet, add the chicken broth, asparagus, garlic, and a pinch more pepper.
4. Cover, and steam until the asparagus is tender. Add chicken and cooked penne in and warm.
5. Drizzle with remaining tablespoon of olive oil. Garnish with Parmesan cheese.



Eating right, simplified.

Nutrition Label

Whole Wheat Penne With Chicken And Asparagus	
Amount Per Serving	
Calories	358
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 40.6mg	14%
Sodium 193.9mg	8%
Total Carbohydrates 43.3g	14%
Dietary Fiber 5.4g	22%
Total Sugar 2.4g	
Protein 22.9g	
Vitamin D 2.1IU	0%
Calcium 77.1mg	8%
Iron 1.6mg	9%
Potassium 374.1mg	
* 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

2 Tbsp

sriracha, hot chili sauce

0.5 tsp

Beef

beef flank, lean, broiled

4 oz

Beverages

drinking water

50.26 Cup(s)

iced tea, green

16 fl. oz.

Bread

bread crumbs

2 fl. oz.

whole-wheat pita bread

5.25 large

whole wheat dinner rolls

3.5 roll

whole wheat english muffin

3 muffin

whole wheat hamburger buns

3 bun

Cereal & Grain Products

oat bran flakes cereal

2.75 Cup(s)

quinoa

0.62 Cup(s)

whole grain rolled oats, dry

1 Cup(s)

whole wheat penne pasta

5 oz

wild rice, cooked

3.25 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

whole wheat crackers, low-sodium
20 cracker, square

Dairy & Egg

egg
0.5 egg
egg, hard boiled
4 large
low-fat cottage cheese, 1%
1 Cup(s)
parmesan cheese, grated
2.5 Tbsp
skim milk with calcium
7.83 Cup(s)
string cheese, light
4 serving

Fats & Oils

extra virgin olive oil
8.25 Tbsp

Finfish & Shellfish

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

Fruits & Juices

apples
3 large
bananas
1 medium
2 small
1 extra large
blueberries
4.25 Cup(s)
grapes
8 oz
peaches
1 small
pears
1 large

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.

Ingredients

balsamic vinegar
2 Tbsp

Legumes & Beans

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

Nuts & Seeds

almond butter
5.75 Tbsp

Poultry

chicken breast, boneless skinless
12 oz
turkey breast, roasted
8 oz

Soup

chicken broth soup, low-sodium
0.63 Cup(s)
vegetable soup, low-sodium
24 oz

Spices & Herbs

black pepper
0.15 tsp
cumin ground
0.76 tsp
garlic powder
0.15 tsp

Uncategorized

lemons raw with peel
0.26 oz
seeds flaxseed
1 tbsp

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.

syrups maple
0.5 fl. oz.

Vegetables

asparagus
9.38 spear, medium
baby carrots
70 large
broccoli, no salt, boiled
5.5 Cup(s)
garlic
1.13 clove
onions
1 tbsp
red peppers
0.12 cup
romaine lettuce
12 leaf
4 Cup(s)
spinach, no salt, boiled
2.5 Cup(s)
summer squash, no salt, boiled
1 cup
sweet potato, no salt, baked
2.25 Cup(s)
tomatoes
2 Cup(s)