



Eating right, simplified.

1,800 Calorie Plan (Vegan 2) 4meals/day

DAY 1

Breakfast

7:00 AM

fbbc cherry almond butter shake-vegan	1 serving	413 cal
whole grain bread ancient grains by pepperidge far...	2 slice	220 cal
avocados	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 794 cal / **Carbs** 81 g (38%) / **Protein** 41 g (19%) / **Fat** 40 g (43%) / **Fluid** 4

NOTES:

Snack

10:00 AM

tangerines/ mandarin oranges	1 medium	45 cal
almond nut thins nut & rice cracker snacks by blue...	20 crackers	144 cal
salsa, ready to serve	1/2 Cup(s)	38 cal

MEAL TOTAL: **Calories** 227 cal / **Carbs** 45 g (78%) / **Protein** 6 g (10%) / **Fat** 3 g (12%) / **Fluid** 6

NOTES:

Lunch

12:00 PM

baby carrots	10 large	53 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl oz	0 cal
whole wheat dinner rolls	1 1/2 roll	112 cal
dijon mustard	2 tsp	10 cal
vegetable chips	1/4 oz	31 cal
black beans, no salt, boiled	7/8 Cup(s)	199 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 76 g (73%) / **Protein** 19 g (18%) / **Fat** 4 g (9%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

garden veggie tempeh	3 oz	188 cal
wild rice, cooked	3/4 Cup(s)	124 cal
drinking water	16 fl oz	0 cal
mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 51 g (54%) / **Protein** 24 g (26%) / **Fat** 8 g (20%) / **Fluid** 22

NOTES:

DAY 1 TOTAL: Calories 1,804 cal / **Carbs** 254 g (54%) / **Protein** 90 g (19%) / **Fat** 55 g (27%) / **Fluid** 58



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 9

NOTES:

Snack

10:00 AM

granola bars, mixed	1 bars	90 cal
drinking water	16 fl oz	0 cal
cultured coconut milk yogurt plain by so delicious	4 oz	80 cal
raspberries	1 Cup(s)	64 cal

MEAL TOTAL: **Calories** 234 cal / **Carbs** 41 g (65%) / **Protein** 3 g (5%) / **Fat** 8 g (30%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
salsa, ready to serve	1/2 Cup(s)	38 cal
drinking water	16 fl oz	0 cal
avocados	1/3 cup	78 cal
black beans, no salt, boiled	1 3/4 Cup(s)	397 cal

MEAL TOTAL: **Calories** 767 cal / **Carbs** 122 g (62%) / **Protein** 38 g (19%) / **Fat** 17 g (19%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

peas & carrots, no salt, boiled	1 Cup(s)	38 cal
drinking water	16 fl oz	0 cal
barley, cooked	1/2 Cup(s)	97 cal
romaine lettuce	1 Cup(s)	8 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
edamame soybeans, shelled	1 3/4 Cup(s)	210 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 48 g (48%) / **Protein** 22 g (23%) / **Fat** 13 g (29%) / **Fluid** 22

NOTES:

DAY 2 TOTAL: Calories 1,803 cal / **Carbs** 243 g (52%) / **Protein** 93 g (20%) / **Fat** 59 g (28%) / **Fluid** 79



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 9

NOTES:

Snack

10:00 AM

granola bars, mixed	1 bars	90 cal
drinking water	16 fl oz	0 cal
bananas	1 extra large	135 cal
smooth peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 55 g (50%) / **Protein** 12 g (10%) / **Fat** 20 g (40%) / **Fluid** 20

NOTES:

Snack

12:00 PM

iced tea, green	16 fl oz	0 cal
romaine lettuce	4 leaf	4 cal
dijon mustard	1 Tbsp	15 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
whole wheat tortillas	2 tortilla	254 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 54 g (58%) / **Protein** 9 g (10%) / **Fat** 13 g (32%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
mango black bean salad	1/2 serving	208 cal
quinoa, cooked	1 3/4 Cup(s)	389 cal

MEAL TOTAL: **Calories** 596 cal / **Carbs** 99 g (65%) / **Protein** 22 g (14%) / **Fat** 14 g (21%) / **Fluid** 29

NOTES:

DAY 3 TOTAL: Calories 1,800 cal / **Carbs** 240 g (51%) / **Protein** 72 g (16%) / **Fat** 68 g (33%) / **Fluid** 79



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 9

NOTES:

Snack

10:00 AM

tangerines/ mandarin oranges	1 medium	45 cal
coconut water	1 Cup(s)	46 cal
drinking water	8 fl oz	0 cal
peppered tofurky jurky	3 oz	304 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 47 g (47%) / **Protein** 39 g (38%) / **Fat** 7 g (15%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

mango black bean salad	1/2 serving	208 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 208 cal / **Carbs** 30 g (54%) / **Protein** 8 g (14%) / **Fat** 8 g (32%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal
teriyaki tofu, baked	6 1/2 oz	295 cal
drinking water	16 fl oz	0 cal
chickpeas pasta by banza	1 3/4 serving	385 cal

MEAL TOTAL: **Calories** 769 cal / **Carbs** 103 g (53%) / **Protein** 56 g (29%) / **Fat** 16 g (18%) / **Fluid** 20

NOTES:

DAY 4 TOTAL: Calories 1,784 cal / **Carbs** 213 g (46%) / **Protein** 132 g (29%) / **Fat** 51 g (25%) / **Fluid** 69



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
fbbc blueberry muffin smoothie-vegan	1 serving	404 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 35 g (33%) / **Protein** 32 g (30%) / **Fat** 18 g (37%) / **Fluid** 9

NOTES:

Snack

10:00 AM

plain soy yogurt	6 oz	150 cal
almonds, slivered	1 1/2 oz	230 cal
drinking water	16 fl oz	0 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 462 cal / **Carbs** 56 g (48%) / **Protein** 18 g (16%) / **Fat** 19 g (36%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

drinking water	16 fl oz	0 cal
brown rice tortillas	2 tortilla	260 cal
tomatoes	3/4 Cup(s)	24 cal
dijon mustard	1 Tbsp	15 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
tofu, extra firm	4 oz	103 cal

MEAL TOTAL: **Calories** 488 cal / **Carbs** 63 g (51%) / **Protein** 18 g (15%) / **Fat** 18 g (34%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

black bean vegetable soup, low-fat	2 Cup(s)	280 cal
drinking water	16 fl oz	0 cal
grilled vegetable sandwich	1/2 serving	168 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 70 g (62%) / **Protein** 17 g (15%) / **Fat** 12 g (23%) / **Fluid** 20

NOTES:

DAY 5 TOTAL: Calories 1,803 cal / **Carbs** 224 g (48%) / **Protein** 84 g (19%) / **Fat** 66 g (33%) / **Fluid** 76



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
fbbc cherry almond butter shake	1 serving	299 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 30 g (38%) / **Protein** 6 g (8%) / **Fat** 19 g (54%) / **Fluid** 9

NOTES:

Snack

10:00 AM

drinking water	16 fl oz	0 cal
bananas	1 extra large	135 cal
almonds	2 oz	324 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 47 g (38%) / **Protein** 14 g (11%) / **Fat** 28 g (51%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

black bean vegetable soup, low-fat	2 Cup(s)	280 cal
drinking water	16 fl oz	0 cal
grilled vegetable sandwich	1/2 serving	168 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 70 g (62%) / **Protein** 17 g (15%) / **Fat** 12 g (23%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

spinach, no salt, boiled	1 1/2 Cup(s)	62 cal
drinking water	16 fl oz	0 cal
macaroni, cooked	1 3/4 Cup(s)	304 cal
marinara sauce, low-sodium	1/2 Cup(s)	20 cal
edamame soybeans, shelled	1 3/4 Cup(s)	210 cal

MEAL TOTAL: **Calories** 596 cal / **Carbs** 93 g (59%) / **Protein** 39 g (25%) / **Fat** 11 g (16%) / **Fluid** 30

NOTES:

DAY 6 TOTAL: Calories 1,803 cal / **Carbs** 240 g (51%) / **Protein** 76 g (16%) / **Fat** 70 g (33%) / **Fluid** 79



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
soymilk vanilla, light with calcium	1 Cup(s)	73 cal
oatmeal, steel cut	1 Cup(s)	600 cal
almonds, slivered	1/4 oz	38 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 904 cal / **Carbs** 142 g (62%) / **Protein** 50 g (22%) / **Fat** 17 g (16%) / **Fluid** 12

NOTES:

Snack

10:00 AM

plain soy yogurt	5 oz	125 cal
coconut water	1 Cup(s)	46 cal
drinking water	8 fl oz	0 cal
bananas	1 small	90 cal

MEAL TOTAL: **Calories** 261 cal / **Carbs** 48 g (71%) / **Protein** 9 g (14%) / **Fat** 5 g (15%) / **Fluid** 18

NOTES:

Lunch

12:00 PM

dijon mustard	1 Tbsp	15 cal
iced tea, green	16 fl oz	0 cal
romaine lettuce	2 leaf	2 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal
whole wheat tortillas	1 1/2 tortilla	191 cal

MEAL TOTAL: **Calories** 232 cal / **Carbs** 29 g (53%) / **Protein** 7 g (12%) / **Fat** 8 g (35%) / **Fluid** 17

NOTES:

Dinner

6:00 PM

garden veggie tempeh	3 oz	188 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	16 fl oz	0 cal
barley, cooked	3/4 Cup(s)	145 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 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 1,811 cal / **Carbs** 277 g (61%) / **Protein** 89 g (19%) / **Fat** 41 g (20%) / **Fluid** 70



Eating right, simplified.



1 Servings

fbbs cherry almond butter shake-vegan

Ingredients

frozen fruit dark sweet cherries by dole
1 Cup(s)

avocado
1/4 avocado

almond milk (unsweetened)
1 cup(s)

almond butter (unsweetened)
1 tablespoon(s)

ice cubes
4 cubes

trulean vegan plant based protein frosted vanilla cupcake
1 Scoop

Nutrition Totals

Calories 413 / **Carbs** 32 g / **Protein** 29 g / **Fat** 21 g / **Fluid** 1 fl oz

Instructions

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.



Eating right, simplified.

Nutrition Label

Fbbc Cherry Almond Butter Shake-Vegan		
Amount Per Serving		
Calories		413
		% Daily Value*
Total Fat	21.1g	33%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	356.6mg	15%
Total Carbohydrates	32.2g	11%
Dietary Fiber	10.9g	44%
Total Sugar	19g	
Protein	29.3g	
Vitamin D	0IU	0%
Calcium	71mg	7%
Iron	2.6mg	15%
Potassium	296.7mg	
* 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.		

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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.	



Eating right, simplified.



1 Servings

fbbc blueberry muffin smoothie-vegan

Ingredients

almond milk (unsweetened)
1 cup(s)

blueberries (frozen)
1/2 cup(s)

spinach
1 Cup(s)

almond butter (unsweetened)
1 tablespoon(s)

old fashioned oats by quaker
1/3 Cup(s)

ground flaxseed
1/3 tablespoons

cinnamon, ground
1/8 tsp

nutmeg, ground
1/8 tsp

trulean vegan plant based protein frosted vanilla cupcake
1 Scoop

Nutrition Totals

Calories 404 / **Carbs** 35 g / **Protein** 32 g / **Fat** 18 g / **Fluid** 1 fl oz

Instructions

Blend all of the ingredients in a high-speed blender until smooth and serve.



Eating right, simplified.

Nutrition Label

Fbbc Blueberry Muffin Smoothie-Vegan	
Amount Per Serving	
Calories	404
% Daily Value*	
Total Fat 17.5g	27%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 376.8mg	16%
Total Carbohydrates 34.6g	12%
Dietary Fiber 10.1g	41%
Total Sugar 7.5g	
Protein 31.5g	
Vitamin D 0IU	0%
Calcium 98mg	10%
Iron 4mg	22%
Potassium 222.6mg	
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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.



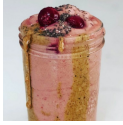
Eating right, simplified.

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.		



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1 Servings

fbbc cherry almond butter shake

Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

original unsweetened pure almond milk by silk

1 Cup(s)

almond butter, no salt

1 Tbsp

Nutrition Totals

Calories 299 / **Carbs** 30 g / **Protein** 6 g / **Fat** 19 g / **Fluid** 1 fl oz

Instructions

Instructions:

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.

Optional toppings: chopped cherry pieces



Eating right, simplified.

Nutrition Label

Fbbc Cherry Almond Butter Shake		
Amount Per Serving		
Calories		299
		% Daily Value*
Total Fat	18.7g	29%
Saturated Fat	1.7g	9%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	152.5mg	6%
Total Carbohydrates	30.2g	10%
Dietary Fiber	9g	36%
Total Sugar	19g	
Protein	6.3g	
Vitamin D	177.4IU	30%
Calcium	357.2mg	36%
Iron	1.5mg	9%
Potassium	397.8mg	
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Eating right, simplified.

Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium

4 Tbsp

dijon mustard

2 tsp

3 Tbsp

marinara sauce, low-sodium

0.5 Cup(s)

mayonnaise, made with tofu

1.5 Tbsp

salsa, ready to serve

1 Cup(s)

Beverages

almond milk (unsweetened)

5 cup(s)

coconut water

2 Cup(s)

drinking water

296 fl oz

iced tea, green

48 fl oz

soymilk vanilla, light with calcium

1 Cup(s)

Bread

brown rice tortillas

2 tortilla

french bread

0.5 medium slice

whole wheat dinner rolls

1.5 roll

whole wheat tortillas

5.5 tortilla

Cereal & Grain Products

barley, cooked

1.25 Cup(s)

macaroni, cooked

1.75 Cup(s)

oatmeal, steel cut

1 Cup(s)

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Eating right, simplified.

pesto basil sauce, low-fat

0.12 Cup(s)

quinoa, cooked

1.75 Cup(s)

wild rice, cooked

0.75 Cup(s)

Desserts

plain soy yogurt

11 oz

Fats & Oils

olive oil

1.5 Tbsp

Fruits & Juices

apples

1 small

avocado

1.25 avocado

avocados

0.5 avocado

0.33 cup

bananas

2 extra large

1 small

blueberries

2 Cup(s)

blueberries (frozen)

0.5 cup(s)

mangos

0.5 fruit

raspberries

1 Cup(s)

tangerines/ mandarin oranges

2 medium

Legumes & Beans

black beans, no salt, boiled

3.39 Cup(s)

edamame soybeans, shelled

3.5 Cup(s)



Eating right, simplified.

Nuts & Seeds

almond butter (unsweetened)

5 tablespoon(s)

almond butter, no salt

1 Tbsp

almonds

2 oz

almonds, slivered

1.75 oz

smooth peanut butter, no salt

2 Tbsp

Snacks

granola bars, mixed

2 bars

vegetable chips

0.25 oz

Soup

black bean vegetable soup, low-fat

4 Cup(s)

Spices & Herbs

cinnamon, ground

0.13 tsp

cumin ground

0.5 tsp

nutmeg, ground

0.13 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

6 Scoop

Uncategorized

almond nut thins nut & rice cracker snacks by blue diamond

20 crackers

chickpeas pasta by banza

1.75 serving

frozen fruit dark sweet cherries by dole

5 Cup(s)

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ground flaxseed
0.33 tablespoons
ice cubes
16 cubes
old fashioned oats by quaker
0.33 Cup(s)
original unsweetened pure almond milk by silk
1 Cup(s)
whole grain bread ancient grains by pepperidge farm
2 slice

Vegetables

baby carrots
10 large
eggplant
1.5 cup
green onions/scallions
2 medium
mixed vegetables, frozen no salt, boiled
2.5 Cup(s)
peas & carrots, no salt, boiled
2 Cup(s)
red peppers
0.66 cup
romaine lettuce
6 Cup(s)
6 leaf
spinach
1 Cup(s)
spinach, no salt, boiled
1.5 Cup(s)
sweet white corn, no salt, boiled
0.34 cup
tomatoes
1 Cup(s)
zucchini/summer squash
0.5 cup

Vegetarian Products

cultured coconut milk yogurt plain by so delicious
4 oz
garden veggie tempeh
6 oz
peppered tofurky jurky
3 oz
teriyaki tofu, baked
6.5 oz



Eating right, simplified.

tofu, extra firm
4 oz