



Eating right, simplified.

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

## DAY 1

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
fbbc blueberry muffin smoothie	1 serving	394 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 9

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
walnuts	1 1/4 oz	229 cal

MEAL TOTAL: **Calories** 339 cal / **Carbs** 34 g (37%) / **Protein** 6 g (6%) / **Fat** 23 g (57%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

chicken breast, cooked	3 1/4 oz	152 cal
baby carrots	10 large	53 cal
romaine lettuce	3 leaf	3 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
avocados	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 57 g (41%) / **Protein** 38 g (27%) / **Fat** 20 g (32%) / **Fluid** 26

NOTES:

### Dinner

6:00 PM

broccoli, no salt, boiled	1 Cup(s)	55 cal
fresh wild alaskan salmon fillets	1 1/4 oz	46 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
couscous, cooked	3/4 Cup(s)	132 cal

MEAL TOTAL: **Calories** 523 cal / **Carbs** 69 g (51%) / **Protein** 27 g (20%) / **Fat** 17 g (29%) / **Fluid** 26

NOTES:

**DAY 1 TOTAL: Calories** 1,795 cal / **Carbs** 194 g (42%) / **Protein** 105 g (22%) / **Fat** 76 g (36%) / **Fluid** 84

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
fbbc blueberry muffin smoothie	1 serving	394 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 9

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	5 oz	81 cal
almonds	1 oz	162 cal

MEAL TOTAL: **Calories** 243 cal / **Carbs** 26 g (39%) / **Protein** 7 g (11%) / **Fat** 15 g (50%) / **Fluid** 20

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
tuna in water, canned	5 oz	122 cal
tomatoes	1 cup	27 cal
feta cheese	1 oz	75 cal

MEAL TOTAL: **Calories** 523 cal / **Carbs** 41 g (30%) / **Protein** 39 g (29%) / **Fat** 25 g (41%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

spinach, no salt, boiled	1 Cup(s)	41 cal
sweet potato, no salt, baked	1 3/4 Cup(s)	315 cal
drinking water	2 Cup(s)	0 cal
mediterranean chicken	1 1/2 serving	279 cal

MEAL TOTAL: **Calories** 635 cal / **Carbs** 81 g (49%) / **Protein** 47 g (29%) / **Fat** 16 g (22%) / **Fluid** 35

NOTES:

**DAY 2 TOTAL: Calories** 1,795 cal / **Carbs** 182 g (39%) / **Protein** 127 g (27%) / **Fat** 71 g (34%) / **Fluid** 94



Eating right, simplified.

### DAY 3

#### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal
almond butter	2 Tbsp	200 cal
blueberries	1/2 Cup(s)	41 cal
whole eggs	2 small	106 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 44 g (36%) / **Protein** 22 g (18%) / **Fat** 25 g (46%) / **Fluid** 21

NOTES:

#### Snack

10:00 AM

bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	1 container	100 cal

MEAL TOTAL: **Calories** 236 cal / **Carbs** 41 g (66%) / **Protein** 19 g (30%) / **Fat** 1 g (4%) / **Fluid** 25

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal
mediterranean sprouted lentil salad	1 serving	254 cal
shrimp, cooked	3 oz	101 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal

MEAL TOTAL: **Calories** 551 cal / **Carbs** 34 g (23%) / **Protein** 29 g (20%) / **Fat** 37 g (57%) / **Fluid** 28

NOTES:

#### Dinner

6:00 PM

italian chicken	1 serving	261 cal
kale, no salt, boiled	1 Cup(s)	36 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	3/4 Cup(s)	130 cal
feta cheese	1 oz	75 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 562 cal / **Carbs** 38 g (26%) / **Protein** 38 g (26%) / **Fat** 31 g (48%) / **Fluid** 26

NOTES:

**DAY 3 TOTAL: Calories** 1,830 cal / **Carbs** 157 g (33%) / **Protein** 107 g (23%) / **Fat** 94 g (44%) / **Fluid** 100



Eating right, simplified.

## DAY 4

### Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 69 g (50%) / **Protein** 13 g (10%) / **Fat** 25 g (40%) / **Fluid** 21

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
walnuts	3/4 oz	137 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 47 g (52%) / **Protein** 12 g (13%) / **Fat** 14 g (35%) / **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
italian chicken	1 serving	261 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 573 cal / **Carbs** 41 g (28%) / **Protein** 33 g (22%) / **Fat** 32 g (50%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
mediterranean sprouted lentil salad	1/2 serving	127 cal
couscous, cooked	3/4 Cup(s)	132 cal
green snap beans	1 Cup(s)	34 cal
salmon, cooked	3 oz	130 cal
feta cheese	1 oz	75 cal

MEAL TOTAL: **Calories** 498 cal / **Carbs** 51 g (40%) / **Protein** 36 g (28%) / **Fat** 18 g (32%) / **Fluid** 28

NOTES:

**DAY 4 TOTAL: Calories** 1,961 cal / **Carbs** 208 g (41%) / **Protein** 94 g (19%) / **Fat** 89 g (40%) / **Fluid** 93



Eating right, simplified.

## DAY 5

### Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	3 large	273 cal
extra virgin olive oil	1 tsp	40 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
feta cheese	1 oz	75 cal
whole wheat bread	1 slice	100 cal

MEAL TOTAL: **Calories** 529 cal / **Carbs** 31 g (22%) / **Protein** 33 g (24%) / **Fat** 33 g (54%) / **Fluid** 27

NOTES:

### Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
baby carrots	20 large	105 cal
romaine lettuce	3 leaf	3 cal
chicken breast, boneless skinless	4 oz	122 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 61 g (58%) / **Protein** 31 g (30%) / **Fat** 6 g (12%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
shell pasta with artichokes in garlic & olive oil	1 serving	384 cal
shrimp, cooked	6 oz	202 cal
broccoli, no salt, boiled	1/2 Cup(s)	27 cal

MEAL TOTAL: **Calories** 614 cal / **Carbs** 65 g (42%) / **Protein** 52 g (33%) / **Fat** 18 g (25%) / **Fluid** 26

NOTES:

**DAY 5 TOTAL: Calories** 1,854 cal / **Carbs** 191 g (40%) / **Protein** 123 g (26%) / **Fat** 72 g (34%) / **Fluid** 104



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
blueberries	1/2 Cup(s)	41 cal
natural turkey bacon by applegate farms	3 slice	105 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 43 g (35%) / **Protein** 30 g (25%) / **Fat** 22 g (40%) / **Fluid** 11

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	3/4 Cup(s)	146 cal
figs raw	2 medium	74 cal
walnuts	1/2 oz	92 cal

MEAL TOTAL: **Calories** 311 cal / **Carbs** 27 g (34%) / **Protein** 23 g (28%) / **Fat** 14 g (38%) / **Fluid** 23

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
romaine lettuce	3 leaf	3 cal
shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
balsamic vinegar	1 Tbsp	14 cal
olive oil	1 Tbsp	119 cal
chicken breast, boneless skinless	4 oz	122 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 37 g (30%) / **Protein** 31 g (25%) / **Fat** 24 g (45%) / **Fluid** 27

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
citrus broiled salmon	1 serving	334 cal
macaroni, cooked	3/4 Cup(s)	130 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 59 g (40%) / **Protein** 53 g (36%) / **Fat** 16 g (24%) / **Fluid** 33

NOTES:

**DAY 6 TOTAL: Calories** 1,835 cal / **Carbs** 167 g (35%) / **Protein** 137 g (29%) / **Fat** 76 g (36%) / **Fluid** 94



Eating right, simplified.

## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	8 oz	134 cal
walnuts	1 oz	183 cal

MEAL TOTAL: **Calories** 530 cal / **Carbs** 47 g (34%) / **Protein** 35 g (25%) / **Fat** 25 g (41%) / **Fluid** 28

NOTES:

### Snack

10:00 AM

baby carrots	20 large	105 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1 cup	27 cal
hummus, lower sodium	4 Tbsp	105 cal

MEAL TOTAL: **Calories** 236 cal / **Carbs** 40 g (63%) / **Protein** 8 g (13%) / **Fat** 7 g (24%) / **Fluid** 31

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
citrus broiled salmon	1 serving	334 cal
whole-wheat pita bread	1/2 large	85 cal
extra virgin olive oil	2 tsp	80 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 42 g (33%) / **Protein** 45 g (36%) / **Fat** 18 g (31%) / **Fluid** 26

NOTES:

### Dinner

6:00 PM

sweet potato, no salt, baked	4 small	216 cal
kale, no salt, boiled	1 Cup(s)	36 cal
drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	3 oz	92 cal
extra virgin olive oil	1 1/2 Tbsp	180 cal

MEAL TOTAL: **Calories** 524 cal / **Carbs** 57 g (42%) / **Protein** 25 g (18%) / **Fat** 24 g (40%) / **Fluid** 28

NOTES:

**DAY 7 TOTAL: Calories** 1,789 cal / **Carbs** 186 g (40%) / **Protein** 113 g (24%) / **Fat** 74 g (36%) / **Fluid** 113



1 Servings

# fbbc blueberry muffin smoothie

## Ingredients

almond milk (unsweetened)  
1 cup(s)

trulean whey isolate protein frosted vanilla cake  
1 Scoop

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

## Nutrition Totals

**Calories** 394 / **Carbs** 34 g / **Protein** 34 g / **Fat** 16 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	
Amount Per Serving	
Calories	
	394
% Daily Value*	
Total Fat 15.5g	24%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 4mg	1%
Sodium 267.8mg	11%
Total Carbohydrates 33.6g	11%
Dietary Fiber 8.1g	33%
Total Sugar 7.5g	
Protein 33.5g	
Vitamin D 0IU	0%
Calcium 138mg	14%
Iron 2mg	11%
Potassium 282.6mg	
* 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

## mediterranean chicken

### Ingredients

chicken breast, boneless skinless  
16 oz

olive oil  
2 Tbsp

lemon juice  
1 1/2 fl oz

garlic  
1 clove

### Nutrition Totals

**Calories** 743 / **Carbs** 4 g / **Protein** 93 g / **Fat** 41 g / **Fluid** 13 fl oz

### Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.



Eating right, simplified.

## Nutrition Label

Mediterranean Chicken		
Amount Per Serving		
Calories		186
		% Daily Value*
Total Fat	10.1g	16%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	196.5mg	8%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Total Sugar	0.2g	
Protein	23.1g	
Vitamin D	2.2IU	0%
Calcium	7.7mg	1%
Iron	0.4mg	2%
Potassium	391.3mg	
* 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.		

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.



1 Servings

# mediterranean sprouted lentil salad

## Ingredients

sprouted lentils  
1 Cup(s)

garlic  
1 clove

olive oil  
1 Tbsp

lemon juice  
1 1/2 fl oz

celery  
1/2 cup

carrots  
1/2 cup

thyme, dried  
1/3 tbsp

## Nutrition Totals

**Calories** 254 / **Carbs** 30 g / **Protein** 8 g / **Fat** 14 g / **Fluid** 7 fl oz

## Instructions

1. In a saucepan combine lentils, carrots, onion, garlic, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.
2. Drain lentils and vegetables. Add olive oil, lemon juice, and celery. Add optional parsley, salt and pepper to taste. Toss to mix and serve at room temperature.



Eating right, simplified.

## Nutrition Label

Mediterranean Sprouted Lentil Salad		
Amount Per Serving		
Calories		254
		% Daily Value*
Total Fat	14.3g	22%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	95mg	4%
Total Carbohydrates	29.7g	10%
Dietary Fiber	3.3g	13%
Total Sugar	5.1g	
Protein	8.3g	
Vitamin D	0IU	0%
Calcium	95.9mg	10%
Iron	4.6mg	26%
Potassium	654.9mg	
* 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.		

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.



1 Servings

## italian chicken

### Ingredients

garlic  
1/2 clove

lemon juice  
1 Tbsp

olive oil  
1 Tbsp

chicken breast skinless  
4 oz

### Nutrition Totals

**Calories** 261 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3 fl oz

### Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.



Eating right, simplified.

## Nutrition Label

Italian Chicken		
Amount Per Serving		
Calories		261
		% Daily Value*
Total Fat	16.5g	25%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	51.7mg	2%
Total Carbohydrates	1.5g	1%
Dietary Fiber	0g	0%
Total Sugar	0.4g	
Protein	25.6g	
Vitamin D	1.1IU	0%
Calcium	9.4mg	1%
Iron	0.5mg	3%
Potassium	400.7mg	
* 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.		



Eating right, simplified.

2 Servings



# shell pasta with artichokes in garlic & olive oil

## Ingredients

garlic  
2 clove

olive oil  
2 Tbsp

pasta shells  
1 1/3 Cup(s)

artichokes  
2 medium

## Nutrition Totals

**Calories** 768 / **Carbs** 113 g / **Protein** 23 g / **Fat** 29 g / **Fluid** 7 fl oz

## Instructions

1. Bring a pot of lightly salted water to a boil. Add seashell pasta, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the olive oil in a skillet over medium heat. Mix in the garlic, basil, and artichoke hearts, and cook 5 minutes, until heated through. Toss with the cooked pasta to serve.





Eating right, simplified.

## Nutrition Label

<b>Shell Pasta With Artichokes In Garlic &amp; Olive Oil</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>384</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14.3g	<b>22%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 121.1mg	<b>5%</b>
<b>Total Carbohydrates</b> 56.4g	<b>19%</b>
Dietary Fiber 8.9g	<b>36%</b>
Total Sugar 2.6g	
<b>Protein</b> 11.7g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 75.2mg	<b>8%</b>
<b>Iron</b> 4.1mg	<b>23%</b>
<b>Potassium</b> 485.7mg	
* 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.	

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.



1 Servings

## citrus broiled salmon

### Ingredients

coho salmon fish, cooked  
6 oz

oranges  
1 1/4 fruit

onions  
1/4 cup

### Nutrition Totals

**Calories** 334 / **Carbs** 25 g / **Protein** 42 g / **Fat** 8 g / **Fluid** 9 fl oz

### Instructions

1. Preheat the oven's broiler.
2. Slice, peel, and pith oranges; slice crosswise into 1/4 inch rounds. Season fillets with salt. Place salmon fillets on broiling pan.
3. Place the pan of fillets 4 to 6 inches from heat. Cook for 15 minutes under the preheated broiler, or 10 minutes per inch of thickness. Remove from broiler just before they are cooked through. Sprinkle with wine vinegar if desired. Arrange orange rounds on top. Sprinkle with onions and cracked black pepper. Broil 1 minute longer.



Eating right, simplified.

## Nutrition Label

Citrus Broiled Salmon		
Amount Per Serving		
Calories		334
		% Daily Value*
Total Fat	7.6g	12%
Saturated Fat	1.8g	9%
Trans Fat	0g	
Cholesterol	93.5mg	31%
Sodium	101.5mg	4%
Total Carbohydrates	24.6g	8%
Dietary Fiber	4.3g	17%
Total Sugar	16g	
Protein	41.7g	
Vitamin D	767.1IU	128%
Calcium	158.4mg	16%
Iron	1.3mg	7%
Potassium	1070.6mg	
* 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

## Beverages

almond milk (unsweetened)

2 cup(s)

drinking water

50 Cup(s)

iced tea, green

16 fl oz

## Bread

whole-wheat pita bread

3.5 large

whole wheat bread

1 slice

whole wheat dinner rolls

2 roll

whole wheat english muffin

2 muffin

## Cereal & Grain Products

couscous, cooked

1.5 Cup(s)

macaroni, cooked

1.5 Cup(s)

pasta shells

1 Cup(s)

whole grain rolled oats, dry

0.75 Cup(s)

## Dairy & Egg

cottage cheese, 2% milkfat

0.75 Cup(s)

egg, hard boiled

2 large

feta cheese

4 oz

plain greek yogurt, nonfat

1 container

8 oz

skim milk with calcium

1 Cup(s)

whole eggs

2 small

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.

whole eggs, scrambled  
3 large

## Fats & Oils

extra virgin olive oil  
7 Tbsp  
3 tsp  
olive oil  
6.75 Tbsp

## Finfish & Shellfish

coho salmon fish, cooked  
12 oz  
fresh wild alaskan salmon fillets  
1.25 oz  
salmon, cooked  
3 oz  
shrimp, cooked  
9 oz  
tuna in water, canned  
5 oz

## Fruits & Juices

apples  
2 large  
avocados  
0.5 avocado  
bananas  
2 extra large  
blueberries  
2 Cup(s)  
blueberries (frozen)  
1 cup(s)  
grapes  
5 oz  
lemon juice  
2.81 fl oz  
2 Tbsp  
oranges  
2.5 fruit  
pears  
1 large

## Ingredients

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.

balsamic vinegar  
3 Tbsp

## Legumes & Beans

black beans, no salt, boiled  
0.75 Cup(s)  
green snap beans  
1 Cup(s)  
hummus, lower sodium  
4 Tbsp  
sprouted lentils  
1.5 Cup(s)

## Nuts & Seeds

almond butter  
6 Tbsp  
almond butter (unsweetened)  
2 tablespoon(s)  
almonds  
2 oz  
walnuts  
3.5 oz

## Poultry

chicken breast, boneless skinless  
17 oz  
chicken breast, cooked  
3.25 oz  
chicken breast skinless  
8 oz

## Spices & Herbs

cinnamon, ground  
0.26 tsp  
nutmeg, ground  
0.26 tsp  
thyme, dried  
0.5 tbsp

## Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake  
2 Scoop

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.

## Uncategorized

figs raw  
2 medium  
ground flaxseed  
0.66 tablespoons  
natural turkey bacon by applegate farms  
3 slice  
old fashioned oats by quaker  
0.66 Cup(s)

## Vegetables

artichokes  
1.5 medium  
baby carrots  
50 large  
broccoli, no salt, boiled  
1.5 Cup(s)  
carrots  
0.75 cup  
celery  
0.75 cup  
garlic  
4.38 clove  
kale, no salt, boiled  
2 Cup(s)  
onions  
0.5 cup  
romaine lettuce  
9 leaf  
5 Cup(s)  
spinach  
2 Cup(s)  
spinach, no salt, boiled  
3 Cup(s)  
sweet potato, no salt, baked  
1.75 Cup(s)  
4 small  
tomatoes  
3 cup