



Eating right, simplified.

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

## DAY 1

### Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
whole eggs, scrambled	1 large	91 cal
drinking water	2 Cup(s)	0 cal
oatmeal, steel cut	1/2 Cup(s)	300 cal

MEAL TOTAL: **Calories** 474 cal / **Carbs** 76 g (63%) / **Protein** 17 g (14%) / **Fat** 12 g (23%) / **Fluid** 22

NOTES:

### Snack

10:00 AM

low-fat cottage cheese, 1%	1 Cup(s)	163 cal
tangerines/ mandarin oranges	2 medium	89 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 46 g (53%) / **Protein** 33 g (37%) / **Fat** 4 g (10%) / **Fluid** 27

NOTES:

### Lunch

12:00 PM

triscuit crackers, light salt	6 crackers	120 cal
baby carrots	15 large	79 cal
tofurky deli slices	2 oz	109 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat dinner rolls	2 roll	149 cal
dijon mustard	2 tsp	10 cal

MEAL TOTAL: **Calories** 475 cal / **Carbs** 75 g (62%) / **Protein** 24 g (19%) / **Fat** 10 g (19%) / **Fluid** 25

NOTES:

### Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
garden veggie tempeh	4 oz	251 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 476 cal / **Carbs** 64 g (54%) / **Protein** 31 g (26%) / **Fat** 11 g (20%) / **Fluid** 23

NOTES:

**DAY 1 TOTAL: Calories** 1,767 cal / **Carbs** 262 g (59%) / **Protein** 105 g (23%) / **Fat** 37 g (18%) / **Fluid** 96

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## DAY 2

### Breakfast

7:00 AM

kashi golean crunch cereal	1 1/2 Cup(s)	290 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 511 cal / **Carbs** 77 g (56%) / **Protein** 32 g (24%) / **Fat** 12 g (20%) / **Fluid** 29

NOTES:

### Snack

10:00 AM

medjool dates	2 date, pitted	133 cal
honey peanut yogurt balance bar	1 bar	200 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 58 g (64%) / **Protein** 16 g (18%) / **Fat** 7 g (18%) / **Fluid** 16

NOTES:

### Lunch

12:00 PM

avocados	1/4 cup	58 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	2 tortilla	254 cal
salsa, ready to serve	2 Tbsp	10 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal

MEAL TOTAL: **Calories** 492 cal / **Carbs** 74 g (59%) / **Protein** 21 g (16%) / **Fat** 14 g (25%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

balsamic vinaigrette salad dressing, lower sodium	2 Tbsp	70 cal
barley, cooked	1 1/4 Cup(s)	241 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
vegan chicken fillets, meat free	4 oz	97 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	2 Cup(s)	16 cal

MEAL TOTAL: **Calories** 463 cal / **Carbs** 81 g (66%) / **Protein** 21 g (17%) / **Fat** 9 g (17%) / **Fluid** 26

NOTES:

**DAY 2 TOTAL: Calories** 1,799 cal / **Carbs** 289 g (61%) / **Protein** 90 g (19%) / **Fat** 42 g (20%) / **Fluid** 93



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### DAY 3

#### Breakfast

7:00 AM

smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
whole eggs, scrambled	1 large	91 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 58 g (47%) / **Protein** 20 g (16%) / **Fat** 21 g (37%) / **Fluid** 18

NOTES:

#### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
honey peanut yogurt balance bar	1 bar	200 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 335 cal / **Carbs** 57 g (63%) / **Protein** 17 g (18%) / **Fat** 8 g (19%) / **Fluid** 20

NOTES:

#### Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
dijon mustard	2 tsp	10 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	4 leaf	4 cal
meat free bacon	4 slices	90 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 469 cal / **Carbs** 70 g (58%) / **Protein** 21 g (18%) / **Fat** 12 g (24%) / **Fluid** 24

NOTES:

#### Dinner

6:00 PM

whole-wheat pita bread	1 small	74 cal
mango black bean salad	1/2 serving	208 cal
vegan chicken strips, meat free	3 oz	217 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 54 g (42%) / **Protein** 28 g (22%) / **Fat** 21 g (36%) / **Fluid** 22

NOTES:

**DAY 3 TOTAL: Calories** 1,780 cal / **Carbs** 239 g (52%) / **Protein** 85 g (18%) / **Fat** 62 g (30%) / **Fluid** 83



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## DAY 4

### Breakfast

7:00 AM

blueberries	1/2 Cup(s)	41 cal
almonds, slivered	1 oz	153 cal
drinking water	1 Cup(s)	0 cal
oatmeal, steel cut	1/3 Cup(s)	200 cal
skim milk with calcium	1 Cup(s)	86 cal

MEAL TOTAL: **Calories** 481 cal / **Carbs** 69 g (58%) / **Protein** 22 g (18%) / **Fat** 13 g (24%) / **Fluid** 18

NOTES:

### Snack

10:00 AM

tangerines/ mandarin oranges	2 medium	89 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
coconut water	2 Cup(s)	91 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 46 g (53%) / **Protein** 33 g (37%) / **Fat** 4 g (10%) / **Fluid** 27

NOTES:

### Lunch

12:00 PM

mango black bean salad	1/2 serving	208 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	3 oz	217 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 54 g (42%) / **Protein** 28 g (22%) / **Fat** 21 g (36%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
drinking water	2 Cup(s)	0 cal
teriyaki tofu, baked	6 oz	272 cal
mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 59 g (43%) / **Protein** 51 g (38%) / **Fat** 11 g (19%) / **Fluid** 20

NOTES:

**DAY 4 TOTAL: Calories** 1,830 cal / **Carbs** 229 g (49%) / **Protein** 133 g (28%) / **Fat** 49 g (23%) / **Fluid** 86



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## DAY 5

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
protein waffles	1 waffles	100 cal
whole eggs, scrambled	2 large	182 cal

MEAL TOTAL: **Calories** 411 cal / **Carbs** 33 g (33%) / **Protein** 29 g (28%) / **Fat** 18 g (39%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

blueberries	1 Cup(s)	83 cal
low-fat cottage cheese, 1%	1 Cup(s)	163 cal
almonds, slivered	1/2 oz	77 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 322 cal / **Carbs** 33 g (40%) / **Protein** 32 g (40%) / **Fat** 7 g (20%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
drinking water	2 Cup(s)	0 cal
tofurky deli slices	3 oz	164 cal
romaine lettuce	2 Cup(s)	16 cal
whole wheat dinner rolls	2 roll	149 cal
dijon mustard	2 tsp	10 cal
tomatoes	1/2 Cup(s)	16 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 500 cal / **Carbs** 76 g (58%) / **Protein** 29 g (22%) / **Fat** 11 g (20%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

black bean vegetable soup, low-fat	1 1/4 Cup(s)	175 cal
grilled vegetable sandwich	1 serving	337 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 512 cal / **Carbs** 69 g (53%) / **Protein** 17 g (13%) / **Fat** 19 g (34%) / **Fluid** 24

NOTES:

**DAY 5 TOTAL: Calories** 1,745 cal / **Carbs** 210 g (48%) / **Protein** 107 g (24%) / **Fat** 56 g (28%) / **Fluid** 102



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## DAY 6

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
salsa, ready to serve	2 Tbsp	10 cal
avocados	1/4 cup	58 cal
whole wheat tortillas	2 tortilla	254 cal
whole eggs, scrambled	1 large	91 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 70 g (52%) / **Protein** 17 g (13%) / **Fat** 21 g (35%) / **Fluid** 20

NOTES:

### Snack

10:00 AM

low-fat cottage cheese, 1%	1 Cup(s)	163 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 298 cal / **Carbs** 41 g (53%) / **Protein** 30 g (39%) / **Fat** 3 g (8%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
grilled vegetable sandwich	1 serving	337 cal
black bean vegetable soup, low-fat	1 1/4 Cup(s)	175 cal

MEAL TOTAL: **Calories** 512 cal / **Carbs** 69 g (53%) / **Protein** 17 g (13%) / **Fat** 19 g (34%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

parmesan cheese, shredded	2 Tbsp	42 cal
vegan chicken fillets, meat free	4 oz	97 cal
drinking water	2 Cup(s)	0 cal
macaroni, cooked	8 oz	281 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 522 cal / **Carbs** 78 g (55%) / **Protein** 34 g (24%) / **Fat** 13 g (21%) / **Fluid** 27

NOTES:

**DAY 6 TOTAL: Calories** 1,856 cal / **Carbs** 257 g (54%) / **Protein** 98 g (20%) / **Fat** 56 g (26%) / **Fluid** 97



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## DAY 7

### Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
whole wheat english muffin	2 muffin	268 cal
egg whites, cooked	3 large	51 cal

MEAL TOTAL: **Calories** 522 cal / **Carbs** 81 g (60%) / **Protein** 30 g (23%) / **Fat** 10 g (17%) / **Fluid** 22

NOTES:

### Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
drinking water	1 Cup(s)	0 cal
bananas	1 extra large	135 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 291 cal / **Carbs** 46 g (58%) / **Protein** 25 g (33%) / **Fat** 3 g (9%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

olive oil, mayonnaise, light	1/2 Tbsp	25 cal
meat free bacon	4 slices	90 cal
dijon mustard	1 tsp	5 cal
apples	1 large	110 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat tortillas	2 tortilla	254 cal
romaine lettuce	4 leaf	4 cal

MEAL TOTAL: **Calories** 488 cal / **Carbs** 70 g (56%) / **Protein** 21 g (17%) / **Fat** 15 g (27%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

garden veggie tempeh	4 oz	251 cal
barley, cooked	1 Cup(s)	193 cal
peas & carrots, no salt, boiled	1 Cup(s)	38 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	1 Cup(s)	8 cal
balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 73 g (55%) / **Protein** 29 g (21%) / **Fat** 14 g (24%) / **Fluid** 23

NOTES:

**DAY 7 TOTAL: Calories** 1,826 cal / **Carbs** 270 g (58%) / **Protein** 105 g (22%) / **Fat** 42 g (20%) / **Fluid** 89



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.	



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.



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## 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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# Shopping List

## Accompaniments

balsamic vinaigrette salad dressing, lower sodium

4 Tbsp

dijon mustard

7 tsp

olive oil, mayonnaise, light

0.5 Tbsp

salsa, ready to serve

4 Tbsp

## Beverages

coconut water

5 Cup(s)

drinking water

40 Cup(s)

iced tea, green

48 fl. oz.

## Bread

french bread

1 medium slice

protein waffles

1 waffles

whole-wheat pita bread

2 small

whole wheat dinner rolls

4 roll

whole wheat english muffin

3 muffin

whole wheat tortillas

8 tortilla

## Cereal & Grain Products

barley, cooked

2.25 Cup(s)

kashi golean crunch cereal

1.5 Cup(s)

macaroni, cooked

8 oz

oatmeal, steel cut

0.83 Cup(s)

pesto basil sauce, low-fat



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0.26 Cup(s)  
wild rice, cooked  
1 Cup(s)

## Cookies & Crackers

triscuit crackers, light salt  
6 crackers

## Dairy & Egg

egg whites, cooked  
3 large  
low-fat cottage cheese, 1%  
4 Cup(s)  
parmesan cheese, shredded  
2 Tbsp  
skim milk with calcium  
4 Cup(s)  
whole eggs, scrambled  
7 large

## Entrees

vegan chicken strips, meat free  
6 oz

## Fats & Oils

extra virgin olive oil  
0.5 Tbsp  
olive oil  
2 Tbsp

## Fruits & Juices

apples  
3 large  
avocados  
0.5 cup  
bananas  
3 extra large  
blueberries  
2.5 Cup(s)  
mangos  
0.5 fruit  
medjool dates

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2 date, pitted  
orange juice  
3 Cup(s)  
tangerines/ mandarin oranges  
4 medium

## Legumes & Beans

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

## Nuts & Seeds

almonds, slivered  
1.5 oz  
smooth peanut butter, no salt  
1.5 Tbsp

## Sausages & Meats

meat free bacon  
8 slices

## Soup

black bean vegetable soup, low-fat  
2.5 Cup(s)

## Spices & Herbs

cumin ground  
0.5 tsp

## Sports & Diet Nutritionals

honey peanut yogurt balance bar  
2 bar  
trulean vegan plant based protein frosted vanilla cupcake  
1 Scoop

## Vegetables

baby carrots  
15 large  
eggplant

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3 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  
1.16 cup  
romaine lettuce  
7 Cup(s)  
8 leaf  
spinach, no salt, boiled  
1 Cup(s)  
sweet white corn, no salt, boiled  
0.34 cup  
tomatoes  
0.75 Cup(s)  
zucchini/summer squash  
1 cup

## Vegetarian Products

garden veggie tempeh  
8 oz  
teriyaki tofu, baked  
6 oz  
tofurky deli slices  
5 oz  
vegan chicken fillets, meat free  
14 oz