



Eating right, simplified.

## 2,100 Calorie Plan (Vegetarian) 4 meals.day

### DAY 1

#### Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	16 fl oz	0 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
blueberries	1 Cup(s)	83 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 453 cal / **Carbs** 64 g (58%) / **Protein** 22 g (20%) / **Fat** 11 g (22%) / **Fluid** 25  
ADDITIONAL NUTRIENTS: **Sodium** 169 mg / **Calcium** 43 mg

NOTES:

#### Snack

10:00 AM

apples	1 large	110 cal
almond butter	2 Tbsp	200 cal
pea milk unsweetened original-ripple	12 fl oz	105 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 35 g (39%) / **Protein** 19 g (20%) / **Fat** 16 g (41%) / **Fluid** 6  
ADDITIONAL NUTRIENTS: **Sodium** 2 mg / **Calcium** 93 mg

NOTES:

#### Lunch

12:00 PM

whole-wheat pita bread	2 small	149 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	3 leaf	3 cal
baby carrots	12 large	63 cal
drinking water	16 fl oz	0 cal
vegan chicken strips, meat free	5 oz	361 cal

MEAL TOTAL: **Calories** 584 cal / **Carbs** 64 g (42%) / **Protein** 37 g (24%) / **Fat** 23 g (34%) / **Fluid** 24  
ADDITIONAL NUTRIENTS: **Sodium** 78 mg / **Calcium** 76 mg

NOTES:

#### Dinner

6:00 PM

drinking water	16 fl oz	0 cal
wild rice, cooked	1 Cup(s)	166 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal
garden veggie tempeh	4 oz	251 cal

MEAL TOTAL: **Calories** 650 cal / **Carbs** 96 g (58%) / **Protein** 44 g (26%) / **Fat** 12 g (16%) / **Fluid** 30  
ADDITIONAL NUTRIENTS: **Sodium** 162 mg / **Calcium** 129 mg

NOTES:

**DAY 1 TOTAL: Calories** 2,103 cal / **Carbs** 259 g (50%) / **Protein** 121 g (23%) / **Fat** 62 g (27%) / **Fluid** 85

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.

---

**ADDITIONAL NUTRIENTS: Sodium** 411 mg / **Calcium** 342 mg

---

**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

fat free 100% lactose free milk	1 Cup(s)	89 cal
bananas	1 extra large	135 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
ezekiel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
almond butter	2 Tbsp	200 cal
almond milk (unsweetened)	1 1/2 cup(s)	53 cal

MEAL TOTAL: **Calories** 667 cal / **Carbs** 72 g (43%) / **Protein** 43 g (26%) / **Fat** 24 g (31%) / **Fluid** 4

ADDITIONAL NUTRIENTS: **Sodium** 632 mg / **Calcium** 448 mg

NOTES:

### Snack

10:00 AM

drinking water	16 fl oz	0 cal
grapes	5 oz	81 cal
almonds	1 1/2 oz	243 cal

MEAL TOTAL: **Calories** 324 cal / **Carbs** 29 g (33%) / **Protein** 10 g (11%) / **Fat** 22 g (56%) / **Fluid** 20

ADDITIONAL NUTRIENTS: **Sodium** 2 mg / **Calcium** 165 mg

NOTES:

### Lunch

12:00 PM

romaine lettuce	2 Cup(s)	16 cal
extra virgin olive oil	1 Tbsp	120 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
whole wheat dinner rolls	2 roll	149 cal
balsamic vinegar	2 Tbsp	28 cal
drinking water	16 fl oz	0 cal
vegan chicken strips, meat free	3 oz	217 cal

MEAL TOTAL: **Calories** 622 cal / **Carbs** 71 g (44%) / **Protein** 24 g (15%) / **Fat** 30 g (41%) / **Fluid** 21

ADDITIONAL NUTRIENTS: **Sodium** 308 mg / **Calcium** 102 mg

NOTES:

### Dinner

6:00 PM

red lentil chili	1 Cup(s)	170 cal
drinking water	16 fl oz	0 cal
sweet potato, no salt, baked	1 1/2 large	243 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 496 cal / **Carbs** 96 g (74%) / **Protein** 25 g (19%) / **Fat** 4 g (7%) / **Fluid** 34

ADDITIONAL NUTRIENTS: **Sodium** 999 mg / **Calcium** 632 mg

NOTES:

**DAY 2 TOTAL: Calories** 2,109 cal / **Carbs** 268 g (48%) / **Protein** 102 g (19%) / **Fat** 79 g (33%) / **Fluid** 79

ADDITIONAL NUTRIENTS: **Sodium** 1,940 mg / **Calcium** 1,348 mg

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 3

### Breakfast

7:00 AM

oranges	1 fruit	69 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 482 cal / **Carbs** 50 g (39%) / **Protein** 31 g (24%) / **Fat** 21 g (37%) / **Fluid** 5  
ADDITIONAL NUTRIENTS: **Sodium** 358 mg / **Calcium** 131 mg

NOTES:

### Snack

10:00 AM

egg, hard boiled	2 large	155 cal
bananas	1 extra large	135 cal
drinking water	16 fl oz	0 cal
natural peanut butter	2 tablespoons	190 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 44 g (35%) / **Protein** 21 g (17%) / **Fat** 27 g (48%) / **Fluid** 22  
ADDITIONAL NUTRIENTS: **Sodium** 126 mg / **Calcium** 58 mg

NOTES:

### Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
apples	1 large	110 cal
olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
romaine lettuce	2 leaf	2 cal
drinking water	16 fl oz	0 cal
tempeh	4 oz	216 cal
ezekiel 4:9 sprouted 100% whole grain bread by foo...	2 slice	160 cal

MEAL TOTAL: **Calories** 578 cal / **Carbs** 75 g (49%) / **Protein** 30 g (20%) / **Fat** 21 g (31%) / **Fluid** 28  
ADDITIONAL NUTRIENTS: **Sodium** 337 mg / **Calcium** 150 mg

NOTES:

### Dinner

6:00 PM

hearts of palm risotto	1 serving	305 cal
vegan chicken fillets, meat free	6 oz	146 cal
drinking water	16 fl oz	0 cal
kale, no salt, boiled	2 Cup(s)	73 cal
green beans	1 cups	35 cal

MEAL TOTAL: **Calories** 559 cal / **Carbs** 86 g (61%) / **Protein** 32 g (22%) / **Fat** 11 g (17%) / **Fluid** 37  
ADDITIONAL NUTRIENTS: **Sodium** 118 mg / **Calcium** 191 mg

NOTES:

**DAY 3 TOTAL: Calories** 2,099 cal / **Carbs** 254 g (46%) / **Protein** 114 g (21%) / **Fat** 80 g (33%) / **Fluid** 92  
**ADDITIONAL NUTRIENTS: Sodium** 938 mg / **Calcium** 529 mg



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	2 large	155 cal
drinking water	8 fl oz	0 cal
pea milk unsweetened original-ripple	8 fl oz	70 cal

MEAL TOTAL: **Calories** 532 cal / **Carbs** 64 g (52%) / **Protein** 22 g (18%) / **Fat** 16 g (30%) / **Fluid** 15  
ADDITIONAL NUTRIENTS: **Sodium** 125 mg / **Calcium** 59 mg

NOTES:

### Snack

10:00 AM

pears	1 large	119 cal
almonds	1 oz	162 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
almond milk (unsweetened)	1 1/2 cup(s)	53 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 41 g (35%) / **Protein** 30 g (26%) / **Fat** 21 g (39%) / **Fluid** 6  
ADDITIONAL NUTRIENTS: **Sodium** 434 mg / **Calcium** 159 mg

NOTES:

### Lunch

12:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
iced tea, green	16 fl oz	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1 Tbsp	14 cal
hearts of palm risotto	1 serving	305 cal
green beans	1 cups	35 cal

MEAL TOTAL: **Calories** 516 cal / **Carbs** 77 g (60%) / **Protein** 28 g (22%) / **Fat** 10 g (18%) / **Fluid** 32  
ADDITIONAL NUTRIENTS: **Sodium** 101 mg / **Calcium** 39 mg

NOTES:

### Dinner

6:00 PM

garden veggie tempeh	6 oz	376 cal
drinking water	16 fl oz	0 cal
wild rice, cooked	1 Cup(s)	166 cal
summer squash, no salt, boiled	2 cup	72 cal

MEAL TOTAL: **Calories** 614 cal / **Carbs** 76 g (49%) / **Protein** 43 g (27%) / **Fat** 17 g (24%) / **Fluid** 32  
ADDITIONAL NUTRIENTS: **Sodium** 99 mg / **Calcium** 102 mg

NOTES:

**DAY 4 TOTAL: Calories** 2,106 cal / **Carbs** 258 g (50%) / **Protein** 123 g (23%) / **Fat** 64 g (27%) / **Fluid** 85  
**ADDITIONAL NUTRIENTS: Sodium** 760 mg / **Calcium** 359 mg



Eating right, simplified.

## DAY 5

### Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
oat bran flakes cereal	1 1/2 Cup(s)	268 cal
egg, hard boiled	1 large	78 cal
egg whites, cooked	4 large	69 cal
almond milk (unsweetened)	1 cup(s)	35 cal

**MEAL TOTAL:** **Calories** 449 cal / **Carbs** 58 g (52%) / **Protein** 29 g (26%) / **Fat** 11 g (22%) / **Fluid** 13  
**ADDITIONAL NUTRIENTS:** **Sodium** 466 mg / **Calcium** 91 mg

NOTES:

### Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	16 fl oz	0 cal
hummus	4 Tbsp	110 cal
celery	3 medium stalk	19 cal
cucumber	1 cup	5 cal

**MEAL TOTAL:** **Calories** 444 cal / **Carbs** 53 g (47%) / **Protein** 11 g (9%) / **Fat** 22 g (44%) / **Fluid** 28  
**ADDITIONAL NUTRIENTS:** **Sodium** 249 mg / **Calcium** 177 mg

NOTES:

### Lunch

12:00 PM

baby carrots	10 large	53 cal
vegan chicken strips, meat free	6 oz	434 cal
romaine lettuce	2 leaf	2 cal
drinking water	16 fl oz	0 cal
whole-wheat pita bread	2 small	149 cal
tomatoes	1/4 Cup(s)	8 cal

**MEAL TOTAL:** **Calories** 645 cal / **Carbs** 64 g (39%) / **Protein** 42 g (25%) / **Fat** 27 g (36%) / **Fluid** 23  
**ADDITIONAL NUTRIENTS:** **Sodium** 75 mg / **Calcium** 65 mg

NOTES:

### Dinner

6:00 PM

three bean vegetarian chili soup, lower sodium	1 1/2 Cup(s)	225 cal
drinking water	16 fl oz	0 cal
portabella mushroom burger with bruschetta topping	1 serving	293 cal
nutritional yeast seasoning	2 Tbsp	40 cal

**MEAL TOTAL:** **Calories** 558 cal / **Carbs** 95 g (65%) / **Protein** 31 g (21%) / **Fat** 9 g (14%) / **Fluid** 20  
**ADDITIONAL NUTRIENTS:** **Sodium** 410 mg / **Calcium** 225 mg

NOTES:

**DAY 5 TOTAL:** **Calories** 2,097 cal / **Carbs** 269 g (50%) / **Protein** 112 g (21%) / **Fat** 68 g (29%) / **Fluid** 84  
**ADDITIONAL NUTRIENTS:** **Sodium** 1,200 mg / **Calcium** 557 mg

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 6

### Breakfast

7:00 AM

whole wheat english muffin	1 muffin	134 cal
almond butter	1 Tbsp	100 cal
peaches	1 large	61 cal
almond milk (unsweetened)	1 1/2 cup(s)	53 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 48 g (41%) / **Protein** 34 g (28%) / **Fat** 16 g (31%) / **Fluid** 6

ADDITIONAL NUTRIENTS: **Sodium** 552 mg / **Calcium** 289 mg

NOTES:

### Snack

10:00 AM

drinking water	16 fl oz	0 cal
cottage cheese, 2% milkfat	1 1/2 Cup(s)	292 cal
blueberries	1 Cup(s)	83 cal
almonds	1 oz	162 cal

MEAL TOTAL: **Calories** 536 cal / **Carbs** 39 g (29%) / **Protein** 47 g (34%) / **Fat** 23 g (37%) / **Fluid** 29

ADDITIONAL NUTRIENTS: **Sodium** 1,120 mg / **Calcium** 393 mg

NOTES:

### Lunch

12:00 PM

three bean vegetarian chili soup, lower sodium	1 Cup(s)	150 cal
drinking water	16 fl oz	0 cal
portabella mushroom burger with bruschetta topping	1 serving	293 cal
nutritional yeast seasoning	1 Tbsp	20 cal

MEAL TOTAL: **Calories** 463 cal / **Carbs** 77 g (65%) / **Protein** 23 g (19%) / **Fat** 8 g (16%) / **Fluid** 20

ADDITIONAL NUTRIENTS: **Sodium** 386 mg / **Calcium** 175 mg

NOTES:

### Dinner

6:00 PM

italian herb chik'n patties, meat free	2 pattie	340 cal
wild rice, cooked	1/2 Cup(s)	83 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
drinking water	16 fl oz	0 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 657 cal / **Carbs** 102 g (59%) / **Protein** 44 g (26%) / **Fat** 12 g (15%) / **Fluid** 32

ADDITIONAL NUTRIENTS: **Sodium** 736 mg / **Calcium** 563 mg

NOTES:

**DAY 6 TOTAL: Calories** 2,114 cal / **Carbs** 267 g (49%) / **Protein** 148 g (27%) / **Fat** 59 g (24%) / **Fluid** 87

**ADDITIONAL NUTRIENTS: Sodium** 2,794 mg / **Calcium** 1,420 mg



Eating right, simplified.

## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	2 large	155 cal
bananas	1 extra large	135 cal
drinking water	16 fl oz	0 cal
natural peanut butter	2 tablespoons	190 cal
plain greek yogurt, nonfat	8 oz	134 cal

MEAL TOTAL: **Calories** 614 cal / **Carbs** 52 g (33%) / **Protein** 44 g (28%) / **Fat** 28 g (39%) / **Fluid** 29  
ADDITIONAL NUTRIENTS: **Sodium** 207 mg / **Calcium** 307 mg

NOTES:

### Snack

10:00 AM

baby carrots	15 large	79 cal
drinking water	16 fl oz	0 cal
hummus	4 Tbsp	110 cal
wheat thin crackers	20 crackers	160 cal
cucumber	1 cup	5 cal

MEAL TOTAL: **Calories** 354 cal / **Carbs** 60 g (67%) / **Protein** 7 g (7%) / **Fat** 11 g (26%) / **Fluid** 25  
ADDITIONAL NUTRIENTS: **Sodium** 181 mg / **Calcium** 108 mg

NOTES:

### Lunch

12:00 PM

olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl oz	0 cal
whole wheat tortillas	2 tortilla	254 cal
spicy quinoa & black beans	3/4 serving	290 cal

MEAL TOTAL: **Calories** 625 cal / **Carbs** 87 g (55%) / **Protein** 22 g (14%) / **Fat** 22 g (31%) / **Fluid** 21  
ADDITIONAL NUTRIENTS: **Sodium** 315 mg / **Calcium** 259 mg

NOTES:

### Dinner

6:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
drinking water	16 fl oz	0 cal
kale, no salt, boiled	2 Cup(s)	73 cal
sweet potato, no salt, baked	1 1/2 large	243 cal
olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 522 cal / **Carbs** 86 g (62%) / **Protein** 30 g (21%) / **Fat** 11 g (17%) / **Fluid** 31  
ADDITIONAL NUTRIENTS: **Sodium** 157 mg / **Calcium** 290 mg

NOTES:

**DAY 7 TOTAL: Calories** 2,115 cal / **Carbs** 285 g (52%) / **Protein** 103 g (19%) / **Fat** 71 g (29%) / **Fluid** 106  
**ADDITIONAL NUTRIENTS: Sodium** 860 mg / **Calcium** 963 mg



Eating right, simplified.



1 Servings

# fbcc 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.		

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.



2 Servings

## hearts of palm risotto

### Ingredients

vegetable broth soup, low sodium  
3 Cup(s)

olive oil  
1 Tbsp

arborio rice  
1/2 Cup(s)

white wine  
1/4 Cup(s)

hearts of palm  
1/2 Cup(s)

onions  
1 small slice

### Nutrition Totals

**Calories** 609 / **Carbs** 97 g / **Protein** 11 g / **Fat** 15 g / **Fluid** 26 fl oz

### Instructions

1. Heat 1 tablespoon of olive oil in a large, heavy-bottomed saucepan over medium-high heat. Add the onion; cook and stir until it begins to turn golden brown at the edges, about 2 minutes.
2. Pour in the rice, and stir until the rice is coated in oil and has started to toast, 2 to 3 minutes. Reduce the heat to medium and stir in the white wine. Let it cook until it has mostly evaporated, then stir in one-third of the boiling vegetable broth; continue stirring until incorporated.
3. Repeat this process twice more, stirring constantly. Incorporating the broth should take 15 to 20 minutes in all.
4. When the rice is mostly tender, but still has a very slight crunch, stir in the hearts of palm; season with salt and pepper. Cook for another minute to heat through then stir in parsley and serve immediately.



Eating right, simplified.

## Nutrition Label

Hearts Of Palm Risotto	
Amount Per Serving	
Calories	305
% Daily Value*	
Total Fat 7.2g	11%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrates 48.5g	16%
Dietary Fiber 3g	12%
Total Sugar 2.4g	
Protein 5.4g	
Vitamin D 0IU	0%
Calcium 3.7mg	0%
Iron 0.8mg	5%
Potassium 27.5mg	
* 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.



2 Servings

## portabella mushroom burger with bruschetta topping

### Ingredients

olive oil

2/3 Tbsp

balsamic vinegar

1/2 Tbsp

basil

1/3 Cup(s)

roma tomatoes

2 Cup(s)

garlic

1 clove

kaiser rolls

2 roll

black pepper

1/2 tsp

portabella mushroom

2 cup

### Nutrition Totals

**Calories** 587 / **Carbs** 86 g / **Protein** 20 g / **Fat** 15 g / **Fluid** 7 fl oz

### Instructions

1. Mix tomatoes, basil, balsamic vinegar, garlic, olive oil, and black pepper in a bowl and refrigerate to blend flavors, 1 to 2 hours.
2. Preheat grill for medium heat and lightly oil the grate.
3. Grill portabella mushrooms with gill sides up on an upper rack of the grill until juicy and hot, about 15 minutes. Spoon tomato mixture into mushroom caps to cover entire cap. Continue grilling until topping is heated through, another 15 to 20 minutes.
4. Serve on kaiser rolls.



Eating right, simplified.

## Nutrition Label

Portabella Mushroom Burger With Bruschetta Topping	
Amount Per Serving	
Calories	293
% Daily Value*	
Total Fat 7.2g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 337.8mg	14%
Total Carbohydrates 42.9g	14%
Dietary Fiber 2.6g	11%
Total Sugar 7.7g	
Protein 9.8g	
Vitamin D 8.6IU	1%
Calcium 75mg	8%
Iron 4.6mg	26%
Potassium 932.6mg	
* 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.



1 Servings

## spicy quinoa & black beans

### Ingredients

red pepper, spices  
1/8 tsp

cilantro leaves raw, coriander  
5 sprigs

onions  
1/4 cup

garlic  
1/2 clove

quinoa  
1/4 Cup(s)

cumin ground  
1/4 tsp

black beans, no salt, boiled  
3/4 Cup(s)

extra virgin olive oil  
1/3 Tbsp

### Nutrition Totals

**Calories** 386 / **Carbs** 62 g / **Protein** 18 g / **Fat** 8 g / **Fluid** 4 fl oz

### Instructions

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and saute until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin & cayenne pepper (with salt & pepper to taste). Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
3. Stir corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.



Eating right, simplified.

## Nutrition Label

Spicy Quinoa & Black Beans		
Amount Per Serving		
Calories		386
		% Daily Value*
Total Fat	8.1g	13%
Saturated Fat	1.1g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	9.9mg	0%
Total Carbohydrates	61.7g	21%
Dietary Fiber	15g	60%
Total Sugar	1.3g	
Protein	18.2g	
Vitamin D	0IU	0%
Calcium	71.9mg	7%
Iron	4.9mg	28%
Potassium	807.6mg	
* 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

## Accompaniments

olive oil, mayonnaise, light  
3 Tbsp

## Beverages

almond milk (unsweetened)  
6.5 cup(s)  
drinking water  
320 fl oz  
iced tea, green  
32 fl oz  
white wine  
0.26 Cup(s)

## Bread

kaiser rolls  
2 roll  
whole-wheat pita bread  
4 small  
whole wheat dinner rolls  
2 roll  
whole wheat english muffin  
1 muffin  
whole wheat tortillas  
2 tortilla

## Cereal & Grain Products

arborio rice  
0.5 Cup(s)  
oat bran flakes cereal  
1.5 Cup(s)  
quinoa  
0.19 Cup(s)  
whole grain rolled oats, dry  
1.5 Cup(s)  
wild rice, cooked  
2.5 Cup(s)

## Cookies & Crackers

wheat thin crackers

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.

20 crackers

## Dairy & Egg

cottage cheese, 2% milkfat

1.5 Cup(s)

egg, hard boiled

8 large

egg whites, cooked

8 large

fat free 100% lactose free milk

1 Cup(s)

plain greek yogurt, nonfat

8 oz

## Entrees

vegan chicken strips, meat free

14 oz

## Fats & Oils

extra virgin olive oil

1.25 Tbsp

olive oil

2.16 Tbsp

## Fruits & Juices

apples

3 large

avocado

0.25 avocado

bananas

3 extra large

blueberries

3 Cup(s)

cranberries, dried sweetened

0.25 Cup(s)

grapes

5 oz

oranges

1 fruit

peaches

1 large

pears

1 large



Eating right, simplified.

## Ingredients

balsamic vinegar  
3.5 Tbsp

## Legumes & Beans

black beans, no salt, boiled  
1.9 Cup(s)  
hummus  
8 Tbsp  
red lentil chili  
1 Cup(s)

## Nuts & Seeds

almond butter  
7 Tbsp  
almond butter (unsweetened)  
1 tablespoon(s)  
almonds  
3.5 oz  
natural peanut butter  
4 tablespoons

## Soup

three bean vegetarian chili soup, lower sodium  
2.5 Cup(s)  
vegetable broth soup, low sodium  
3 Cup(s)

## Spices & Herbs

basil  
0.34 Cup(s)  
black pepper  
0.5 tsp  
cumin ground  
0.19 tsp  
nutritional yeast seasoning  
3 Tbsp  
red pepper, spices  
0.09 tsp

## Sports & Diet Nutritionals

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.



trulean vegan plant based protein frosted vanilla cupcake  
4 Scoop

## Uncategorized

ezeziel 4:9 sprouted 100% whole grain bread by food for life  
3 slice  
frozen fruit dark sweet cherries by dole  
1 Cup(s)  
green beans  
2 cups  
ice cubes  
4 cubes  
pea milk unsweetened original-ripple  
20 fl oz

## Vegetables

baby carrots  
37 large  
broccoli, no salt, boiled  
1.5 Cup(s)  
celery  
3 medium stalk  
cilantro leaves raw, coriander  
3.75 sprigs  
cucumber  
2 cup  
garlic  
1.38 clove  
hearts of palm  
0.5 Cup(s)  
kale, no salt, boiled  
4 Cup(s)  
onions  
1 small slice  
0.19 cup  
portabella mushroom  
2 cup  
romaine lettuce  
7 leaf  
4 Cup(s)  
roma tomatoes  
2 Cup(s)  
spinach, no salt, boiled  
4 Cup(s)  
summer squash, no salt, boiled  
2 cup  
sweet potato, no salt, baked



Eating right, simplified.

3 large  
tomatoes  
1.25 Cup(s)

## Vegetarian Products

garden veggie tempeh  
10 oz  
italian herb chik'n patties, meat free  
2 pattie  
tempeh  
4 oz  
vegan chicken fillets, meat free  
18 oz