



Eating right, simplified.

2,000 Calorie Plan (Protein) 4 meals.day

DAY 1

Breakfast

7:00 AM

whole eggs, poached	2 large	143 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
egg whites, cooked	4 large	69 cal
bananas	1 large	121 cal
almond milk (unsweetened)	1 cup(s)	35 cal
spinach	1 Cup(s)	7 cal
walnuts (raw)	1 tablespoon(s)	49 cal

MEAL TOTAL: **Calories** 573 cal / **Carbs** 63 g (44%) / **Protein** 31 g (22%) / **Fat** 21 g (34%) / **Fluid** 11

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
string cheese, light	2 serving	100 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 32 g (40%) / **Protein** 37 g (45%) / **Fat** 5 g (15%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
whole wheat bread	1 slice	100 cal
tomatoes	1/4 Cup(s)	8 cal
chicken, boneless, roasted	4 oz	189 cal
dijon mustard	2 tsp	10 cal
drinking water	2 Cup(s)	0 cal
sharp cheddar, sliced	2 slice	220 cal
pretzel sticks, no salt	1 1/2 oz	162 cal

MEAL TOTAL: **Calories** 691 cal / **Carbs** 56 g (33%) / **Protein** 52 g (30%) / **Fat** 28 g (37%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
drinking water	2 Cup(s)	0 cal
quinoa, cooked	2/3 Cup(s)	148 cal
halibut fish, cooked	6 oz	189 cal
brussels sprouts, no salt, boiled	1 1/2 Cup(s)	42 cal

MEAL TOTAL: **Calories** 439 cal / **Carbs** 35 g (31%) / **Protein** 47 g (43%) / **Fat** 13 g (26%) / **Fluid** 27

NOTES:

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 1 TOTAL: Calories 2,013 cal / **Carbs** 186 g (37%) / **Protein** 167 g (33%) / **Fat** 68 g (30%) / **Fluid** 80

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

fbbc cherry almond butter shake	1 serving	403 cal
ezeikel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
almond butter (unsweetened)	1 tablespoon(s)	98 cal

MEAL TOTAL: **Calories** 581 cal / **Carbs** 49 g (32%) / **Protein** 39 g (25%) / **Fat** 28 g (43%) / **Fluid** 1

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
almond butter	1 Tbsp	100 cal
egg, hard boiled	3 large	233 cal

MEAL TOTAL: **Calories** 443 cal / **Carbs** 34 g (31%) / **Protein** 22 g (20%) / **Fat** 24 g (49%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	2 tsp	33 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
romaine lettuce	2 leaf	2 cal
tuna fish, very low-sodium, in water	8 oz	224 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 55 g (41%) / **Protein** 59 g (45%) / **Fat** 8 g (14%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

beef t-bone, broiled	6 oz	321 cal
drinking water	2 Cup(s)	0 cal
baked potato, no salt	1 small	128 cal
mustard greens, no salt, boiled	1/2 cup	18 cal
butter, no salt	1/3 Tbsp	34 cal

MEAL TOTAL: **Calories** 502 cal / **Carbs** 32 g (26%) / **Protein** 49 g (39%) / **Fat** 19 g (35%) / **Fluid** 25

NOTES:

DAY 2 TOTAL: Calories 2,034 cal / **Carbs** 170 g (33%) / **Protein** 170 g (33%) / **Fat** 80 g (34%) / **Fluid** 76



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

almond butter	2 Tbsp	200 cal
egg whites, cooked	6 large	103 cal
spinach	1 Cup(s)	7 cal
ezekiel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
bananas	1 medium	105 cal

MEAL TOTAL: **Calories** 495 cal / **Carbs** 50 g (41%) / **Protein** 34 g (27%) / **Fat** 17 g (32%) / **Fluid** 10

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
string cheese, light	2 serving	100 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 37 g (38%) / **Protein** 18 g (19%) / **Fat** 19 g (43%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

beef t-bone, broiled	8 oz	429 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	2 Tbsp	28 cal
iced tea, green	16 fl oz	0 cal
sweet potato (medium)	1/2 whole	83 cal

MEAL TOTAL: **Calories** 564 cal / **Carbs** 29 g (21%) / **Protein** 62 g (46%) / **Fat** 20 g (33%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal
fbbc chicken fajita with brown rice casserole	1/5 serving	479 cal

MEAL TOTAL: **Calories** 551 cal / **Carbs** 67 g (47%) / **Protein** 46 g (32%) / **Fat** 13 g (21%) / **Fluid** 34

NOTES:

DAY 3 TOTAL: Calories 1,982 cal / **Carbs** 184 g (37%) / **Protein** 161 g (32%) / **Fat** 70 g (31%) / **Fluid** 92



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
whole wheat tortillas	1 tortilla	127 cal
whole eggs, scrambled	2 large	182 cal
salsa, ready to serve	1 Tbsp	5 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 382 cal / **Carbs** 23 g (24%) / **Protein** 31 g (33%) / **Fat** 18 g (43%) / **Fluid** 16

NOTES:

Snack

10:00 AM

nectarines	2 fruit	120 cal
drinking water	2 Cup(s)	0 cal
low-fat cottage cheese, 1%	1 1/4 Cup(s)	203 cal
walnuts (raw)	1/4 cup(s)	196 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 40 g (30%) / **Protein** 42 g (31%) / **Fat** 23 g (39%) / **Fluid** 32

NOTES:

Lunch

12:00 PM

mixed vegetables, frozen no salt, boiled	2 Cup(s)	118 cal
drinking water	2 Cup(s)	0 cal
fbbc chicken fajita with brown rice casserole	1/5 serving	479 cal

MEAL TOTAL: **Calories** 597 cal / **Carbs** 75 g (50%) / **Protein** 48 g (32%) / **Fat** 12 g (18%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

mustard greens, no salt, boiled	2 cup	73 cal
navy beans, no salt, boiled	1/2 Cup(s)	127 cal
pork tenderloin, lean, cooked	8 oz	324 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 36 g (27%) / **Protein** 74 g (56%) / **Fat** 10 g (17%) / **Fluid** 32

NOTES:

DAY 4 TOTAL: Calories 2,023 cal / **Carbs** 175 g (34%) / **Protein** 195 g (38%) / **Fat** 63 g (28%) / **Fluid** 108



Eating right, simplified.

DAY 5

Breakfast

fbbc cherry almond butter shake

1 serving

403 cal

7:00 AM

MEAL TOTAL: **Calories** 403 cal / **Carbs** 31 g (30%) / **Protein** 31 g (30%) / **Fat** 19 g (40%) / **Fluid** 1

NOTES:

Snack

drinking water

2 Cup(s)

0 cal

10:00 AM

apples

1 large

110 cal

almond butter

2 Tbsp

200 cal

plain greek yogurt, nonfat

8 oz

134 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 43 g (38%) / **Protein** 30 g (27%) / **Fat** 17 g (35%) / **Fluid** 29

NOTES:

Lunch

extra virgin olive oil

1 Tbsp

120 cal

12:00 PM

balsamic vinegar

1/2 Tbsp

7 cal

romaine lettuce

2 Cup(s)

16 cal

drinking water

2 Cup(s)

0 cal

pork tenderloin, lean, cooked

8 oz

324 cal

baked potato, no salt

1 small

128 cal

MEAL TOTAL: **Calories** 596 cal / **Carbs** 34 g (23%) / **Protein** 64 g (43%) / **Fat** 22 g (34%) / **Fluid** 28

NOTES:

Dinner

chopped kale salad with chicken

1 1/2 serving

393 cal

6:00 PM

drinking water

2 Cup(s)

0 cal

whole-wheat pita bread

1 large

170 cal

MEAL TOTAL: **Calories** 563 cal / **Carbs** 50 g (34%) / **Protein** 55 g (38%) / **Fat** 18 g (28%) / **Fluid** 25

NOTES:

DAY 5 TOTAL: Calories 2,006 cal / **Carbs** 158 g (31%) / **Protein** 180 g (35%) / **Fat** 77 g (34%) / **Fluid** 83



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

almond butter	2 Tbsp	200 cal
whole wheat bread	1 slice	100 cal
bananas	1 extra large	135 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal
almond milk (unsweetened)	2 cup(s)	70 cal

MEAL TOTAL: **Calories** 605 cal / **Carbs** 64 g (40%) / **Protein** 39 g (25%) / **Fat** 24 g (35%) / **Fluid** 4

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	10 oz	167 cal
egg, hard boiled	1 large	78 cal
blueberries	1/2 Cup(s)	41 cal
walnuts (raw)	2 tablespoon(s)	98 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 23 g (24%) / **Protein** 38 g (38%) / **Fat** 17 g (38%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

chopped kale salad with chicken	1 1/2 serving	393 cal
iced tea, green	16 fl oz	0 cal
sweet potato (medium)	1/2 whole	83 cal

MEAL TOTAL: **Calories** 476 cal / **Carbs** 33 g (28%) / **Protein** 51 g (42%) / **Fat** 16 g (30%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

salmon, cooked	8 oz	347 cal
drinking water	2 Cup(s)	0 cal
butter, no salt	1/2 Tbsp	51 cal
summer squash, no salt, boiled	2 cup	72 cal
quinoa, cooked	1/4 Cup(s)	56 cal

MEAL TOTAL: **Calories** 526 cal / **Carbs** 25 g (19%) / **Protein** 61 g (47%) / **Fat** 20 g (34%) / **Fluid** 34

NOTES:

DAY 6 TOTAL: Calories 1,991 cal / **Carbs** 146 g (29%) / **Protein** 189 g (37%) / **Fat** 77 g (34%) / **Fluid** 90



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

whole eggs, scrambled	1 large	91 cal
drinking water	1 Cup(s)	0 cal
egg whites, cooked	6 large	103 cal
turkey sausage breakfast links	2 oz	133 cal
ezeziel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
almond butter (unsweetened)	1 tablespoon(s)	98 cal

MEAL TOTAL: **Calories** 505 cal / **Carbs** 21 g (17%) / **Protein** 44 g (35%) / **Fat** 27 g (48%) / **Fluid** 17

NOTES:

Snack

10:00 AM

hummus, lower sodium	4 Tbsp	105 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
pretzel sticks, no salt	1 oz	108 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 446 cal / **Carbs** 51 g (46%) / **Protein** 22 g (19%) / **Fat** 18 g (35%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

dijon mustard	2 tsp	10 cal
drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1 1/2 tortilla	191 cal
turkey breast, roasted	8 oz	308 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 leaf	2 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 30 g (24%) / **Protein** 73 g (57%) / **Fat** 11 g (19%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
quinoa, cooked	1/3 Cup(s)	74 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 22 g (17%) / **Protein** 47 g (36%) / **Fat** 27 g (47%) / **Fluid** 24

NOTES:

DAY 7 TOTAL: Calories 1,989 cal / **Carbs** 125 g (25%) / **Protein** 186 g (38%) / **Fat** 82 g (37%) / **Fluid** 91



1 Servings

fbbc cherry almond butter shake

Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

almond milk (unsweetened)

1 cup(s)

trulean whey isolate protein frosted vanilla cake

1 Scoop

almond butter (unsweetened)

1 tablespoon(s)

ice cubes

4 cubes

Nutrition Totals

Calories 403 / **Carbs** 31 g / **Protein** 31 g / **Fat** 19 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		
Amount Per Serving		
Calories		403
		% Daily Value*
Total Fat	19.1g	29%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	4mg	1%
Sodium	247.6mg	10%
Total Carbohydrates	31.2g	10%
Dietary Fiber	8.9g	36%
Total Sugar	19g	
Protein	31.3g	
Vitamin D	0IU	0%
Calcium	111mg	11%
Iron	0.6mg	4%
Potassium	356.7mg	
* 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.		



1 Servings



fbbc chicken fajita with brown rice casserole

Ingredients

green, red or yellow bell peppers
3 medium

white onion
1 whole

chicken breast, boneless skinless
24 oz

chicken broth, reduced sodium
1 1/2 Cup(s)

brown rice (dry measure)
1 cups

organic canned black beans
15 oz

green chilies, diced
4 oz

lime juice
1 1 fruit

pepper jack cheese
4 oz

chili powder
3 tsp

salt
1/4 tsp

cumin ground
1 tsp

garlic powder
1/2 tsp

onion powder
1/2 tsp

cayenne pepper
1/8 tsp

Nutrition Totals

Calories 2395 / **Carbs** 258 g / **Protein** 213 g / **Fat** 61 g / **Fluid** 34 fl oz

Instructions

Preheat oven to 375 degrees F.

Combine fajita seasoning ingredients in a small bowl and set aside.



Eating right, simplified.

Evenly coat the bottom of a 9x13 casserole dish with the rinsed brown rice.

Next, layer $\frac{1}{2}$ of the onions and bell peppers on top of rice.

Evenly layer cubed chicken on rice and sprinkle fajita seasoning over chicken to coat it.

Next, layer black beans and green chilies.

Finish by layering the remaining onions and bell peppers.

Gently pour chicken broth evenly over casserole. Cover dish with tin foil and bake for 30 minutes. After 30 minutes, stir the casserole contents, cover with foil again, and put back in oven for another 30 minutes. After 30 minutes, take the tin foil off and bake for another 20 minutes.

After 20 minutes, take $\frac{1}{2}$ of the lime juice and evenly pour over entire casserole. Sprinkle with cheese and place back in the oven for another 5 minutes or until cheese is melted.

Top with remaining lime juice and optional toppings and serve.



Eating right, simplified.

Nutrition Label

Fbbc Chicken Fajita With Brown Rice Casserole	
Amount Per Serving	
Calories	2395
% Daily Value*	
Total Fat 60.6g	93%
Saturated Fat 25.3g	127%
Trans Fat 0g	
Cholesterol 516.4mg	172%
Sodium 4449.4mg	185%
Total Carbohydrates 257.8g	86%
Dietary Fiber 36.4g	146%
Total Sugar 24.2g	
Protein 213.2g	
Vitamin D 13.6IU	2%
Calcium 1028.1mg	103%
Iron 12.7mg	71%
Potassium 4419.6mg	
* 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

chopped kale salad with chicken

Ingredients

kale
6 cup

chicken, boneless, roasted
16 oz

olive oil
2/3 Tbsp

lemon juice
2 Tbsp

black pepper
1 tsp

lemon peel
2 tsp

Nutrition Totals

Calories 1048 / **Carbs** 39 g / **Protein** 131 g / **Fat** 43 g / **Fluid** 23 fl oz

Instructions

1. Combine olive oil, lemon juice, lemon zest, and pepper in small bowl.
2. Pour over chopped kale and toss.
3. Divide kale into 4 bowls.
4. Top each bowl of kale with 4 oz of roasted chicken breast.



Eating right, simplified.

Nutrition Label

Chopped Kale Salad With Chicken		
Amount Per Serving		
Calories		262
		% Daily Value*
Total Fat	10.7g	17%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	123.5mg	5%
Total Carbohydrates	9.8g	3%
Dietary Fiber	3.8g	16%
Total Sugar	2.5g	
Protein	32.7g	
Vitamin D	0IU	0%
Calcium	168.5mg	17%
Iron	2.9mg	16%
Potassium	769.6mg	
* 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

dijon mustard
4 tsp
olive oil, mayonnaise, light
2 tsp
salsa, ready to serve
1 Tbsp

Beef

beef t-bone, broiled
14 oz

Beverages

almond milk (unsweetened)
5 cup(s)
drinking water
40 Cup(s)
iced tea, green
32 fl oz

Bread

whole-wheat pita bread
2 large
whole wheat bread
2 slice
whole wheat tortillas
2.5 tortilla

Cereal & Grain Products

quinoa, cooked
1.25 Cup(s)
whole grain rolled oats, dry
0.5 Cup(s)

Dairy & Egg

butter, no salt
0.83 Tbsp
egg, hard boiled

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.

6 large
egg whites, cooked
20 large
low-fat cottage cheese, 1%
1.25 Cup(s)
pepper jack cheese
1.6 oz
plain greek yogurt, nonfat
18 oz
sharp cheddar, sliced
2 slice
string cheese, light
4 serving
whole eggs, poached
2 large
whole eggs, scrambled
3 large

Fats & Oils

extra virgin olive oil
1.5 Tbsp
olive oil
0.5 Tbsp

Finfish & Shellfish

halibut fish, cooked
6 oz
salmon, cooked
8 oz
tuna fish, very low-sodium, in water
8 oz

Fruits & Juices

apples
4 large
avocado
0.5 avocado
avocados
0.5 avocado
bananas
1 large
1 medium
1 extra large
blueberries
0.5 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.

lemon juice

1.5 Tbsp

lemon peel

1.5 tsp

lime juice

0.4 1 fruit

nectarines

2 fruit

Ingredients

balsamic vinegar

2.5 Tbsp

Legumes & Beans

hummus, lower sodium

4 Tbsp

navy beans, no salt, boiled

0.5 Cup(s)

organic canned black beans

6 oz

Nuts & Seeds

almond butter

7 Tbsp

almond butter (unsweetened)

4 tablespoon(s)

almonds

1 oz

walnuts (raw)

3 tablespoon(s)

0.25 cup(s)

Pork

pork tenderloin, lean, cooked

16 oz

Poultry

chicken, boneless, roasted

22 oz

chicken breast, boneless skinless

9.6 oz

turkey breast, roasted

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.

8 oz

Sausages & Meats

turkey sausage breakfast links

2 oz

Snacks

pretzel sticks, no salt

2.5 oz

Soup

chicken broth, reduced sodium

0.6 Cup(s)

Spices & Herbs

black pepper

0.76 tsp

cayenne pepper

0.06 tsp

chili powder

1.2 tsp

cumin ground

0.4 tsp

garlic powder

0.2 tsp

onion powder

0.2 tsp

salt

0.1 tsp

Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake

4 Scoop

Uncategorized

brown rice (dry measure)

0.4 cups

ezekiel 4:9 sprouted 100% whole grain bread by food for life

3 slice

frozen fruit dark sweet cherries by dole

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 Cup(s)
ice cubes
8 cubes

Vegetables

baby carrots
30 large
baked potato, no salt
2 small
brussels sprouts, no salt, boiled
1.5 Cup(s)
green, red or yellow bell peppers
1.2 medium
green chilies, diced
1.6 oz
kale
4.5 cup
mixed vegetables, frozen no salt, boiled
2 Cup(s)
mustard greens, no salt, boiled
2.5 cup
romaine lettuce
6 leaf
4 Cup(s)
spinach
2 Cup(s)
summer squash, no salt, boiled
4 cup
sweet potato (medium)
1 whole
tomatoes
0.75 Cup(s)
white onion
0.4 whole