



1,900 Calorie Plan (Vegetarian 2) 4 meals/day

DAY 1

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	fbbc blueberry muffin smoothie-vegan	1 serving	404 cal
	egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 559 cal / **Carbs** 36 g (25%) / **Protein** 44 g (31%) / **Fat** 28 g (44%) / **Fluid** 19

NOTES:

Snack 10:00 AM	drinking water	8 fl oz	0 cal
	cashews	1 oz	157 cal
	plain greek yogurt, nonfat	8 oz	134 cal
	apricots	8 apricot	134 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 48 g (42%) / **Protein** 32 g (29%) / **Fat** 14 g (29%) / **Fluid** 23

NOTES:

Lunch 12:00 PM	iced tea, green	16 fl oz	0 cal
	chickpeas pasta by banza	1 serving	220 cal
	marinara sauce, low-sodium	1/2 Cup(s)	20 cal
	parmesan cheese, grated	1 oz	122 cal
	sweet potato chips, unsalted	1 oz	149 cal

MEAL TOTAL: **Calories** 511 cal / **Carbs** 54 g (42%) / **Protein** 25 g (20%) / **Fat** 21 g (38%) / **Fluid** 17

NOTES:

Dinner 6:00 PM	mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
	brown rice, cooked	1 Cup(s)	218 cal
	drinking water	16 fl oz	0 cal
	edamame soybeans, shelled	1 1/4 Cup(s)	150 cal

MEAL TOTAL: **Calories** 428 cal / **Carbs** 68 g (64%) / **Protein** 20 g (19%) / **Fat** 8 g (17%) / **Fluid** 23

NOTES:

DAY 1 TOTAL: Calories 1,923 cal / **Carbs** 205 g (42%) / **Protein** 121 g (25%) / **Fat** 72 g (33%) / **Fluid** 82

**DAY 2**

Breakfast 7:00 AM	drinking water	16 fl oz	0 cal
	fbbc cherry almond butter shake-vegan	1 serving	413 cal
	whole wheat english muffin	1 muffin	134 cal
	butter, no salt	1 tsp	34 cal

MEAL TOTAL: **Calories** 582 cal / **Carbs** 59 g (38%) / **Protein** 35 g (23%) / **Fat** 26 g (39%) / **Fluid** 18

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	apples	1 large	110 cal
	cashews	1 oz	157 cal
	cheese stringles cheese stringles string low moist...	1 unit	80 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 38 g (41%) / **Protein** 13 g (14%) / **Fat** 19 g (45%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	salsa, ready to serve	4 Tbsp	19 cal
	drinking water	16 fl oz	0 cal
	avocados	1/2 cup	117 cal
	whole wheat tortillas	1 tortilla	127 cal
	black beans, no salt, boiled	1 1/2 Cup(s)	341 cal

MEAL TOTAL: **Calories** 604 cal / **Carbs** 91 g (58%) / **Protein** 29 g (19%) / **Fat** 16 g (23%) / **Fluid** 26

NOTES:

Dinner 6:00 PM	drinking water	16 fl oz	0 cal
	super easy vegetarian chili	1 serving	278 cal
	sweet potato, no salt, baked	3/4 medium	77 cal

MEAL TOTAL: **Calories** 355 cal / **Carbs** 59 g (64%) / **Protein** 16 g (17%) / **Fat** 8 g (19%) / **Fluid** 20

NOTES:

DAY 2 TOTAL: Calories 1,887 cal / **Carbs** 246 g (50%) / **Protein** 93 g (19%) / **Fat** 69 g (31%) / **Fluid** 86

**DAY 3**

Breakfast 7:00 AM	drinking water	8 fl oz	0 cal
	fbbc cherry almond butter shake-vegan	1 serving	413 cal
	whole wheat english muffin	1 muffin	134 cal
	smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 641 cal / **Carbs** 62 g (36%) / **Protein** 39 g (23%) / **Fat** 31 g (41%) / **Fluid** 10

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	cherries	10 cherry	43 cal
	plain greek yogurt, nonfat	1 container	100 cal

MEAL TOTAL: **Calories** 143 cal / **Carbs** 17 g (46%) / **Protein** 18 g (49%) / **Fat** 1 g (5%) / **Fluid** 23

NOTES:

Snack 12:00 PM	whole wheat tortillas	1 tortilla	127 cal
	mushrooms	1 cup	15 cal
	romaine lettuce	2 leaf	2 cal
	black beans, no salt, boiled	1 1/4 Cup(s)	284 cal
	iced tea, green	16 fl oz	0 cal
	hummus	5 Tbsp	137 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 88 g (61%) / **Protein** 29 g (20%) / **Fat** 12 g (19%) / **Fluid** 25

NOTES:

Dinner 6:00 PM	mango black bean salad	1/2 serving	208 cal
	drinking water	16 fl oz	0 cal
	quinoa, cooked	1 1/4 Cup(s)	278 cal
	sugar snap peas by marketside	1 1/2 Cup(s)	60 cal

MEAL TOTAL: **Calories** 545 cal / **Carbs** 89 g (65%) / **Protein** 21 g (15%) / **Fat** 12 g (20%) / **Fluid** 27

NOTES:

DAY 3 TOTAL: Calories 1,895 cal / **Carbs** 257 g (52%) / **Protein** 107 g (22%) / **Fat** 56 g (26%) / **Fluid** 86



Eating right, simplified.

DAY 4

Breakfast 7:00 AM	drinking water	8 fl oz	0 cal
	oatmeal, steel cut	1 Cup(s)	600 cal
	peaches	1 large	61 cal
	almonds, slivered	3/4 oz	115 cal

MEAL TOTAL: **Calories** 776 cal / **Carbs** 131 g (67%) / **Protein** 26 g (13%) / **Fat** 17 g (20%) / **Fluid** 13

NOTES:

Snack 10:00 AM	plain greek yogurt, nonfat	4 oz	67 cal
	apricots	5 apricot	84 cal
	drinking water	8 fl oz	0 cal

MEAL TOTAL: **Calories** 151 cal / **Carbs** 24 g (59%) / **Protein** 14 g (35%) / **Fat** 1 g (6%) / **Fluid** 16

NOTES:

Lunch 12:00 PM	mango black bean salad	1 serving	415 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 415 cal / **Carbs** 59 g (54%) / **Protein** 15 g (14%) / **Fat** 15 g (32%) / **Fluid** 27

NOTES:

Dinner 6:00 PM	drinking water	16 fl oz	0 cal
	vegetable gnocchi soup	1 serving	349 cal
	teriyaki tofu, baked	5 oz	227 cal

MEAL TOTAL: **Calories** 575 cal / **Carbs** 84 g (55%) / **Protein** 32 g (21%) / **Fat** 16 g (24%) / **Fluid** 22

NOTES:

DAY 4 TOTAL: Calories 1,918 cal / **Carbs** 298 g (59%) / **Protein** 87 g (18%) / **Fat** 50 g (23%) / **Fluid** 78



Eating right, simplified.

DAY 5

Breakfast 7:00 AM	whole wheat bagel	1 bagel	250 cal
	drinking water	16 fl oz	0 cal
	grapefruit	1 fruit	52 cal
	smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 65 g (64%) / **Protein** 16 g (15%) / **Fat** 10 g (21%) / **Fluid** 20

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	carrots	5 small	103 cal
	hummus	4 Tbsp	110 cal

MEAL TOTAL: **Calories** 212 cal / **Carbs** 36 g (66%) / **Protein** 5 g (10%) / **Fat** 6 g (24%) / **Fluid** 25

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	fbbc cherry almond butter shake-vegan	1 serving	413 cal
	cinnamon granola bars	1 bars	90 cal

MEAL TOTAL: **Calories** 503 cal / **Carbs** 47 g (35%) / **Protein** 31 g (24%) / **Fat** 24 g (41%) / **Fluid** 17

NOTES:

Dinner 6:00 PM	drinking water	16 fl oz	0 cal
	black bean vegetable soup, low-fat	2 Cup(s)	280 cal
	grilled vegetable sandwich	1 serving	337 cal
	broccoli	1 cup	31 cal
	olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 767 cal / **Carbs** 94 g (48%) / **Protein** 25 g (13%) / **Fat** 34 g (39%) / **Fluid** 27

NOTES:

DAY 5 TOTAL: Calories 1,878 cal / **Carbs** 243 g (50%) / **Protein** 77 g (16%) / **Fat** 74 g (34%) / **Fluid** 89

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**DAY 6**

Breakfast 7:00 AM	salsa, ready to serve	4 Tbsp	19 cal
	whole wheat tortillas	1 tortilla	127 cal
	drinking water	16 fl oz	0 cal
	blackberries	1 Cup(s)	62 cal
	egg whites, cooked	5 large	86 cal
	avocados	2/3 avocado	214 cal

MEAL TOTAL: **Calories** 508 cal / **Carbs** 50 g (37%) / **Protein** 28 g (21%) / **Fat** 25 g (42%) / **Fluid** 31

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	hummus	4 Tbsp	110 cal
	triscuit crackers baked whole grain wheat rosemary...	3 serving	360 cal
	bananas	1 large	121 cal

MEAL TOTAL: **Calories** 591 cal / **Carbs** 104 g (66%) / **Protein** 13 g (9%) / **Fat** 18 g (25%) / **Fluid** 21

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	chickpeas pasta by banza	1 serving	220 cal
	marinara sauce, low-sodium	1/2 Cup(s)	20 cal
	mozzarella cheese, skim milk	1 oz	72 cal

MEAL TOTAL: **Calories** 312 cal / **Carbs** 37 g (48%) / **Protein** 20 g (27%) / **Fat** 9 g (25%) / **Fluid** 17

NOTES:

Dinner 6:00 PM	drinking water	16 fl oz	0 cal
	macaroni, cooked	10 oz	352 cal
	spinach, no salt, boiled	1 Cup(s)	41 cal
	whole wheat dinner rolls	1 roll	74 cal
	snap peas	1 Cup(s)	26 cal

MEAL TOTAL: **Calories** 493 cal / **Carbs** 101 g (76%) / **Protein** 25 g (18%) / **Fat** 3 g (6%) / **Fluid** 28

NOTES:

DAY 6 TOTAL: Calories 1,905 cal / **Carbs** 292 g (59%) / **Protein** 86 g (17%) / **Fat** 54 g (24%) / **Fluid** 97



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DAY 7

Breakfast 7:00 AM	drinking water	8 fl oz	0 cal
	fbbc cherry almond butter shake-vegan	1 serving	413 cal
	old fashioned rolled oats, gluten free	3/4 Cup(s)	95 cal

MEAL TOTAL: **Calories** 508 cal / **Carbs** 48 g (36%) / **Protein** 33 g (25%) / **Fat** 23 g (39%) / **Fluid** 9

NOTES:

Snack 10:00 AM	cantaloupe melon	1 1/2 cup	82 cal
	drinking water	8 fl oz	0 cal
	fruit yogurt, non-fat	9 oz	242 cal
	pistachios, no salt, dry roasted	1 oz	161 cal

MEAL TOTAL: **Calories** 485 cal / **Carbs** 76 g (61%) / **Protein** 19 g (15%) / **Fat** 14 g (24%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	iced tea, green	16 fl oz	0 cal
	garden veggie tempeh	4 oz	251 cal
	black beans, no salt, boiled	3/4 Cup(s)	170 cal
	soy sauce, low-sodium	1 Tbsp	10 cal
	broccoli	1 cup	31 cal
	sesame oil, salad or cooking	1 1/2 tsp	60 cal

MEAL TOTAL: **Calories** 522 cal / **Carbs** 55 g (42%) / **Protein** 37 g (28%) / **Fat** 18 g (30%) / **Fluid** 22

NOTES:

Dinner 6:00 PM	balsamic vinaigrette salad dressing, lower sodium	1 Tbsp	35 cal
	drinking water	16 fl oz	0 cal
	spinach	2 Cup(s)	14 cal
	pitted kalamata olives	6 olives	45 cal
	cucumber	1 cup	5 cal
	quinoa, cooked	1 1/4 Cup(s)	278 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 56 g (60%) / **Protein** 12 g (13%) / **Fat** 11 g (27%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: Calories 1,891 cal / **Carbs** 236 g (48%) / **Protein** 101 g (21%) / **Fat** 66 g (31%) / **Fluid** 77



1 Servings

fbbc blueberry muffin smoothie-vegan

Ingredients

almond milk (unsweetened)
1 cup(s)

blueberries (frozen)
1/2 cup(s)

spinach
1 Cup(s)

almond butter (unsweetened)
1 tablespoon(s)

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

ground flaxseed
1/3 tablespoons

cinnamon, ground
1/8 tsp

nutmeg, ground
1/8 tsp

trulean vegan plant based protein frosted vanilla cupcake
1 Scoop

Nutrition Totals

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

Instructions

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



Nutrition Label

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

* 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 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.

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	

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4 Servings

super easy vegetarian chili

Ingredients

canned beans organic plain beans organic black beans by 365 by eden foods
15 oz

canned beans organic plain kidney by eden foods
15 oz

muir glen tomatoes muir glen organic diced tomatoes fire roasted by general mills
15 oz

onions
1/2 medium

garlic
3 cloves

red peppers
1 medium

extra virgin olive oil
2 Tbsp

broths organic vegetable broth by pacific natural foods
1/4 Cup(s)

chili powder
6 tsp

himalayan pink salt by kirkland signature
1/2 tsp

black pepper
1/2 tsp

Nutrition Totals

Calories 1113 / Carbs 165 g / Protein 57 g / Fat 31 g / Fluid 6 fl oz

Instructions

Ingredients

1 15 oz. can black or pinto beans, drained
1 15 oz. can kidney beans, drained
1 15 oz. can diced tomatoes (do not drain)
1/2 onion, diced
3 cloves garlic, minced
1 bell pepper, diced (any color)
2 tbsp. olive oil
1/4 cup vegetable broth
2 tbsp. chili powder
1/2 tsp. salt (or to taste)
1/2 tsp. pepper (or to taste)

Instructions

- In a medium or large soup pot, sautee the onion, bell pepper and garlic in the olive oil for 3 to five minutes, until the onions are soft, stirring occasionally.
- Next, add in the undrained tomatoes, the vegetable broth and the chili powder and stir.
- Reduce heat to medium low and add beans. Stir occasionally and cook for at least 20 minutes. The longer you cook chili the



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better, but if you're pressed for time, 20 minutes is fine.

-For a spicier chili, add cayenne pepper and red pepper flakes.

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Nutrition Label

Super Easy Vegetarian Chili	
Amount Per Serving	
Calories	278
% Daily Value*	
Total Fat 7.6g	12%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 603.4mg	25%
Total Carbohydrates 41.2g	14%
Dietary Fiber 14.6g	58%
Total Sugar 5.5g	
Protein 14.2g	
Vitamin D 0IU	0%
Calcium 171.2mg	17%
Iron 4.1mg	23%
Potassium 937.1mg	

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2 Servings

mango black bean salad

Ingredients

green onions/scallions
4 medium

mangos
1 fruit

romaine lettuce
4 Cup(s)

red peppers
1/3 cup

sweet white corn, no salt, boiled
2/3 cup

olive oil
2 Tbsp

black beans, no salt, boiled
1 1/2 Cup(s)

cumin ground
1 tsp

Nutrition Totals

Calories 831 / Carbs 119 g / Protein 31 g / Fat 31 g / Fluid 22 fl oz

Instructions

1. Whisk together olive oil, garlic, cumin, and chili powder (with salt & pepper to taste) in a small bowl.
2. Place romaine lettuce to large mixing bowl.
3. Add mango, red bell pepper, black beans, corn, green onions, drizzle dressing over mixture and toss to coat.

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	
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4 Servings

vegetable gnocchi soup

Ingredients

onions
1 cup

garlic
4 cloves

basil
1/2 Cup(s)

chickpeas (garbanzo beans), canned
4 oz

extra virgin olive oil
2 Tbsp

crushed red pepper flakes
1/8 tsp

vegetable broth soup, low sodium
28 oz

tomatoes red ripe canned stewed
15 oz

kosher salt
1/8 tsp

black pepper
1/4 tsp

green snap beans
1 1/2 Cup(s)

potato gnocchi
2 Cup(s)

fresh spinach
4 Cup(s)

Nutrition Totals

Calories 1394 / Carbs 250 g / Protein 38 g / Fat 36 g / Fluid 22 fl oz

Instructions

1. Chop onions, mince garlic, and finely shred half of the basil (reserve the other half for garnish).
2. Heat olive oil in large pot over medium heat. Saute onions until cooked through.
3. Add in garlic and basil and cook for an additional 2 minutes.
4. Add in drained and rinsed chickpeas, broth, tomatoes and spices. Bring to a boil.
5. Reduce to a simmer and then add in green beans. Simmer until green beans are tender.
6. Add in gnocchi and cook an additional 5 minutes, or until gnocchi are tender.
7. Turn off heat and add in fresh spinach.
8. Divide soup into 4 bowls; garnish with remaining basil leaves.

Nutrition Label

Vegetable Gnocchi Soup	
Amount Per Serving	
Calories	349
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1047.8mg	44%
Total Carbohydrates 62.4g	21%
Dietary Fiber 10.1g	41%
Total Sugar 8.3g	
Protein 9.4g	
Vitamin D 0IU	0%
Calcium 135.6mg	14%
Iron 5.4mg	30%
Potassium 409.3mg	

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2 Servings

grilled vegetable sandwich

Ingredients

pesto basil sauce, low-fat
1/4 Cup(s)

zucchini/summer squash
1 cup

olive oil
1 Tbsp

eggplant
3 cup

red peppers
1 cup

french bread
1 medium slice

Nutrition Totals

Calories 673 / Carbs 72 g / Protein 20 g / Fat 35 g / Fluid 17 fl oz

Instructions

1. Combine zucchini, eggplant, and red bell pepper in a bowl. <
2. Preheat grill for medium heat and lightly oil the grate.
3. Drain moisture from vegetable mixture. Brush vegetables with olive oil to coat; season with black pepper.
4. Cook vegetables on hot grill until tender, 2 to 3 minutes per side. Transfer to a bowl and set aside.
5. Toast cut sides of baguette in a toaster oven until golden brown, 2 to 3 minutes. Spread basil pesto evenly over toasted surface. Arrange grilled vegetables evenly onto 2 of the baguette halves. Top each with plum tomato slices; top sandwich with the remaining baguette pieces to serve.

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	
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Shopping List

Accompaniments

balsamic vinaigrette salad dressing, lower sodium

1 Tbsp

kosher salt

0.03 tsp

marinara sauce, low-sodium

1 Cup(s)

salsa, ready to serve

8 Tbsp

soy sauce, low-sodium

1 Tbsp

Beverages

almond milk (unsweetened)

5 cup(s)

drinking water

352 fl oz

iced tea, green

48 fl oz

Bread

french bread

0.5 medium slice

whole wheat bagel

1 bagel

whole wheat dinner rolls

1 roll

whole wheat english muffin

2 muffin

whole wheat tortillas

3 tortilla

Cereal & Grain Products

brown rice, cooked

1 Cup(s)

macaroni, cooked

10 oz

oatmeal, steel cut

1 Cup(s)

old fashioned rolled oats, gluten free

0.75 Cup(s)

pesto basil sauce, low-fat



0.13 Cup(s)
quinoa, cooked
2.5 Cup(s)

Dairy & Egg

butter, no salt
1 tsp
egg, hard boiled
2 large
egg whites, cooked
5 large
fruit yogurt, non-fat
9 oz
mozzarella cheese, skim milk
1 oz
parmesan cheese, grated
1 oz
plain greek yogurt, nonfat
12 oz
1 container

Entrees

potato gnocchi
0.5 Cup(s)

Fats & Oils

extra virgin olive oil
1 Tbsp
olive oil
3 Tbsp
sesame oil, salad or cooking
1.5 tsp

Fruits & Juices

apples
1 large
apricots
13 apricot
avocado
1 avocado
avocados
0.5 cup
0.67 avocado
bananas



1 large
blackberries
1 Cup(s)
blueberries (frozen)
0.5 cup(s)
cantaloupe melon
1.5 cup
cherries
10 cherry
grapefruit
1 fruit
mangos
0.75 fruit
peaches
1 large

Legumes & Beans

black beans, no salt, boiled
4.63 Cup(s)
edamame soybeans, shelled
1.25 Cup(s)
green snap beans
0.38 Cup(s)
hummus
13 Tbsp
snap peas
1 Cup(s)

Nuts & Seeds

almond butter (unsweetened)
5 tablespoon(s)
almonds, slivered
0.75 oz
cashews
2 oz
pistachios, no salt, dry roasted
1 oz
smooth peanut butter, no salt
2 Tbsp

Snacks

cinnamon granola bars
1 bars
sweet potato chips, unsalted
1 oz



Soup

black bean vegetable soup, low-fat

2 Cup(s)

vegetable broth soup, low sodium

7 oz

Spices & Herbs

basil

0.13 Cup(s)

black pepper

0.19 tsp

chili powder

1.5 tsp

cinnamon, ground

0.13 tsp

crushed red pepper flakes

0.03 tsp

cumin ground

0.75 tsp

nutmeg, ground

0.13 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

5 Scoop

Uncategorized

broths organic vegetable broth by pacific natural foods

0.06 Cup(s)

canned beans organic plain beans organic black beans by 365 by eden foods

3.75 oz

canned beans organic plain kidney by eden foods

3.75 oz

cheese stringles cheese stringles string low moisture part skim mozzarella sticks by organic valley

1 unit

chickpeas pasta by banza

2 serving

frozen fruit dark sweet cherries by dole

4 Cup(s)

ground flaxseed

0.33 tablespoons

himalayan pink salt by kirkland signature

0.13 tsp

ice cubes



16 cubes

muir glen tomatoes muir glen organic diced tomatoes fire roasted by general mills

3.75 oz

old fashioned oats by quaker

0.33 Cup(s)

sugar snap peas by marketside

1.5 Cup(s)

tomatoes red ripe canned stewed

3.75 oz

triscuit crackers baked whole grain wheat rosemary & olive oil by kraft

3 serving

Vegetables

broccoli

2 cup

carrots

5 small

chickpeas (garbanzo beans), canned

1 oz

cucumber

1 cup

eggplant

1.5 cup

fresh spinach

1 Cup(s)

garlic

1.75 cloves

green onions/scallions

3 medium

mixed vegetables, frozen no salt, boiled

1 Cup(s)

mushrooms

1 cup

onions

0.13 medium

0.25 cup

pitted kalamata olives

6 olives

red peppers

0.25 medium

0.75 cup

romaine lettuce

2 leaf

3 Cup(s)

spinach

3 Cup(s)

spinach, no salt, boiled

1 Cup(s)

sweet potato, no salt, baked



Eating right, simplified.

0.75 medium

sweet white corn, no salt, boiled

0.5 cup

zucchini/summer squash

0.5 cup

Vegetarian Products

garden veggie tempeh

4 oz

teriyaki tofu, baked

5 oz

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