



Eating right, simplified.

1,900 Calorie Plan (Vegan) 4 meals/day

DAY 1

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
raisins, seedless	1/4 cup	123 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 527 cal / **Carbs** 87 g (66%) / **Protein** 24 g (18%) / **Fat** 9 g (16%) / **Fluid** 16

NOTES:

Snack

10:00 AM

cinnamon granola bars	1 bars	90 cal
drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
smooth peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 50 g (48%) / **Protein** 11 g (10%) / **Fat** 19 g (42%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
vegan soy burgers	2 serving	200 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
hummus, lower sodium	1 Tbsp	26 cal

MEAL TOTAL: **Calories** 482 cal / **Carbs** 58 g (46%) / **Protein** 35 g (28%) / **Fat** 15 g (26%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
meat free sausages	4 oz	205 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
lentil beans, no salt, boiled	3/4 Cup(s)	172 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 548 cal / **Carbs** 75 g (50%) / **Protein** 34 g (22%) / **Fat** 19 g (28%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: Calories 1,946 cal / **Carbs** 271 g (53%) / **Protein** 104 g (20%) / **Fat** 63 g (27%) / **Fluid** 81

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DAY 2

Breakfast

7:00 AM

soy milk with calcium	1 1/2 Cup(s)	158 cal
meat free bacon	4 slices	90 cal
orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
wheat bran flakes	1 1/2 Cup(s)	165 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 86 g (61%) / **Protein** 29 g (21%) / **Fat** 11 g (18%) / **Fluid** 27

NOTES:

Snack

10:00 AM

peppered tofurky jurky	1 oz	101 cal
cinnamon granola bars	2 bars	180 cal
drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 350 cal / **Carbs** 56 g (61%) / **Protein** 17 g (19%) / **Fat** 8 g (20%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
iced tea, green	16 fl. oz.	0 cal
philly steak tofurky, slices	4 oz	218 cal
avocados	1/2 cup	117 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 548 cal / **Carbs** 56 g (39%) / **Protein** 35 g (24%) / **Fat** 24 g (37%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
vegan chicken strips, meat free	4 oz	289 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
yams, no salt, boiled or baked	3/4 Cup(s)	118 cal

MEAL TOTAL: **Calories** 511 cal / **Carbs** 50 g (38%) / **Protein** 27 g (21%) / **Fat** 24 g (41%) / **Fluid** 22

NOTES:

DAY 2 TOTAL: Calories 1,934 cal / **Carbs** 249 g (49%) / **Protein** 109 g (21%) / **Fat** 68 g (30%) / **Fluid** 90



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

soy milk with calcium	1 Cup(s)	105 cal
drinking water	1 Cup(s)	0 cal
smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal

MEAL TOTAL: **Calories** 446 cal / **Carbs** 57 g (51%) / **Protein** 16 g (15%) / **Fat** 17 g (34%) / **Fluid** 16

NOTES:

Snack

10:00 AM

cinnamon granola bars	2 bars	180 cal
drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 66 g (58%) / **Protein** 28 g (25%) / **Fat** 9 g (17%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

mayonnaise, made with tofu	1/2 Tbsp	24 cal
romaine lettuce	4 leaf	4 cal
drinking water	2 Cup(s)	0 cal
hickory smoked tofurky deli slices	4 oz	218 cal
whole wheat tortillas	2 tortilla	254 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 52 g (41%) / **Protein** 37 g (29%) / **Fat** 17 g (30%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

whole-wheat pita bread	1 small	74 cal
drinking water	2 Cup(s)	0 cal
tofu, extra firm	3 oz	77 cal
fava bean salad	1 serving	366 cal

MEAL TOTAL: **Calories** 518 cal / **Carbs** 65 g (49%) / **Protein** 28 g (21%) / **Fat** 18 g (30%) / **Fluid** 32

NOTES:

DAY 3 TOTAL: Calories 1,890 cal / **Carbs** 240 g (49%) / **Protein** 109 g (23%) / **Fat** 60 g (28%) / **Fluid** 85



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DAY 4

Breakfast

7:00 AM

soy milk with calcium	3/4 Cup(s)	79 cal
drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal

MEAL TOTAL: **Calories** 514 cal / **Carbs** 99 g (78%) / **Protein** 6 g (5%) / **Fat** 10 g (17%) / **Fluid** 25

NOTES:

Snack

10:00 AM

oranges	1 fruit	69 cal
drinking water	2 Cup(s)	0 cal
peanuts, no salt, dry-roasted	1 1/2 oz	249 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 27 g (31%) / **Protein** 11 g (13%) / **Fat** 21 g (56%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
tomatoes	1/2 Cup(s)	16 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
tofu, extra firm	6 oz	155 cal
fava bean salad	1 serving	366 cal

MEAL TOTAL: **Calories** 567 cal / **Carbs** 61 g (42%) / **Protein** 35 g (24%) / **Fat** 22 g (34%) / **Fluid** 41

NOTES:

Dinner

6:00 PM

asparagus, boiled	6 spears	20 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 1/2 Cup(s)	248 cal
kielbasa sausage tofurky	4 oz	275 cal

MEAL TOTAL: **Calories** 543 cal / **Carbs** 70 g (48%) / **Protein** 42 g (29%) / **Fat** 15 g (23%) / **Fluid** 25

NOTES:

DAY 4 TOTAL: Calories 1,941 cal / **Carbs** 257 g (51%) / **Protein** 95 g (19%) / **Fat** 68 g (30%) / **Fluid** 111



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DAY 5

Breakfast

7:00 AM

orange juice	1 Cup(s)	112 cal
meat free bacon	4 slices	90 cal
drinking water	1 Cup(s)	0 cal
wheat bran flakes	1 1/2 Cup(s)	165 cal
soy milk with calcium	1 1/2 Cup(s)	158 cal

MEAL TOTAL: **Calories** 525 cal / **Carbs** 86 g (61%) / **Protein** 29 g (21%) / **Fat** 11 g (18%) / **Fluid** 27

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
drinking water	2 Cup(s)	0 cal
apples	1 large	110 cal
organic sprouted tofu extra firm	2 oz	53 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 36 g (38%) / **Protein** 15 g (15%) / **Fat** 20 g (47%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

avocados	1/2 cup	117 cal
tomatoes	1/2 Cup(s)	16 cal
drinking water	2 Cup(s)	0 cal
philly steak tofurky, slices	4 oz	218 cal
hummus, lower sodium	2 Tbsp	52 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 552 cal / **Carbs** 60 g (41%) / **Protein** 36 g (25%) / **Fat** 22 g (34%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

hamburger buns, gluten free	1 bun	190 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
drinking water	2 Cup(s)	0 cal
veggie burger	1 serving	279 cal

MEAL TOTAL: **Calories** 497 cal / **Carbs** 75 g (58%) / **Protein** 21 g (16%) / **Fat** 15 g (26%) / **Fluid** 23

NOTES:

DAY 5 TOTAL: Calories 1,926 cal / **Carbs** 258 g (50%) / **Protein** 102 g (20%) / **Fat** 69 g (30%) / **Fluid** 94



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DAY 6

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
drinking water	1 Cup(s)	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal

MEAL TOTAL: **Calories** 457 cal / **Carbs** 57 g (50%) / **Protein** 13 g (11%) / **Fat** 20 g (39%) / **Fluid** 16

NOTES:

Snack

10:00 AM

raisins, seedless	1/4 cup	123 cal
drinking water	2 Cup(s)	0 cal
plain soy yogurt	5 oz	125 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 52 g (48%) / **Protein** 41 g (38%) / **Fat** 7 g (14%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
hamburger buns, gluten free	1 bun	190 cal
drinking water	2 Cup(s)	0 cal
veggie burger	1 serving	279 cal

MEAL TOTAL: **Calories** 534 cal / **Carbs** 85 g (60%) / **Protein** 23 g (16%) / **Fat** 15 g (24%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

vegan chicken strips, meat free	4 oz	289 cal
macaroni, cooked	3/4 Cup(s)	130 cal
drinking water	2 Cup(s)	0 cal
asparagus, boiled	6 spears	20 cal
vegan pasta sauce, low-fat	1/2 Cup(s)	80 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 55 g (40%) / **Protein** 36 g (27%) / **Fat** 20 g (33%) / **Fluid** 21

NOTES:

DAY 6 TOTAL: Calories 1,924 cal / **Carbs** 249 g (49%) / **Protein** 113 g (23%) / **Fat** 61 g (28%) / **Fluid** 79



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DAY 7

Breakfast

7:00 AM

orange juice	1 Cup(s)	112 cal
drinking water	1 Cup(s)	0 cal
meat free bacon	4 slices	90 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
smooth peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 496 cal / **Carbs** 71 g (57%) / **Protein** 22 g (18%) / **Fat** 14 g (25%) / **Fluid** 15

NOTES:

Snack

10:00 AM

celery	5 medium stalk	32 cal
hummus, lower sodium	3 Tbsp	78 cal
peanuts, no salt, dry-roasted	1/2 oz	83 cal
melba toast, no salt	5 toast	94 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 287 cal / **Carbs** 35 g (46%) / **Protein** 12 g (16%) / **Fat** 12 g (38%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
hickory smoked tofurky deli slices	4 oz	218 cal
whole wheat tortillas	2 tortilla	254 cal
romaine lettuce	4 leaf	4 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 53 g (41%) / **Protein** 37 g (29%) / **Fat** 17 g (30%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
green snap beans, no salt, boiled	2 Cup(s)	88 cal
kielbasa sausage tofurky	4 oz	275 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal

MEAL TOTAL: **Calories** 520 cal / **Carbs** 71 g (51%) / **Protein** 37 g (26%) / **Fat** 15 g (23%) / **Fluid** 27

NOTES:

DAY 7 TOTAL: Calories 1,811 cal / **Carbs** 230 g (49%) / **Protein** 107 g (23%) / **Fat** 58 g (28%) / **Fluid** 85



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2 Servings

fava bean salad

Ingredients

balsamic vinegar

2 Tbsp

garlic

1 clove

fava beans, canned, no salt

2 Cup(s)

roma tomatoes

1 Cup(s)

cucumber

1 cucumber

onions

1 small

olive oil

1 2/3 Tbsp

lemon juice

1 Tbsp

Nutrition Totals

Calories 732 / **Carbs** 97 g / **Protein** 33 g / **Fat** 24 g / **Fluid** 27 fl oz

Instructions

1. Whisk the lemon juice, balsamic vinegar, garlic, and olive oil together in a bowl to make the dressing.
2. Toss the cucumber, onion, tomatoes, and fava beans together in a large bowl; pour the dressing over the vegetable mixture and toss to coat. Chill for 1 hour before serving.



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Nutrition Label

Fava Bean Salad	
Amount Per Serving	
Calories	366
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30.1mg	1%
Total Carbohydrates 48.2g	16%
Dietary Fiber 10.8g	43%
Total Sugar 8.5g	
Protein 16.5g	
Vitamin D 0IU	0%
Calcium 106.2mg	11%
Iron 4.3mg	24%
Potassium 1183.8mg	
* 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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2 Servings

veggie burger

Ingredients

brown rice, long-grain, cooked

1/4 Cup(s)

quick oats cereal with iron

2/3 Cup(s)

garbanzo beans, no salt, boiled

2/3 Cup(s)

sage, ground

1/4 tsp

garlic powder

1/4 tsp

oat bran

2 Tbsp

tofu, extra firm

4 oz

vegetable oil

1/2 tablespoons

barbecue sauce

1 Tbsp

Nutrition Totals

Calories 558 / Carbs 77 g / Protein 28 g / Fat 20 g / Fluid 7 fl oz

Instructions

1. In a large bowl, stir together the mashed garbanzo beans and basil. Mix in the oat bran, quick oats, and rice; the mixture should seem a little dry.
2. In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible. Drain of the water, and repeat the process until there is hardly any water worth pouring off. It is not necessary to remove all of the water. Pour the barbecue sauce over the tofu, and stir to coat.
3. Stir the tofu into the garbanzo beans and oats. Season with garlic powder, and sage (with optional dash of salt & pepper); mix until well blended.
4. Heat oil in a large skillet over medium-high heat. Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side. Serve as you would burgers.



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Nutrition Label

Veggie Burger		
Amount Per Serving		
Calories		279
		% Daily Value*
Total Fat	9.8g	15%
Saturated Fat	0.7g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	91.3mg	4%
Total Carbohydrates	38.2g	13%
Dietary Fiber	7.1g	28%
Total Sugar	5.8g	
Protein	14g	
Vitamin D	0IU	0%
Calcium	142.4mg	14%
Iron	9.7mg	54%
Potassium	349mg	
* 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

barbecue sauce
1 Tbsp
mayonnaise, made with tofu
2 Tbsp
vegan pasta sauce, low-fat
0.5 Cup(s)

Beverages

almond beverage with calcium
2 Cup(s)
drinking water
46 Cup(s)
iced tea, green
32 fl. oz.
soy milk with calcium
4.75 Cup(s)

Bread

brown rice bread, gluten free, low-sodium
6 slice
hamburger buns, gluten free
2 bun
whole-wheat pita bread
5 small
whole wheat tortillas
6 tortilla

Cereal & Grain Products

brown rice, long-grain, cooked
0.26 Cup(s)
macaroni, cooked
0.75 Cup(s)
oat bran
2 Tbsp
quick oats cereal with iron
0.66 Cup(s)
wheat bran flakes
3 Cup(s)
whole grain rolled oats, dry
1.75 Cup(s)
wild rice, cooked



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2 Cup(s)

Cookies & Crackers

melba toast, no salt
5 toast

Desserts

plain soy yogurt
5 oz

Entrees

vegan chicken strips, meat free
8 oz
vegan soy burgers
2 serving

Fats & Oils

extra virgin olive oil
1 Tbsp
olive oil
1.66 Tbsp

Fruits & Juices

apples
2 large
avocados
1 cup
bananas
2 extra large
lemon juice
1 Tbsp
orange juice
3 Cup(s)
oranges
2 fruit
raisins, seedless
0.5 cup

Ingredients

balsamic vinegar

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3 Tbsp

Legumes & Beans

fava beans, canned, no salt

2 Cup(s)

garbanzo beans, no salt, boiled

0.66 Cup(s)

green snap beans, no salt, boiled

4.5 Cup(s)

hummus, lower sodium

6 Tbsp

lentil beans, no salt, boiled

0.75 Cup(s)

Nuts & Seeds

peanuts, no salt, dry-roasted

2 oz

smooth peanut butter, no salt

8.5 Tbsp

Sausages & Meats

meat free bacon

12 slices

Snacks

cinnamon granola bars

5 bars

Spices & Herbs

garlic powder

0.26 tsp

sage, ground

0.26 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

3.5 Scoop

Uncategorized



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vegetable oil
0.5 tablespoons

Vegetables

asparagus, boiled
12 spears
cauliflower, no salt, boiled
2 Cup(s)
celery
5 medium stalk
cucumber
1 cucumber
garlic
1 clove
onions
1 small
romaine lettuce
10 leaf
2 Cup(s)
roma tomatoes
1 Cup(s)
tomatoes
1.75 Cup(s)
yams, no salt, boiled or baked
1.75 Cup(s)

Vegetarian Products

hickory smoked tofurky deli slices
8 oz
kielbasa sausage tofurky
8 oz
meat free sausages
4 oz
organic sprouted tofu extra firm
2 oz
peppered tofurky jerky
1 oz
philly steak tofurky, slices
8 oz
tofu, extra firm
13 oz