



Eating right, simplified.

# 1,900 Calorie Plan (Basic) 4meals/day

## DAY 1

<b>Breakfast</b> 7:00 AM	egg, hard boiled	1 large	78 cal
	drinking water	2 Cup(s)	0 cal
	strawberries	2 Cup(s)	92 cal
	corn grits , no salt	1 1/3 Cup(s)	248 cal
	pecans, no salt, dry-roasted	1/2 oz	101 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 77 g (58%) / **Protein** 15 g (11%) / **Fat** 18 g (31%) / **Fluid** 35

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	watermelon	2 cup	91 cal
	low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 254 cal / **Carbs** 29 g (45%) / **Protein** 30 g (45%) / **Fat** 3 g (10%) / **Fluid** 32

NOTES:

<b>Lunch</b> 12:00 PM	romaine lettuce	3 leaf	3 cal
	tomatoes	1 Cup(s)	32 cal
	drinking water	2 Cup(s)	0 cal
	tempeh	3 oz	162 cal
	avocados	1/2 avocado	161 cal
	whole wheat bread	2 slice	200 cal

MEAL TOTAL: **Calories** 558 cal / **Carbs** 64 g (41%) / **Protein** 29 g (19%) / **Fat** 27 g (40%) / **Fluid** 27

NOTES:

<b>Dinner</b> 6:00 PM	cod fish	3 oz	70 cal
	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	lima beans, boiled, no salt	1 Cup(s)	216 cal
	brown rice, cooked	3/4 Cup(s)	164 cal
	collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 559 cal / **Carbs** 83 g (58%) / **Protein** 37 g (26%) / **Fat** 10 g (16%) / **Fluid** 32

NOTES:

**DAY 1 TOTAL: Calories** 1,890 cal / **Carbs** 253 g (51%) / **Protein** 111 g (22%) / **Fat** 58 g (27%) / **Fluid** 126

**DAY 2**

<b>Breakfast</b> 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	strawberries	2 Cup(s)	92 cal
	shredded wheat cereal, mini	2 oz	194 cal
	egg whites, cooked	2 large	34 cal
	avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 487 cal / **Carbs** 85 g (64%) / **Protein** 25 g (19%) / **Fat** 10 g (17%) / **Fluid** 28

## NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	grapes	8 oz	129 cal
	low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 292 cal / **Carbs** 38 g (50%) / **Protein** 30 g (40%) / **Fat** 3 g (10%) / **Fluid** 29

## NOTES:

<b>Lunch</b> 12:00 PM	extra virgin olive oil	1 Tbsp	120 cal
	drinking water	2 Cup(s)	0 cal
	chicken breast, boneless skinless	5 oz	153 cal
	brown rice, cooked	1 Cup(s)	218 cal
	collards, boiled, no salt	1 1/2 Cup(s)	74 cal

MEAL TOTAL: **Calories** 566 cal / **Carbs** 60 g (41%) / **Protein** 39 g (27%) / **Fat** 21 g (32%) / **Fluid** 33

## NOTES:

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	chicken vegetable fajitas	1 serving	272 cal
	avocados	1/2 avocado	161 cal
	pinto beans, no salt, boiled	1/2 Cup(s)	123 cal

MEAL TOTAL: **Calories** 556 cal / **Carbs** 55 g (38%) / **Protein** 30 g (20%) / **Fat** 27 g (42%) / **Fluid** 24

## NOTES:

**DAY 2 TOTAL: Calories** 1,901 cal / **Carbs** 238 g (48%) / **Protein** 124 g (25%) / **Fat** 61 g (27%) / **Fluid** 114

**DAY 3**

<b>Breakfast</b> 7:00 AM	drinking water	2 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	whole wheat bread	2 slice	200 cal
	strawberries	2 1/2 Cup(s)	115 cal
	chunky peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 496 cal / **Carbs** 83 g (61%) / **Protein** 25 g (18%) / **Fat** 13 g (21%) / **Fluid** 35

NOTES:

<b>Snack</b> 10:00 AM	egg, hard boiled	1 large	78 cal
	bananas	1 extra large	135 cal
	drinking water	2 Cup(s)	0 cal
	popcorn, air-popped	2 Cup(s)	62 cal

MEAL TOTAL: **Calories** 275 cal / **Carbs** 48 g (66%) / **Protein** 10 g (14%) / **Fat** 7 g (20%) / **Fluid** 21

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	tuna fish, very low-sodium, in water	6 oz	168 cal
	romaine lettuce	4 leaf	4 cal
	olive oil, mayonnaise, light	2 Tbsp	98 cal
	tomatoes	1 3/4 Cup(s)	57 cal
	whole wheat bread	2 slice	200 cal
	red peppers	1 medium	37 cal

MEAL TOTAL: **Calories** 563 cal / **Carbs** 62 g (41%) / **Protein** 53 g (35%) / **Fat** 16 g (24%) / **Fluid** 31

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	chicken vegetable fajitas	1 serving	272 cal
	avocados	1/2 avocado	161 cal
	pinto beans, no salt, boiled	1/2 Cup(s)	123 cal

MEAL TOTAL: **Calories** 556 cal / **Carbs** 55 g (38%) / **Protein** 30 g (20%) / **Fat** 27 g (42%) / **Fluid** 24

NOTES:

**DAY 3 TOTAL: Calories** 1,890 cal / **Carbs** 248 g (49%) / **Protein** 117 g (23%) / **Fat** 62 g (28%) / **Fluid** 110



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## DAY 4

<b>Breakfast</b> 7:00 AM	drinking water	2 Cup(s)	0 cal
	vegetable breakfast crostini	2 serving	377 cal
	bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 513 cal / **Carbs** 78 g (56%) / **Protein** 22 g (15%) / **Fat** 18 g (29%) / **Fluid** 22

NOTES:

<b>Snack</b> 10:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	plums	1 fruit	30 cal
	pecans, no salt, dry-roasted	1/2 oz	101 cal

MEAL TOTAL: **Calories** 217 cal / **Carbs** 21 g (38%) / **Protein** 10 g (18%) / **Fat** 11 g (44%) / **Fluid** 18

NOTES:

<b>Lunch</b> 12:00 PM	iced tea, green	16 fl. oz.	0 cal
	tempeh	6 oz	324 cal
	brown rice, cooked	1 Cup(s)	218 cal
	collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 592 cal / **Carbs** 71 g (46%) / **Protein** 40 g (25%) / **Fat** 20 g (29%) / **Fluid** 30

NOTES:

<b>Dinner</b> 6:00 PM	summer squash, no salt, boiled	2 cup	72 cal
	drinking water	2 Cup(s)	0 cal
	salmon, cooked	3 oz	130 cal
	buckwheat soba noodles	6 oz	250 cal
	extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 572 cal / **Carbs** 68 g (48%) / **Protein** 24 g (18%) / **Fat** 21 g (34%) / **Fluid** 29

NOTES:

**DAY 4 TOTAL: Calories** 1,894 cal / **Carbs** 237 g (49%) / **Protein** 96 g (19%) / **Fat** 70 g (32%) / **Fluid** 99



**DAY 5**

<b>Breakfast</b> 7:00 AM	skim milk with calcium	1 Cup(s)	86 cal
	drinking water	1 Cup(s)	0 cal
	vegetable breakfast crostini	2 serving	377 cal
	watermelon	2 cup	91 cal

MEAL TOTAL: **Calories** 555 cal / **Carbs** 78 g (52%) / **Protein** 30 g (20%) / **Fat** 19 g (28%) / **Fluid** 27

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	popcorn, air-popped	2 Cup(s)	62 cal
	sweet green peppers	1 medium	24 cal
	low-fat cottage cheese, 1%	1 Cup(s)	163 cal

MEAL TOTAL: **Calories** 248 cal / **Carbs** 24 g (39%) / **Protein** 31 g (49%) / **Fat** 3 g (12%) / **Fluid** 26

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	turkey breast, roasted	4 oz	154 cal
	tomatoes	1/2 Cup(s)	16 cal
	romaine lettuce	3 leaf	3 cal
	whole wheat bread	2 slice	200 cal
	olive oil, mayonnaise, light	1 Tbsp	49 cal
	bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 558 cal / **Carbs** 80 g (53%) / **Protein** 46 g (31%) / **Fat** 11 g (16%) / **Fluid** 26

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	lima beans, boiled, no salt	3/4 Cup(s)	162 cal
	summer squash, no salt, boiled	1 cup	36 cal
	salmon, cooked	3 oz	130 cal
	brown rice, cooked	1 Cup(s)	218 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 83 g (60%) / **Protein** 38 g (28%) / **Fat** 7 g (12%) / **Fluid** 32

NOTES:

**DAY 5 TOTAL: Calories 1,908 cal / Carbs 265 g (53%) / Protein 146 g (29%) / Fat 40 g (18%) / Fluid 111**



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## DAY 6

<b>Breakfast</b> 7:00 AM	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	whole wheat bread	1 slice	100 cal
	chunky peanut butter, no salt	1 Tbsp	94 cal
	strawberries	1 1/4 Cup(s)	58 cal
	shredded wheat cereal, mini	1 oz	97 cal

MEAL TOTAL: **Calories** 435 cal / **Carbs** 72 g (61%) / **Protein** 22 g (18%) / **Fat** 11 g (21%) / **Fluid** 21

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	low-fat cottage cheese, 1%	1 Cup(s)	163 cal
	watermelon	2 cup	91 cal

MEAL TOTAL: **Calories** 254 cal / **Carbs** 29 g (45%) / **Protein** 30 g (45%) / **Fat** 3 g (10%) / **Fluid** 32

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 Tbsp	120 cal
	yellow corn tortillas	4 tortillas	200 cal
	tomato soup, low sodium	2 Cup(s)	146 cal
	cheddar cheese	1 1/2 oz	171 cal

MEAL TOTAL: **Calories** 654 cal / **Carbs** 76 g (44%) / **Protein** 20 g (12%) / **Fat** 33 g (44%) / **Fluid** 35

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	reduced sodium broccoli beef	1 1/2 serving	289 cal
	brown rice, cooked	1 1/4 Cup(s)	273 cal

MEAL TOTAL: **Calories** 562 cal / **Carbs** 71 g (50%) / **Protein** 29 g (20%) / **Fat** 19 g (30%) / **Fluid** 31

NOTES:

**DAY 6 TOTAL: Calories** 1,905 cal / **Carbs** 248 g (50%) / **Protein** 100 g (20%) / **Fat** 65 g (30%) / **Fluid** 118

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**DAY 7**

<b>Breakfast</b> 7:00 AM	bananas	1 small	90 cal
	drinking water	1 Cup(s)	0 cal
	skim milk with calcium	1 Cup(s)	86 cal
	corn grits , no salt	1 1/2 Cup(s)	279 cal
	pecans, no salt, dry-roasted	1/2 oz	101 cal

MEAL TOTAL: **Calories** 556 cal / **Carbs** 96 g (67%) / **Protein** 17 g (12%) / **Fat** 13 g (21%) / **Fluid** 28

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	cheddar cheese	1 oz	114 cal
	sweet green peppers	1 medium	24 cal
	popcorn, air-popped	2 Cup(s)	62 cal
	egg, hard boiled	1 large	78 cal

MEAL TOTAL: **Calories** 277 cal / **Carbs** 19 g (27%) / **Protein** 16 g (23%) / **Fat** 16 g (50%) / **Fluid** 21

**NOTES:**

<b>Lunch</b> 12:00 PM	tuna fish, very low-sodium, in water	4 oz	112 cal
	drinking water	2 Cup(s)	0 cal
	tomatoes	1 Cup(s)	32 cal
	olive oil, mayonnaise, light	1 Tbsp	49 cal
	romaine lettuce	3 leaf	3 cal
	whole wheat bread	1 3/4 slice	175 cal
	tomato soup, low sodium	2 Cup(s)	146 cal

MEAL TOTAL: **Calories** 518 cal / **Carbs** 76 g (54%) / **Protein** 40 g (29%) / **Fat** 11 g (17%) / **Fluid** 37

**NOTES:**

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	reduced sodium broccoli beef	1 1/2 serving	289 cal
	brown rice, cooked	1 1/4 Cup(s)	273 cal

MEAL TOTAL: **Calories** 562 cal / **Carbs** 71 g (50%) / **Protein** 29 g (20%) / **Fat** 19 g (30%) / **Fluid** 31

**NOTES:**

**DAY 7 TOTAL: Calories** 1,913 cal / **Carbs** 261 g (52%) / **Protein** 102 g (21%) / **Fat** 58 g (27%) / **Fluid** 118



4 Servings

# chicken vegetable fajitas

## Ingredients

extra virgin olive oil  
2 Tbsp

chicken breast, boneless skinless  
12 oz

black pepper  
1/4 tsp

chili powder  
2 tsp

cumin ground  
1/2 tsp

lemon juice  
2 Tbsp

red peppers  
1/2 medium

sweet green peppers  
1/2 medium

onions  
1/2 medium

cilantro leaves raw, coriander  
1/2 Cup(s)

yellow corn tortillas  
8 tortillas

## Nutrition Totals

**Calories 1087 / Carbs 97 g / Protein 80 g / Fat 46 g / Fluid 15 fl oz**

## Instructions

1. Cut chicken breast into strips.
2. Heat oil in a large sauté pan over medium heat. Add chicken, spices and lemon juice. Cook until chicken is half way cooked.
3. Cut peppers and onions into thin strips. Add to pan and cook until veggies are tender and chicken is cooked through.
4. Add cilantro.
5. Serve with heated corn tortillas.



# Nutrition Label

<b>Chicken Vegetable Fajitas</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>272</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11.3g	<b>18%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 54.4mg	<b>18%</b>
<b>Sodium</b> 181mg	<b>8%</b>
<b>Total Carbohydrates</b> 24.2g	<b>8%</b>
Dietary Fiber 4.3g	<b>17%</b>
Total Sugar 3.8g	
<b>Protein</b> 19.9g	
<b>Vitamin D</b> 1.7IU	<b>0%</b>
<b>Calcium</b> 35.4mg	<b>4%</b>
<b>Iron</b> 1.3mg	<b>8%</b>
<b>Potassium</b> 396.4mg	

\* 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.



4 Servings

# vegetable breakfast crostini

## Ingredients

extra virgin olive oil  
1 Tbsp

mushrooms  
1 cup

parsley  
2 tsp

green onions/scallions  
1 medium

black pepper  
1/8 tsp

egg  
3 egg

tomatoes  
1/2 Cup(s)

whole wheat bread  
4 slice

## Nutrition Totals

**Calories** 755 / **Carbs** 86 g / **Protein** 40 g / **Fat** 35 g / **Fluid** 4 fl oz

## Instructions

1. In a medium nonstick skillet, heat olive oil.
2. Add sliced mushrooms and cook until tender, stirring frequently.
3. Sprinkle with parsley, green onions, and black pepper.
4. In a separate bowl, whisk eggs. Pour the whisked eggs over the mushroom mixture and cook until the egg is cooked.
5. Toast the bread. Spoon the egg mixture evenly onto the toast.
6. Cut in half diagonally. Garnish with diced tomato.



# Nutrition Label

<b>Vegetable Breakfast Crostoni</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>189</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8.8g	<b>14%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 77.3mg	<b>3%</b>
<b>Total Carbohydrates</b> 21.4g	<b>7%</b>
Dietary Fiber 3.4g	<b>14%</b>
Total Sugar 3.8g	
<b>Protein</b> 9.9g	
<b>Vitamin D</b> 0.4IU	<b>0%</b>
<b>Calcium</b> 46.2mg	<b>5%</b>
<b>Iron</b> 1.2mg	<b>7%</b>
<b>Potassium</b> 86.5mg	

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4 Servings

# reduced sodium broccoli beef

## Ingredients

garlic  
2 clove

tomatoes  
1 Cup(s)

beef top sirloin, lean  
8 oz

broccoli frozen, chopped  
12 oz

extra virgin olive oil  
1 Tbsp

chicken broth soup, low-sodium  
1/4 Cup(s)

cornstarch  
1 Tbsp

soy sauce, low-sodium  
2 Tbsp

green onions/scallions  
1 medium

## Nutrition Totals

**Calories 770 / Carbs 36 g / Protein 61 g / Fat 45 g / Fluid 24 fl oz**

## Instructions

1. Mince garlic cloves and dice tomato. Cut beef into thin strips.
2. Defrost frozen broccoli in microwave.
3. In a large skillet heat oil and sauté the garlic. Add broccoli and stir-fry until cooked. Remove from pan and set aside.
4. In same skillet add sliced beef and cook through.
5. In a small bowl combine chicken broth, cornstarch and soy sauce.
6. Add cooked broccoli, sauce and tomato to the pan with the beef.
7. Heat and stir until sauce is thick. Garnish with sliced green onions prior to serving.



# Nutrition Label

<b>Reduced Sodium Broccoli Beef</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>193</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11.1g	<b>17%</b>
Saturated Fat 3.4g	<b>17%</b>
Trans Fat 0g	
<b>Cholesterol</b> 42.5mg	<b>14%</b>
<b>Sodium</b> 341mg	<b>14%</b>
<b>Total Carbohydrates</b> 9g	<b>3%</b>
Dietary Fiber 3.2g	<b>13%</b>
Total Sugar 2.4g	
<b>Protein</b> 15.2g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 71.7mg	<b>7%</b>
<b>Iron</b> 1.7mg	<b>10%</b>
<b>Potassium</b> 494.8mg	

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# Shopping List

## Accompaniments

cornstarch  
0.76 Tbsp  
olive oil, mayonnaise, light  
4 Tbsp  
soy sauce, low-sodium  
1.5 Tbsp

## Beef

beef top sirloin, lean  
6 oz

## Beverages

drinking water  
49 Cup(s)  
iced tea, green  
16 fl. oz.

## Bread

whole wheat bread  
14.75 slice  
yellow corn tortillas  
8 tortillas

## Cereal & Grain Products

brown rice, cooked  
6.25 Cup(s)  
buckwheat soba noodles  
6 oz  
corn grits , no salt  
2.83 Cup(s)  
shredded wheat cereal, mini  
3 oz

## Dairy & Egg

cheddar cheese  
2.5 oz  
egg



3 egg  
egg, hard boiled  
3 large  
egg whites, cooked  
2 large  
low-fat cottage cheese, 1%  
4 Cup(s)  
skim milk with calcium  
6 Cup(s)

### Fats & Oils

extra virgin olive oil  
6.26 Tbsp

### Finfish & Shellfish

cod fish  
3 oz  
salmon, cooked  
6 oz  
tuna fish, very low-sodium, in water  
10 oz

### Fruits & Juices

avocados  
1.75 avocado  
bananas  
3 extra large  
1 small  
grapes  
8 oz  
lemon juice  
1 Tbsp  
plums  
1 fruit  
strawberries  
7.75 Cup(s)  
watermelon  
6 cup

### Legumes & Beans

lima beans, boiled, no salt  
1.75 Cup(s)  
pinto beans, no salt, boiled  
1 Cup(s)



## Nuts & Seeds

chunky peanut butter, no salt

2 Tbsp

pecans, no salt, dry-roasted

1.5 oz

## Poultry

chicken breast, boneless skinless

11 oz

turkey breast, roasted

4 oz

## Snacks

popcorn, air-popped

6 Cup(s)

## Soup

chicken broth soup, low-sodium

0.18 Cup(s)

tomato soup, low sodium

4 Cup(s)

## Spices & Herbs

black pepper

0.24 tsp

chili powder

1 tsp

cumin ground

0.26 tsp

parsley

2 tsp

## Vegetables

broccoli frozen, chopped

9 oz

cilantro leaves raw, coriander

0.26 Cup(s)

collards, boiled, no salt

3.5 Cup(s)



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**garlic**

**1.5 clove**

**green onions/scallions**

**1.76 medium**

**mushrooms**

**1 cup**

**onions**

**0.26 medium**

**red peppers**

**1.26 medium**

**romaine lettuce**

**13 leaf**

**2 Cup(s)**

**summer squash, no salt, boiled**

**3 cup**

**sweet green peppers**

**2.26 medium**

**tomatoes**

**5.51 Cup(s)**

## Vegetarian Products

**tempeh**

**9 oz**