



Eating right, simplified.

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

DAY 1

Breakfast

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:

Snack

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:

Lunch

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:

Dinner

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

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

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:

Snack

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:

Lunch

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:

Dinner

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



Eating right, simplified.

DAY 3

Breakfast

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:

Snack

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:

Lunch

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:

Dinner

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



Eating right, simplified.

DAY 4

Breakfast

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:

Snack

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:

Lunch

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:

Dinner

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



Eating right, simplified.

DAY 5

Breakfast

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:

Snack

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:

Lunch

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:

Dinner

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



Eating right, simplified.

DAY 6

Breakfast

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:

Snack

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:

Lunch

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:

Dinner

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



Eating right, simplified.

DAY 7

Breakfast

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:

Snack

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:

Lunch

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:

Dinner

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.



Eating right, simplified.

Nutrition Label

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



Eating right, simplified.

Nutrition Label

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



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.



Eating right, simplified.

Nutrition Label

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

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

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

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.

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)

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.

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)



Eating right, simplified.

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