



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

## DAY 1

<b>Breakfast</b> 7:00 AM	trulean vegan plant based protein chocolate browni...	1 Scoop	110 cal
	original oat milk by vitasoy	10 fl oz	181 cal
	strawberries	2 cup	106 cal

MEAL TOTAL: **Calories** 397 cal / **Carbs** 63 g (63%) / **Protein** 24 g (24%) / **Fat** 6 g (13%) / **Fluid** 10

NOTES:

<b>Snack</b> 10:00 AM	smooth peanut butter, no salt	2 Tbsp	188 cal
	drinking water	16 fl oz	0 cal
	apples	1 large	110 cal
	chickpea crisps gluten free by has no...	2 serving	237 cal

MEAL TOTAL: **Calories** 535 cal / **Carbs** 62 g (44%) / **Protein** 15 g (11%) / **Fat** 28 g (45%) / **Fluid** 22

NOTES:

<b>Lunch</b> 12:00 PM	whole wheat tortillas	2 tortilla	254 cal
	romaine lettuce	3 leaf	3 cal
	drinking water	16 fl oz	0 cal
	hummus, lower sodium	5 Tbsp	131 cal
	onions	1/3 cup	15 cal
	chickpeas, canned, drained	5 oz	197 cal

MEAL TOTAL: **Calories** 600 cal / **Carbs** 85 g (55%) / **Protein** 25 g (16%) / **Fat** 20 g (29%) / **Fluid** 23

NOTES:

<b>Dinner</b> 6:00 PM	extra virgin olive oil	1/3 Tbsp	40 cal
	cauliflower, no salt, boiled	3 flowerets	12 cal
	drinking water	16 fl oz	0 cal
	wild rice, cooked	1/2 Cup(s)	83 cal
	lentil beans, no salt, boiled	1 Cup(s)	230 cal

MEAL TOTAL: **Calories** 365 cal / **Carbs** 60 g (63%) / **Protein** 22 g (23%) / **Fat** 6 g (14%) / **Fluid** 24

NOTES:

## DAY 1 TOTAL: **Calories** 1,898 cal / **Carbs** 269 g (55%) / **Protein** 86 g (18%) / **Fat** 59 g (27%) / **Fluid** 79



**DAY 2**

**Breakfast** fbbc cherry almond butter shake-vegan 1 serving 413 cal  
7:00 AM

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 1

NOTES:

**Snack** drinking water 16 fl oz 0 cal  
10:00 AM oranges 2 fruit 137 cal  
cinnamon granola bars 1 bars 90 cal

MEAL TOTAL: **Calories** 227 cal / **Carbs** 50 g (81%) / **Protein** 5 g (7%) / **Fat** 3 g (12%) / **Fluid** 24

NOTES:

**Lunch** tomatoes 1/4 Cup(s) 8 cal  
12:00 PM mayonnaise, made with tofu 1 Tbsp 48 cal  
iced tea, green 16 fl oz 0 cal  
whole-wheat pita bread 2 small 149 cal  
avocados 1/4 cup 58 cal  
chickpeas pasta by banza 2 serving 440 cal

MEAL TOTAL: **Calories** 704 cal / **Carbs** 102 g (57%) / **Protein** 34 g (19%) / **Fat** 19 g (24%) / **Fluid** 19

NOTES:

**Dinner** drinking water 16 fl oz 0 cal  
6:00 PM yams, no salt, boiled or baked 1 Cup(s) 158 cal  
green snap beans, no salt, boiled 2 1/2 Cup(s) 109 cal  
extra virgin olive oil 1/2 Tbsp 60 cal  
brown rice, cooked 1 Cup(s) 218 cal

MEAL TOTAL: **Calories** 546 cal / **Carbs** 108 g (76%) / **Protein** 12 g (9%) / **Fat** 10 g (15%) / **Fluid** 33

NOTES:

**DAY 2 TOTAL: Calories** 1,890 cal / **Carbs** 292 g (60%) / **Protein** 80 g (16%) / **Fat** 53 g (24%) / **Fluid** 78

**DAY 3**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	brown rice bread, gluten free, low-sodium	2 slice	200 cal
	smooth peanut butter, no salt	2 Tbsp	188 cal
	raspberries	1 Cup(s)	64 cal

MEAL TOTAL: **Calories** 452 cal / **Carbs** 61 g (53%) / **Protein** 14 g (12%) / **Fat** 18 g (35%) / **Fluid** 20

**NOTES:**

<b>Snack</b> 10:00 AM	bananas	1 extra large	135 cal
	drinking water	16 fl oz	0 cal
	almond butter	1 Tbsp	100 cal

MEAL TOTAL: **Calories** 235 cal / **Carbs** 38 g (61%) / **Protein** 5 g (8%) / **Fat** 9 g (31%) / **Fluid** 20

**NOTES:**

<b>Lunch</b> 12:00 PM	mayonnaise, made with tofu	1 1/8 Tbsp	54 cal
	drinking water	16 fl oz	0 cal
	romaine lettuce	3 leaf	3 cal
	whole wheat tortillas	2 tortilla	254 cal
	edamame soybeans, shelled	1 Cup(s)	120 cal
	vegetables mini cucumbers by melissa's	3 oz	13 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 49 g (45%) / **Protein** 20 g (18%) / **Fat** 18 g (37%) / **Fluid** 18

**NOTES:**

<b>Dinner</b> 6:00 PM	tofu, extra firm	5 oz	129 cal
	whole-wheat pita bread	2 small	149 cal
	drinking water	16 fl oz	0 cal
	fava bean salad	1 serving	366 cal
	hummus	4 Tbsp	110 cal

MEAL TOTAL: **Calories** 753 cal / **Carbs** 94 g (49%) / **Protein** 39 g (20%) / **Fat** 27 g (31%) / **Fluid** 35

**NOTES:**

**DAY 3 TOTAL: Calories** 1,885 cal / **Carbs** 242 g (50%) / **Protein** 77 g (16%) / **Fat** 72 g (34%) / **Fluid** 93

**DAY 4****Breakfast**

7:00 AM

bananas	1 extra large	135 cal
whole grain rolled oats, dry	1/2 Cup(s)	150 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
original oat milk by vitasoy	16 fl oz	290 cal

MEAL TOTAL: **Calories** 684 cal / **Carbs** 121 g (72%) / **Protein** 24 g (14%) / **Fat** 10 g (14%) / **Fluid** 4

NOTES:

**Snack**

10:00 AM

drinking water	16 fl oz	0 cal
blackberries	2 Cup(s)	124 cal
peanuts, no salt, dry-roasted	1 oz	166 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 34 g (43%) / **Protein** 11 g (14%) / **Fat** 15 g (43%) / **Fluid** 25

NOTES:

**Lunch**

12:00 PM

tofu, extra firm	6 oz	155 cal
fava bean salad	1 serving	366 cal
balsamic vinegar	1 Tbsp	14 cal
tomatoes	1 Cup(s)	32 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 575 cal / **Carbs** 63 g (42%) / **Protein** 36 g (24%) / **Fat** 22 g (34%) / **Fluid** 42

NOTES:

**Dinner**

6:00 PM

drinking water	16 fl oz	0 cal
wild rice, cooked	1 Cup(s)	166 cal
asparagus, boiled	6 spears	20 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal

MEAL TOTAL: **Calories** 356 cal / **Carbs** 69 g (74%) / **Protein** 20 g (22%) / **Fat** 1 g (4%) / **Fluid** 26

NOTES:

**DAY 4 TOTAL: Calories** 1,905 cal / **Carbs** 287 g (59%) / **Protein** 90 g (18%) / **Fat** 50 g (23%) / **Fluid** 96



Eating right, simplified.

## DAY 5

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	fbbc blueberry muffin smoothie-vegan	1 serving	404 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 35 g (33%) / **Protein** 32 g (30%) / **Fat** 18 g (37%) / **Fluid** 17

NOTES:

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	smooth peanut butter, no salt	2 Tbsp	188 cal
	apples	1 large	110 cal

MEAL TOTAL: **Calories** 298 cal / **Carbs** 36 g (44%) / **Protein** 9 g (11%) / **Fat** 16 g (45%) / **Fluid** 22

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	tomatoes	1/4 Cup(s)	8 cal
	hummus, lower sodium	5 Tbsp	131 cal
	avocados	1/2 cup	117 cal
	whole-wheat pita bread	2 small	149 cal
	pine nuts	1 Tbsp	57 cal

MEAL TOTAL: **Calories** 462 cal / **Carbs** 51 g (41%) / **Protein** 15 g (12%) / **Fat** 26 g (47%) / **Fluid** 22

NOTES:

<b>Dinner</b> 6:00 PM	veggie burger	2 serving	558 cal
	drinking water	16 fl oz	0 cal
	cauliflower, no salt, boiled	6 flowerets	25 cal
	yams, no salt, boiled or baked	1 Cup(s)	158 cal

MEAL TOTAL: **Calories** 740 cal / **Carbs** 118 g (61%) / **Protein** 32 g (16%) / **Fat** 20 g (23%) / **Fluid** 30

NOTES:

**DAY 5 TOTAL: Calories** 1,905 cal / **Carbs** 240 g (47%) / **Protein** 87 g (17%) / **Fat** 80 g (36%) / **Fluid** 90



Eating right, simplified.

## DAY 6

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	brown rice bread, gluten free, low-sodium	2 slice	200 cal
	smooth peanut butter, no salt	2 Tbsp	188 cal
	peaches	1 medium	38 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 56 g (52%) / **Protein** 13 g (12%) / **Fat** 17 g (36%) / **Fluid** 19

NOTES:

<b>Snack</b> 10:00 AM	raisins, seedless	1/4 cup	123 cal
	drinking water	16 fl oz	0 cal
	plain soy yogurt	4 oz	100 cal
	trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 47 g (54%) / **Protein** 29 g (33%) / **Fat** 5 g (13%) / **Fluid** 16

NOTES:

<b>Lunch</b> 12:00 PM	veggie burger	2 serving	558 cal
	green snap beans, no salt, boiled	1 Cup(s)	44 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 86 g (53%) / **Protein** 30 g (19%) / **Fat** 20 g (28%) / **Fluid** 27

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	16 fl oz	0 cal
	vegan pasta sauce, low-fat	1/2 Cup(s)	80 cal
	asparagus, boiled	6 spears	20 cal
	chickpeas pasta by banza	2 serving	440 cal

MEAL TOTAL: **Calories** 540 cal / **Carbs** 81 g (60%) / **Protein** 33 g (25%) / **Fat** 9 g (15%) / **Fluid** 19

NOTES:

**DAY 6 TOTAL: Calories** 1,901 cal / **Carbs** 270 g (55%) / **Protein** 105 g (21%) / **Fat** 52 g (24%) / **Fluid** 81

**DAY 7**

<b>Breakfast</b> 7:00 AM	drinking water	8 fl oz	0 cal
	brown rice bread, gluten free, low-sodium	2 slice	200 cal
	almond butter	2 Tbsp	200 cal
	peaches	1 medium	38 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 55 g (53%) / **Protein** 11 g (10%) / **Fat** 17 g (37%) / **Fluid** 11

**NOTES:**

<b>Snack</b> 10:00 AM	melba toast, no salt	5 toast	94 cal
	carrots	2 large	59 cal
	cashews	5/8 oz	98 cal
	classic hummus by sabra	5 Tbsp	175 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 48 g (44%) / **Protein** 13 g (12%) / **Fat** 21 g (44%) / **Fluid** 4

**NOTES:**

<b>Lunch</b> 12:00 PM	mayonnaise, made with tofu	1 Tbsp	48 cal
	tomatoes	1 Cup(s)	32 cal
	romaine lettuce	3 leaf	3 cal
	whole wheat tortillas	2 tortilla	254 cal
	pitted kalamata olives	9 olives	68 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 48 g (47%) / **Protein** 11 g (11%) / **Fat** 19 g (42%) / **Fluid** 7

**NOTES:**

<b>Dinner</b> 6:00 PM	yams, no salt, boiled or baked	1 3/4 Cup(s)	276 cal
	green snap beans, no salt, boiled	1 Cup(s)	44 cal
	drinking water	16 fl oz	0 cal
	quinoa, cooked	1 1/2 Cup(s)	333 cal

MEAL TOTAL: **Calories** 653 cal / **Carbs** 134 g (81%) / **Protein** 18 g (11%) / **Fat** 6 g (8%) / **Fluid** 32

**NOTES:**

**DAY 7 TOTAL: Calories** 1,922 cal / **Carbs** 286 g (59%) / **Protein** 53 g (11%) / **Fat** 63 g (30%) / **Fluid** 55



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

<b>Fbbc Cherry Almond Butter Shake-Vegan</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>413</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21.1g	<b>33%</b>
Saturated Fat 1.6g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 356.6mg	<b>15%</b>
<b>Total Carbohydrates</b> 32.2g	<b>11%</b>
Dietary Fiber 10.9g	<b>44%</b>
Total Sugar 19g	
<b>Protein</b> 29.3g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 71mg	<b>7%</b>
<b>Iron</b> 2.6mg	<b>15%</b>
<b>Potassium</b> 296.7mg	

\* 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.



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.

## Nutrition Label

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

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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

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

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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 barbeque 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.



# Nutrition Label

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

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# Shopping List

## Accompaniments

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

## Beverages

almond milk (unsweetened)  
2 cup(s)  
drinking water  
344 fl oz  
iced tea, green  
16 fl oz

## Bread

brown rice bread, gluten free, low-sodium  
6 slice  
whole-wheat pita bread  
6 small  
whole wheat tortillas  
6 tortilla

## Cereal & Grain Products

brown rice, cooked  
1 Cup(s)  
brown rice, long-grain, cooked  
0.5 Cup(s)  
oat bran  
4 Tbsp  
quick oats cereal with iron  
1.34 Cup(s)  
quinoa, cooked  
1.5 Cup(s)  
whole grain rolled oats, dry  
0.5 Cup(s)  
wild rice, cooked  
1.5 Cup(s)

## Cookies & Crackers



melba toast, no salt  
5 toast

## Desserts

plain soy yogurt  
4 oz

## Fats & Oils

extra virgin olive oil  
0.83 Tbsp  
olive oil  
1.66 Tbsp

## Fruits & Juices

apples  
2 large  
avocado  
0.25 avocado  
avocados  
0.75 cup  
bananas  
2 extra large  
blackberries  
2 Cup(s)  
blueberries (frozen)  
0.5 cup(s)  
lemon juice  
1 Tbsp  
oranges  
2 fruit  
peaches  
2 medium  
raisins, seedless  
0.25 cup  
raspberries  
1 Cup(s)  
strawberries  
2 cup

## Ingredients

balsamic vinegar  
3 Tbsp



## Legumes & Beans

black beans, no salt, boiled  
0.75 Cup(s)

chickpeas, canned, drained  
5 oz

edamame soybeans, shelled  
1 Cup(s)

fava beans, canned, no salt  
2 Cup(s)

garbanzo beans, no salt, boiled  
1.34 Cup(s)

green snap beans, no salt, boiled  
4.5 Cup(s)

hummus  
4 Tbsp

hummus, lower sodium  
10 Tbsp

lentil beans, no salt, boiled  
1 Cup(s)

## Nuts & Seeds

almond butter  
3 Tbsp

almond butter (unsweetened)  
2 tablespoon(s)

cashews  
0.63 oz

peanuts, no salt, dry-roasted  
1 oz

pine nuts  
1 Tbsp

smooth peanut butter, no salt  
8 Tbsp

## Snacks

cinnamon granola bars  
1 bars

## Spices & Herbs

cinnamon, ground  
0.13 tsp

garlic powder  
0.5 tsp

nutmeg, ground



0.13 tsp  
sage, ground  
0.5 tsp

## Sports & Diet Nutritional

trulean vegan plant based protein chocolate brownie  
1 Scoop  
trulean vegan plant based protein frosted vanilla cupcake  
4 Scoop

## Uncategorized

chickpea crisps gluten free by has no...  
2 serving  
chickpeas pasta by banza  
4 serving  
classic hummus by sabra  
5 Tbsp  
frozen fruit dark sweet cherries by dole  
1 Cup(s)  
ground flaxseed  
0.33 tablespoons  
ice cubes  
4 cubes  
old fashioned oats by quaker  
0.33 Cup(s)  
original oat milk by vitasoy  
26 fl oz  
vegetable oil  
1 tablespoons  
vegetables mini cucumbers by melissa's  
3 oz

## Vegetables

asparagus, boiled  
12 spears  
carrots  
2 large  
cauliflower, no salt, boiled  
9 flowerets  
cucumber  
1 cucumber  
garlic  
1 clove  
onions  
0.33 cup



Eating right, simplified.

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**1 small**  
**pitted kalamata olives**  
**9 olives**  
**romaine lettuce**  
**9 leaf**  
**1 Cup(s)**  
**roma tomatoes**  
**1 Cup(s)**  
**spinach**  
**1 Cup(s)**  
**tomatoes**  
**2.5 Cup(s)**  
**yams, no salt, boiled or baked**  
**3.75 Cup(s)**

## **Vegetarian Products**

**tofu, extra firm**  
**19 oz**

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