



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

DAY 1

Breakfast 7:00 AM	whole eggs, scrambled	1 large	91 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	garlic	2 clove	9 cal
	red peppers	1 Cup(s)	46 cal
	chamomile tea, brewed	2 Cup(s)	5 cal
	bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 37 g (31%) / **Protein** 14 g (12%) / **Fat** 31 g (57%) / **Fluid** 23

NOTES:

Snack 10:00 AM	fbbc mexicali dip	1 serving	275 cal
	whole wheat crackers, low-sodium	10 cracker	177 cal

MEAL TOTAL: **Calories** 452 cal / **Carbs** 49 g (42%) / **Protein** 37 g (32%) / **Fat** 14 g (26%) / **Fluid** 45

NOTES:

Lunch 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	tomatoes	1 cup	27 cal
	drinking water	2 Cup(s)	0 cal
	avocados	1/2 avocado	161 cal
	celery	8 medium stalk	51 cal
	eggplant, no salt, boiled	1 cup	35 cal
	rice noodles, cooked	3/4 Cup(s)	143 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 66 g (59%) / **Protein** 9 g (8%) / **Fat** 16 g (33%) / **Fluid** 41

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	cod fish, cooked	4 oz	119 cal
	red lentils	1/2 Cup(s)	75 cal
	couscous, cooked	3/4 Cup(s)	132 cal
	collards, boiled, no salt	2 Cup(s)	99 cal

MEAL TOTAL: **Calories** 545 cal / **Carbs** 59 g (42%) / **Protein** 44 g (31%) / **Fat** 17 g (27%) / **Fluid** 34

NOTES:

DAY 1 TOTAL: **Calories** 1,894 cal / **Carbs** 211 g (43%) / **Protein** 104 g (21%) / **Fat** 77 g (36%) / **Fluid** 143

**DAY 2**

Breakfast 7:00 AM	chamomile tea, brewed	2 Cup(s)	5 cal
	cashew butter, no salt	2 Tbsp	188 cal
	plain soy yogurt	6 oz	150 cal
	strawberries	1 1/2 Cup(s)	69 cal
	bread oat bran	2 slice	142 cal

MEAL TOTAL: **Calories** 553 cal / **Carbs** 69 g (48%) / **Protein** 21 g (15%) / **Fat** 24 g (37%) / **Fluid** 24

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	1 1/4 oz	203 cal
	mangos	1 fruit	124 cal

MEAL TOTAL: **Calories** 327 cal / **Carbs** 39 g (43%) / **Protein** 9 g (10%) / **Fat** 18 g (47%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	extra virgin olive oil	1 Tbsp	120 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	2 Cup(s)	0 cal
	tuna in water, canned	3 oz	73 cal
	tomatoes	1 cup	27 cal
	bread oat bran	1 slice	71 cal
	red lentils	1 Cup(s)	150 cal

MEAL TOTAL: **Calories** 471 cal / **Carbs** 51 g (42%) / **Protein** 33 g (27%) / **Fat** 17 g (31%) / **Fluid** 27

NOTES:

Dinner 6:00 PM	iced tea, green	2 Cup(s)	0 cal
	ginger tempheh lettuce wraps	1 serving	219 cal
	rice noodles, cooked	1 1/2 Cup(s)	285 cal
	cauliflower, no salt, boiled	1 1/2 Cup(s)	43 cal

MEAL TOTAL: **Calories** 546 cal / **Carbs** 88 g (64%) / **Protein** 21 g (15%) / **Fat** 13 g (21%) / **Fluid** 31

NOTES:

DAY 2 TOTAL: Calories 1,898 cal / **Carbs** 246 g (50%) / **Protein** 84 g (17%) / **Fat** 71 g (33%) / **Fluid** 103

**DAY 3**

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	bread oat bran	2 slice	142 cal
	plain soy yogurt	8 oz	200 cal
	cashew butter, no salt	1 1/2 Tbsp	141 cal
	strawberries	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 529 cal / **Carbs** 67 g (49%) / **Protein** 22 g (16%) / **Fat** 21 g (35%) / **Fluid** 21

NOTES:

Snack 10:00 AM	walnuts	1 oz	183 cal
	mangos	1 fruit	124 cal
	chamomile tea, brewed	2 Cup(s)	5 cal

MEAL TOTAL: **Calories** 312 cal / **Carbs** 36 g (42%) / **Protein** 6 g (7%) / **Fat** 19 g (51%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	shrimp, cooked	3 oz	101 cal
	extra virgin olive oil	1 Tbsp	120 cal
	rice noodles, cooked	1 1/4 Cup(s)	238 cal
	eggplant, no salt, boiled	1 cup	35 cal
	cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 522 cal / **Carbs** 68 g (52%) / **Protein** 26 g (20%) / **Fat** 17 g (28%) / **Fluid** 30

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	ginger tempeh lettuce wraps	1 serving	219 cal
	rice noodles, cooked	1 1/2 Cup(s)	285 cal
	mushrooms, no salt, boiled	1 1/2 Cup(s)	44 cal

MEAL TOTAL: **Calories** 547 cal / **Carbs** 88 g (64%) / **Protein** 21 g (15%) / **Fat** 13 g (21%) / **Fluid** 30

NOTES:

DAY 3 TOTAL: Calories 1,910 cal / **Carbs** 259 g (53%) / **Protein** 75 g (15%) / **Fat** 69 g (32%) / **Fluid** 103



Eating right, simplified.

DAY 4

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	1/8 oz	20 cal
	chia and mango overnight oats	1 serving	484 cal

MEAL TOTAL: **Calories** 504 cal / **Carbs** 81 g (63%) / **Protein** 18 g (14%) / **Fat** 13 g (23%) / **Fluid** 23

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	walnuts	3/4 oz	137 cal
	tangerines/ mandarin oranges	2 large	104 cal
	cherries	1 1/4 Cup(s)	92 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 52 g (57%) / **Protein** 6 g (7%) / **Fat** 15 g (36%) / **Fluid** 26

NOTES:

Lunch 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	iced tea, green	2 Cup(s)	0 cal
	whole grain tortillas	1 tortilla	170 cal
	salsa, ready to serve	2 Tbsp	10 cal
	black beans, no salt, boiled	1/2 Cup(s)	114 cal
	chicken breast, boneless skinless	3 oz	92 cal
	avocados	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 554 cal / **Carbs** 60 g (41%) / **Protein** 34 g (23%) / **Fat** 23 g (36%) / **Fluid** 25

NOTES:

Dinner 6:00 PM	salmon, cooked	3 oz	130 cal
	black tea brewed	2 Cup(s)	5 cal
	red lentils	1 Cup(s)	150 cal
	couscous, cooked	1 Cup(s)	176 cal
	collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 510 cal / **Carbs** 74 g (57%) / **Protein** 42 g (33%) / **Fat** 5 g (10%) / **Fluid** 28

NOTES:

DAY 4 TOTAL: Calories 1,901 cal / **Carbs** 267 g (54%) / **Protein** 100 g (20%) / **Fat** 56 g (26%) / **Fluid** 102

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**DAY 5**

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	chia and mango overnight oats	1 serving	484 cal
	cashew butter, no salt	1/2 Tbsp	47 cal
	bread oat bran	1/2 slice	35 cal

MEAL TOTAL: **Calories** 566 cal / **Carbs** 88 g (61%) / **Protein** 20 g (14%) / **Fat** 16 g (25%) / **Fluid** 23

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	almonds	1 1/8 oz	182 cal
	tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 286 cal / **Carbs** 33 g (42%) / **Protein** 8 g (11%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	tomatoes	1 cup	27 cal
	romaine lettuce	1 Cup(s)	8 cal
	chicken breast, boneless skinless	6 oz	184 cal
	hummus, lower sodium	3 Tbsp	78 cal
	bread oat bran	2 slice	142 cal
	avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 519 cal / **Carbs** 42 g (31%) / **Protein** 47 g (35%) / **Fat** 20 g (34%) / **Fluid** 30

NOTES:

Dinner 6:00 PM	extra virgin olive oil	1 1/2 Tbsp	180 cal
	iced tea, green	2 Cup(s)	0 cal
	cauliflower, no salt, boiled	1 Cup(s)	29 cal
	pork tenderloin, lean, cooked	3 oz	122 cal
	mushrooms, no salt, boiled	1 Cup(s)	29 cal
	sweet potato, no salt, baked	1 Cup(s)	180 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 52 g (37%) / **Protein** 31 g (22%) / **Fat** 25 g (41%) / **Fluid** 30

NOTES:

DAY 5 TOTAL: Calories 1,910 cal / **Carbs** 216 g (44%) / **Protein** 106 g (21%) / **Fat** 78 g (35%) / **Fluid** 105



Eating right, simplified.

DAY 6

Breakfast 7:00 AM	drinking water	2 Cup(s)	0 cal
	strawberries	1 1/2 Cup(s)	69 cal
	fbbc pumpkin chia protein oats	1 serving	364 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 59 g (54%) / **Protein** 23 g (22%) / **Fat** 11 g (24%) / **Fluid** 32

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	walnuts	1 1/4 oz	229 cal
	tangerines/ mandarin oranges	2 large	104 cal

MEAL TOTAL: **Calories** 333 cal / **Carbs** 31 g (34%) / **Protein** 7 g (8%) / **Fat** 23 g (58%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	tomatoes	1 cup	27 cal
	romaine lettuce	2 Cup(s)	16 cal
	balsamic vinegar	2 Tbsp	28 cal
	pork tenderloin, lean, cooked	4 oz	162 cal
	sweet potato, no salt, baked	1 Cup(s)	180 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal

MEAL TOTAL: **Calories** 593 cal / **Carbs** 56 g (37%) / **Protein** 36 g (24%) / **Fat** 26 g (39%) / **Fluid** 32

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	cod fish, cooked	2 oz	60 cal
	mexican bean stew	1 serving	344 cal
	whole grain tortillas	1/2 tortilla	85 cal
	collards, boiled, no salt	1 Cup(s)	49 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 83 g (59%) / **Protein** 34 g (25%) / **Fat** 10 g (16%) / **Fluid** 29

NOTES:

DAY 6 TOTAL: Calories 1,896 cal / **Carbs** 228 g (46%) / **Protein** 101 g (21%) / **Fat** 71 g (33%) / **Fluid** 115

**DAY 7**

Breakfast 7:00 AM	egg, hard boiled	1 large	78 cal
	drinking water	2 Cup(s)	0 cal
	ground flaxseed	2 Tbsp	140 cal
	plain soy yogurt	4 oz	100 cal
	strawberries	1 Cup(s)	46 cal
	bread oat bran	1 slice	71 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 44 g (38%) / **Protein** 22 g (19%) / **Fat** 22 g (43%) / **Fluid** 22

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	tomatoes	1 cup	27 cal
	hummus, lower sodium	3 Tbsp	78 cal
	celery	6 medium stalk	38 cal
	whole wheat crackers, low-sodium	8 cracker, square	142 cal

MEAL TOTAL: **Calories** 285 cal / **Carbs** 42 g (55%) / **Protein** 10 g (13%) / **Fat** 11 g (32%) / **Fluid** 30

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	rice noodles, cooked	1 Cup(s)	190 cal
	sesame oil, salad or cooking	1 Tbsp	119 cal
	mushrooms, no salt, boiled	1 Cup(s)	29 cal
	garden veggie tempeh	4 oz	251 cal

MEAL TOTAL: **Calories** 589 cal / **Carbs** 65 g (44%) / **Protein** 27 g (19%) / **Fat** 24 g (37%) / **Fluid** 24

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	chicken breast, boneless skinless	1 oz	31 cal
	mexican bean stew	1 serving	344 cal
	cauliflower, no salt, boiled	1 1/2 Cup(s)	43 cal
	whole grain tortillas	1 tortilla	170 cal

MEAL TOTAL: **Calories** 587 cal / **Carbs** 94 g (62%) / **Protein** 30 g (19%) / **Fat** 13 g (19%) / **Fluid** 28

NOTES:

DAY 7 TOTAL: Calories 1,896 cal / **Carbs** 245 g (50%) / **Protein** 88 g (18%) / **Fat** 70 g (32%) / **Fluid** 104



1 Servings

fbbc mexicali dip

Ingredients

ground beef, lean
4 oz

cumin ground
1/2 tsp

oregano, dried
1/4 tsp

garlic powder
1/4 tsp

salt
1/4 tsp

black pepper
1/8 tsp

cayenne pepper
1/8 tsp

black beans, no salt, boiled
1/4 Cup(s)

salsa, ready to serve
1/2 Cup(s)

plain greek yogurt, nonfat
1 oz

Nutrition Totals

Calories 275 / Carbs 21 g / Protein 33 g / Fat 7 g / Fluid 8 fl oz

Instructions

Instructions:

Brown ground beef in a pan and drain.

Combine cumin, oregano, garlic, salt, pepper, and cayenne in small bowl and add to pan with ground beef. Mix to combine.

Transfer 4 ounces of the meat into a large bowl. Store the remaining meat in an airtight container and refrigerate for later use.

Next add the black beans and salsa to the meat and stir to combine.

Stir in the Greek yogurt and add optional toppings. Serve.

Optional toppings: shredded cheese, chopped jalapenos, minced red or white onion, chopped cilantro, smoked paprika



Nutrition Label

Fbbc Mexicali Dip	
Amount Per Serving	
Calories	275
% Daily Value*	
Total Fat 6.6g	10%
Saturated Fat 3.4g	17%
Trans Fat 0.3g	
Cholesterol 90.2mg	30%
Sodium 834.5mg	35%
Total Carbohydrates 21.3g	7%
Dietary Fiber 6.3g	26%
Total Sugar 6g	
Protein 33.3g	
Vitamin D 3.3IU	1%
Calcium 101.1mg	10%
Iron 4.3mg	24%
Potassium 969.3mg	

* 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

ginger tempeh lettuce wraps

Ingredients

lemon juice
2 Tbsp

soy sauce, low-sodium
2 Tbsp

sesame oil, salad or cooking
1/2 tsp

sweetener syrup agave
1 Tbsp

sriracha, hot chili sauce
2 tsp

ginger root
2 Tbsp

garlic
4 clove

garden veggie tempeh
8 oz

extra virgin olive oil
2 tsp

carrots
2 medium

romaine lettuce
4 outer leaf

green onions/scallions
2 medium

sesame oil, salad or cooking
1 Tbsp

Nutrition Totals

Calories 874 / Carbs 67 g / Protein 50 g / Fat 46 g / Fluid 10 fl oz

Instructions

1. In a small bowl, combine lemon juice, soy sauce, sesame oil, agave, chili sauce, ginger and garlic to make the marinade.
2. Add cubed tempeh to the marinade and coat well. Set aside and allow to marinade for at least 30 minutes.
3. In a medium skillet, heat olive oil over medium-high heat. Add cubed tempeh and residual marinade.
4. Stir-fry tempeh cubes until lightly browned.
5. Peel and cut carrots into matchstick slices. Add to tempeh and cook until slightly tender.
6. Place 1/4 of tempeh mixture onto each lettuce leaf and garnish with scallions and sesame seeds.

Nutrition Label

Ginger Tempeh Lettuce Wraps	
Amount Per Serving	
Calories	219
% Daily Value*	
Total Fat 11.5g	18%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 389mg	16%
Total Carbohydrates 16.6g	6%
Dietary Fiber 8.8g	35%
Total Sugar 3.3g	
Protein 12.5g	
Vitamin D 0IU	0%
Calcium 31mg	3%
Iron 0.5mg	3%
Potassium 360.3mg	
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2 Servings

chia and mango overnight oats

Ingredients

mangos
1 fruit

seeds chia dried
1 oz

almond beverage with calcium
4 Tbsp

almond beverage with calcium
1 Cup(s)

oats
1 Cup(s)

vanilla extract
1 tsp

Nutrition Totals

Calories 967 / **Carbs** 160 g / **Protein** 34 g / **Fat** 23 g / **Fluid** 14 fl oz

Instructions

1. In a medium bowl, combine oats, vanilla and 1 cup of almond milk; stir well.
2. Mix the chia seeds with 4 tbsp of almond milk in another small bowl. Set aside.
3. Chop mango into small pieces.
4. In 2 jars, alternate layers of oats, mango and chia.
5. Place the jars in the refrigerator and enjoy the next morning.

Nutrition Label

Chia And Mango Overnight Oats	
Amount Per Serving	
Calories	484
% Daily Value*	
Total Fat 11.6g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60.6mg	3%
Total Carbohydrates 80.2g	27%
Dietary Fiber 14.8g	59%
Total Sugar 18.7g	
Protein 16.9g	
Vitamin D 0IU	0%
Calcium 421.1mg	42%
Iron 5.1mg	29%
Potassium 591mg	
<p>* 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.</p>	



1 Servings

fbbc pumpkin chia protein oats

Ingredients

oatmeal oatmeal old fashioned oats by quaker oats

1/2 Cup(s)

100% liquid egg whites

1/2 Cup(s)

pumpkin, no salt, canned

3 Tbsp

vanilla extract

1 tsp

chia seeds

1 1/2 Tbsp

drinking water

1 Cup(s)

spices pumpkin pie spice

1/2 tsp

Nutrition Totals

Calories 364 / Carbs 42 g / Protein 22 g / Fat 11 g / Fluid 9 fl oz

Instructions

Instructions:

In a small sauce pan, bring water to a boil.

Add oats to boiling water and reduce to medium heat.

Cook for 2-3 minutes uncovered, stirring occasionally.

In a separate dish, add egg whites. Continually whip whites with a fork or whisk until frothy.

Pour egg whites into oats and stir briskly for about 1 minute.

Cover pot and let cook on low heat for another 3-4 minutes.

Remove from heat and stir in pure vanilla extract, pumpkin puree, pumpkin spice seasoning, and chia seeds.

Serve with optional toppings if desired.

Optional toppings: cinnamon, berries, honey



Nutrition Label

Fbbc Pumpkin Chia Protein Oats	
Amount Per Serving	
Calories	364
% Daily Value*	
Total Fat 10.7g	17%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 606.8mg	25%
Total Carbohydrates 42.3g	14%
Dietary Fiber 14.4g	58%
Total Sugar 3.1g	
Protein 21.8g	
Vitamin D 0IU	0%
Calcium 168.3mg	17%
Iron 5.3mg	30%
Potassium 707.4mg	

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4 Servings

mexican bean stew

Ingredients

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

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

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

extra virgin olive oil
1 Tbsp

onions
1 medium

garlic
4 clove

cumin ground
1 tsp

crushed tomatoes, no salt
2 Cup(s)

corn sweet yellow raw
2 Cup(s)

cinnamon, ground
1/2 tsp

black pepper
1/2 tsp

cayenne pepper
1/8 tsp

cilantro leaves raw, coriander
4 Tbsp

Nutrition Totals

Calories 1374 / Carbs 239 g / Protein 58 g / Fat 25 g / Fluid 22 fl oz

Instructions

1. Heat olive oil in a large saucepan over medium heat. Add in onions and garlic and saute until tender.
2. Add in cumin and saute for one additional minute.
3. To the onions add in cooked beans (including desired amount of cooking water), and crushed tomatoes. Simmer for 20 minutes.
4. Add in corn, cinnamon, pepper and cayenne.
5. Garnish with fresh cilantro prior to serving.



Nutrition Label

Mexican Bean Stew	
Amount Per Serving	
Calories	344
% Daily Value*	
Total Fat 6.2g	10%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 31.2mg	1%
Total Carbohydrates 59.8g	20%
Dietary Fiber 15.8g	63%
Total Sugar 11.9g	
Protein 14.4g	
Vitamin D 0IU	0%
Calcium 69mg	7%
Iron 4.9mg	27%
Potassium 1068.2mg	

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Shopping List

Accompaniments

salsa, ready to serve

0.5 Cup(s)

2 Tbsp

soy sauce, low-sodium

1 Tbsp

sriracha, hot chili sauce

1 tsp

sweetener syrup agave

0.5 Tbsp

Beef

ground beef, lean

4 oz

Beverages

almond beverage with calcium

4 Tbsp

1 Cup(s)

black tea brewed

2 Cup(s)

chamomile tea, brewed

6 Cup(s)

drinking water

41 Cup(s)

iced tea, green

6 Cup(s)

Bread

whole grain tortillas

2.5 tortilla

Cereal & Grain Products

couscous, cooked

1.75 Cup(s)

oatmeal oatmeal old fashioned oats by quaker oats

0.5 Cup(s)

oats

1 Cup(s)

rice noodles, cooked



6 Cup(s)

Cookies & Crackers

whole wheat crackers, low-sodium

10 cracker

8 cracker, square

Dairy & Egg

100% liquid egg whites

0.5 Cup(s)

egg, hard boiled

1 large

plain greek yogurt, nonfat

1 oz

whole eggs, scrambled

1 large

Desserts

plain soy yogurt

18 oz

Fats & Oils

extra virgin olive oil

8 Tbsp

1 tsp

sesame oil, salad or cooking

0.26 tsp

1.5 Tbsp

Finfish & Shellfish

cod fish, cooked

6 oz

salmon, cooked

3 oz

shrimp, cooked

3 oz

tuna in water, canned

3 oz

Fruits & Juices



avocados
1.25 avocado
cherries
1.25 Cup(s)
lemon juice
1 Tbsp
mangos
3 fruit
strawberries
5 Cup(s)
tangerines/ mandarin oranges
6 large

Ingredients

balsamic vinegar
3 Tbsp

Legumes & Beans

black beans, no salt, boiled
1.25 Cup(s)
garbanzo beans, no salt, boiled
0.5 Cup(s)
hummus, lower sodium
6 Tbsp
pinto beans, no salt, boiled
0.5 Cup(s)
red lentils
2.5 Cup(s)

Nuts & Seeds

almonds
2.51 oz
chia seeds
1.5 Tbsp
ground flaxseed
2 Tbsp
walnuts
3 oz

Pork

pork tenderloin, lean, cooked
7 oz



Poultry

chicken breast, boneless skinless
10 oz

Spices & Herbs

black pepper
0.39 tsp
cayenne pepper
0.19 tsp
cinnamon, ground
0.26 tsp
cumin ground
1 tsp
garlic powder
0.25 tsp
oregano, dried
0.25 tsp
salt
0.25 tsp

Uncategorized

bread oat bran
10.5 slice
corn sweet yellow raw
1 Cup(s)
seeds chia dried
1 oz
spices pumpkin pie spice
0.5 tsp
vanilla extract
2 tsp

Vegetables

carrots
1 medium
cashew butter, no salt
4 Tbsp
cauliflower, no salt, boiled
5 Cup(s)
celery
14 medium stalk
cilantro leaves raw, coriander
2 Tbsp
collards, boiled, no salt
4 Cup(s)



crushed tomatoes, no salt

1 Cup(s)

eggplant, no salt, boiled

2 cup

garlic

6 clove

ginger root

1 Tbsp

green onions/scallions

1 medium

mushrooms, no salt, boiled

3.5 Cup(s)

onions

0.5 medium

pumpkin, no salt, canned

3 Tbsp

red peppers

1 Cup(s)

romaine lettuce

7 Cup(s)

2 outer leaf

sweet potato, no salt, baked

2 Cup(s)

tomatoes

5 cup

Vegetarian Products

garden veggie tempeh

8 oz