



Eating right, simplified.

1,700 Calorie Plan (Vegan 2) 4meals/day

DAY 1

Breakfast

7:00 AM

drinking water	8 fl oz	0 cal
fbbc cherry almond butter shake-vegan	1 serving	413 cal

MEAL TOTAL: **Calories** 413 cal / **Carbs** 32 g (30%) / **Protein** 29 g (27%) / **Fat** 21 g (43%) / **Fluid** 9

NOTES:

Snack

10:00 AM

nectarines	2 fruit	120 cal
drinking water	16 fl oz	0 cal
hazelnuts/filberts	1 1/2 oz	267 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 36 g (34%) / **Protein** 9 g (9%) / **Fat** 27 g (57%) / **Fluid** 24

NOTES:

Lunch

12:00 PM

whole wheat tortillas	2 tortilla	254 cal
drinking water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	2 leaf	2 cal
dijon mustard	2 Tbsp	30 cal
american soy cheese, sliced	2 slice	140 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 44 g (45%) / **Protein** 13 g (13%) / **Fat** 18 g (42%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

brussels sprouts, no salt, boiled	1 3/4 Cup(s)	49 cal
drinking water	16 fl oz	0 cal
quinoa, cooked	1 1/2 Cup(s)	333 cal
extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 442 cal / **Carbs** 69 g (60%) / **Protein** 16 g (14%) / **Fat** 13 g (26%) / **Fluid** 27

NOTES:

DAY 1 TOTAL: Calories 1,677 cal / **Carbs** 181 g (42%) / **Protein** 67 g (16%) / **Fat** 79 g (42%) / **Fluid** 79



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

drinking water	16 fl oz	0 cal
cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
strawberries	1 1/2 Cup(s)	69 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 96 g (78%) / **Protein** 12 g (10%) / **Fat** 7 g (12%) / **Fluid** 35

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
almond butter	2 Tbsp	200 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
baby carrots	15 large	79 cal
drinking water	16 fl oz	0 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
whole-wheat pita bread	2 small	149 cal
chickpeas, canned, drained	6 oz	236 cal

MEAL TOTAL: **Calories** 514 cal / **Carbs** 89 g (66%) / **Protein** 20 g (15%) / **Fat** 11 g (19%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
mustard greens, no salt, boiled	1 3/4 cup	64 cal
shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
quinoa, cooked	3/4 Cup(s)	167 cal

MEAL TOTAL: **Calories** 422 cal / **Carbs** 69 g (62%) / **Protein** 18 g (16%) / **Fat** 11 g (22%) / **Fluid** 29

NOTES:

DAY 2 TOTAL: Calories 1,695 cal / **Carbs** 288 g (64%) / **Protein** 57 g (13%) / **Fat** 45 g (23%) / **Fluid** 114



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

whole wheat raisin bread	2 slice	260 cal
almond beverage with calcium	1 Cup(s)	69 cal
drinking water	8 fl oz	0 cal
almond butter	2 Tbsp	200 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 94 g (60%) / **Protein** 16 g (10%) / **Fat** 21 g (30%) / **Fluid** 20

NOTES:

Snack

10:00 AM

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** 1

NOTES:

Lunch

12:00 PM

whole wheat dinner rolls	2 roll	149 cal
iced tea, green	16 fl oz	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1/2 Tbsp	7 cal
extra virgin olive oil	1/2 Tbsp	60 cal
lima beans, boiled, no salt	1/2 Cup(s)	108 cal

MEAL TOTAL: **Calories** 340 cal / **Carbs** 53 g (59%) / **Protein** 13 g (15%) / **Fat** 10 g (26%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

shell pasta with artichokes in garlic & olive oil	1/2 serving	192 cal
drinking water	16 fl oz	0 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal

MEAL TOTAL: **Calories** 343 cal / **Carbs** 55 g (62%) / **Protein** 16 g (18%) / **Fat** 8 g (20%) / **Fluid** 20

NOTES:

DAY 3 TOTAL: Calories 1,700 cal / **Carbs** 237 g (54%) / **Protein** 77 g (17%) / **Fat** 57 g (29%) / **Fluid** 64



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

strawberries	1 Cup(s)	46 cal
drinking water	16 fl oz	0 cal
cereals, kashi 7 whole grain nuggets	2 Cup(s)	275 cal
almond beverage with calcium	1 Cup(s)	69 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 87 g (64%) / **Protein** 33 g (24%) / **Fat** 7 g (12%) / **Fluid** 29

NOTES:

Snack

10:00 AM

nectarines	1 fruit	60 cal
mixed berry soy yogurt	4 oz	120 cal
drinking water	16 fl oz	0 cal
almonds	1 1/4 oz	203 cal

MEAL TOTAL: **Calories** 383 cal / **Carbs** 45 g (43%) / **Protein** 13 g (12%) / **Fat** 20 g (45%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

american soy cheese, sliced	2 slice	140 cal
quinoa chili, vegan	1 serving	230 cal
drinking water	16 fl oz	0 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 444 cal / **Carbs** 52 g (47%) / **Protein** 17 g (15%) / **Fat** 19 g (38%) / **Fluid** 16

NOTES:

Dinner

6:00 PM

navy beans, no salt, boiled	3/4 Cup(s)	191 cal
drinking water	16 fl oz	0 cal
extra virgin olive oil	1 tsp	40 cal
mustard greens, no salt, boiled	2 cup	73 cal
wild rice, cooked	1/2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 66 g (64%) / **Protein** 22 g (21%) / **Fat** 7 g (15%) / **Fluid** 30

NOTES:

DAY 4 TOTAL: Calories 1,714 cal / **Carbs** 249 g (55%) / **Protein** 84 g (19%) / **Fat** 53 g (26%) / **Fluid** 95



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

oat bran, cooked	2 Cup(s)	175 cal
drinking water	8 fl oz	0 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal
bananas	1 medium	105 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 79 g (60%) / **Protein** 37 g (29%) / **Fat** 6 g (11%) / **Fluid** 23

NOTES:

Snack

10:00 AM

pecan granola bars	1 bars	95 cal
almond butter	1 Tbsp	100 cal
drinking water	16 fl oz	0 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 305 cal / **Carbs** 47 g (59%) / **Protein** 6 g (7%) / **Fat** 12 g (34%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
balsamic vinegar	1/2 Tbsp	7 cal
romaine lettuce	2 Cup(s)	16 cal
drinking water	16 fl oz	0 cal
whole wheat dinner rolls	2 roll	149 cal
edamame soybeans, shelled	2 Cup(s)	240 cal
tofu, extra firm	3 1/2 oz	90 cal

MEAL TOTAL: **Calories** 562 cal / **Carbs** 51 g (35%) / **Protein** 36 g (25%) / **Fat** 26 g (40%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

drinking water	16 fl oz	0 cal
vegan fajitas	1 serving	379 cal
black beans, no salt, boiled	1/4 Cup(s)	57 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 73 g (64%) / **Protein** 20 g (17%) / **Fat** 10 g (19%) / **Fluid** 26

NOTES:

DAY 5 TOTAL: Calories 1,694 cal / **Carbs** 250 g (53%) / **Protein** 99 g (21%) / **Fat** 54 g (26%) / **Fluid** 94



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

whole wheat raisin bread	2 slice	260 cal
drinking water	8 fl oz	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
almond butter	2 Tbsp	200 cal
peaches	1 medium	38 cal

MEAL TOTAL: **Calories** 568 cal / **Carbs** 82 g (57%) / **Protein** 16 g (11%) / **Fat** 21 g (32%) / **Fluid** 19

NOTES:

Snack

10:00 AM

nectarines	1 fruit	60 cal
drinking water	16 fl oz	0 cal
pistachios, no salt, dry roasted	1 oz	161 cal

MEAL TOTAL: **Calories** 221 cal / **Carbs** 23 g (38%) / **Protein** 7 g (12%) / **Fat** 13 g (50%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

iced tea, green	16 fl oz	0 cal
vegan fajitas	1 serving	379 cal
black beans, no salt, boiled	1/4 Cup(s)	57 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 73 g (64%) / **Protein** 20 g (17%) / **Fat** 10 g (19%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

wild rice, cooked	1 1/2 Cup(s)	248 cal
summer squash, no salt, boiled	1 1/2 cup	54 cal
drinking water	16 fl oz	0 cal
lima beans, boiled, no salt	3/4 Cup(s)	162 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 94 g (77%) / **Protein** 23 g (19%) / **Fat** 2 g (4%) / **Fluid** 34

NOTES:

DAY 6 TOTAL: Calories 1,689 cal / **Carbs** 272 g (62%) / **Protein** 67 g (15%) / **Fat** 46 g (23%) / **Fluid** 99



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

cereals, kashi 7 whole grain nuggets	2 1/2 Cup(s)	344 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
strawberries	1/2 Cup(s)	23 cal
drinking water	16 fl oz	0 cal

MEAL TOTAL: **Calories** 471 cal / **Carbs** 100 g (78%) / **Protein** 13 g (10%) / **Fat** 7 g (12%) / **Fluid** 30

NOTES:

Snack

10:00 AM

hummus, lower sodium	5 Tbsp	131 cal
drinking water	16 fl oz	0 cal
baby carrots	20 large	105 cal

MEAL TOTAL: **Calories** 236 cal / **Carbs** 36 g (58%) / **Protein** 8 g (13%) / **Fat** 8 g (29%) / **Fluid** 27

NOTES:

Lunch

12:00 PM

garden vegetable burger patties, with soy	5 oz	260 cal
american soy cheese, sliced	1 slice	70 cal
whole wheat tortillas	2 tortilla	254 cal
drinking water	16 fl oz	0 cal
dijon mustard	2 tsp	10 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 604 cal / **Carbs** 60 g (42%) / **Protein** 40 g (28%) / **Fat** 19 g (30%) / **Fluid** 19

NOTES:

Dinner

6:00 PM

quinoa, cooked	1 Cup(s)	222 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
drinking water	16 fl oz	0 cal
red lentil chili	1 Cup(s)	170 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 72 g (67%) / **Protein** 19 g (18%) / **Fat** 7 g (15%) / **Fluid** 23

NOTES:

DAY 7 TOTAL: Calories 1,731 cal / **Carbs** 268 g (61%) / **Protein** 81 g (18%) / **Fat** 41 g (21%) / **Fluid** 99



Eating right, simplified.



1 Servings

fbcc 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.



Eating right, simplified.

Nutrition Label

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

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.



2 Servings

shell pasta with artichokes in garlic & olive oil

Ingredients

garlic
2 clove

olive oil
2 Tbsp

pasta shells
1 1/3 Cup(s)

artichokes
2 medium

Nutrition Totals

Calories 768 / **Carbs** 113 g / **Protein** 23 g / **Fat** 29 g / **Fluid** 7 fl oz

Instructions

1. Bring a pot of lightly salted water to a boil. Add seashell pasta, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the olive oil in a skillet over medium heat. Mix in the garlic, basil, and artichoke hearts, and cook 5 minutes, until heated through. Toss with the cooked pasta to serve.



Eating right, simplified.

Nutrition Label

Shell Pasta With Artichokes In Garlic & Olive Oil	
Amount Per Serving	
Calories	384
% Daily Value*	
Total Fat 14.3g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 121.1mg	5%
Total Carbohydrates 56.4g	19%
Dietary Fiber 8.9g	36%
Total Sugar 2.6g	
Protein 11.7g	
Vitamin D 0IU	0%
Calcium 75.2mg	8%
Iron 4.1mg	23%
Potassium 485.7mg	
* 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.	

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.



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.



Eating right, simplified.

Nutrition Label

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



2 Servings

vegan fajitas

Ingredients

corn tortillas, no salt

2 tortilla

sweet green peppers

2/3 medium

zucchini/summer squash

1/2 small

summer squash

3/4 cup

black beans, no salt, boiled

1 1/3 Cup(s)

corn sweet yellow raw

1 1/3 Cup(s)

olive oil

1 Tbsp

distilled vinegar

2 tsp

chili powder

1/2 tsp

Nutrition Totals

Calories 759 / Carbs 126 g / Protein 33 g / Fat 19 g / Fluid 19 fl oz

Instructions

1. In a large bowl combine olive oil, vinegar, oregano, and chili powder. To the marinade add the zucchini, yellow squash, onion, and peppers. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.
2. Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.
3. Serve in corn or flour tortillas



Eating right, simplified.

Nutrition Label

Vegan Fajitas		
Amount Per Serving		
Calories		379
		% Daily Value*
Total Fat	9.7g	15%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrates	62.9g	21%
Dietary Fiber	15g	60%
Total Sugar	9g	
Protein	16.2g	
Vitamin D	0IU	0%
Calcium	95.9mg	10%
Iron	3.8mg	21%
Potassium	994mg	
* 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.



Shopping List

Accompaniments

dijon mustard
2 Tbsp
2 tsp
mayonnaise, made with tofu
1 Tbsp

Beverages

almond beverage with calcium
6 Cup(s)
almond milk (unsweetened)
2 cup(s)
drinking water
368 fl oz
iced tea, green
32 fl oz

Bread

corn tortillas, no salt
2 tortilla
whole-wheat pita bread
3 small
whole wheat dinner rolls
4 roll
whole wheat raisin bread
4 slice
whole wheat tortillas
4 tortilla

Cereal & Grain Products

cereals, kashi 7 whole grain nuggets
6.5 Cup(s)
oat bran, cooked
2 Cup(s)
pasta shells
0.66 Cup(s)
quinoa, cooked
3.25 Cup(s)
wild rice, cooked
2 Cup(s)



Eating right, simplified.

Dairy & Egg

american soy cheese, sliced
5 slice

Desserts

mixed berry soy yogurt
4 oz

Entrees

garden vegetable burger patties, with soy
5 oz
quinoa chili, vegan
1 serving

Fats & Oils

extra virgin olive oil
1.5 Tbsp
1 tsp
olive oil
2 Tbsp

Fruits & Juices

apples
2 large
avocado
0.25 avocado
bananas
1 medium
blueberries
1 Cup(s)
blueberries (frozen)
0.5 cup(s)
nectarines
4 fruit
peaches
1 medium
strawberries
3 Cup(s)

Ingredients

balsamic vinegar

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.

1 Tbsp
distilled vinegar
2 tsp

Legumes & Beans

black beans, no salt, boiled
2.51 Cup(s)
chickpeas, canned, drained
6 oz
edamame soybeans, shelled
2 Cup(s)
hummus, lower sodium
5 Tbsp
lima beans, boiled, no salt
1.25 Cup(s)
navy beans, no salt, boiled
0.75 Cup(s)
red lentil chili
1 Cup(s)

Nuts & Seeds

almond butter
7 Tbsp
almond butter (unsweetened)
2 tablespoon(s)
almonds
1.25 oz
hazelnuts/filberts
1.5 oz
pistachios, no salt, dry roasted
1 oz

Snacks

pecan granola bars
1 bars

Spices & Herbs

chili powder
0.5 tsp
cinnamon, ground
0.13 tsp
nutmeg, ground
0.13 tsp



Eating right, simplified.

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake
4 Scoop

Uncategorized

corn sweet yellow raw
1.34 Cup(s)
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)

Vegetables

artichokes
1 medium
baby carrots
35 large
brussels sprouts, no salt, boiled
2.75 Cup(s)
garlic
1 clove
mustard greens, no salt, boiled
3.75 cup
romaine lettuce
6 leaf
4 Cup(s)
spinach
1 Cup(s)
summer squash
0.76 cup
summer squash, no salt, boiled
1.5 cup
sweet green peppers
0.66 medium
tomatoes
0.5 Cup(s)
zucchini/summer squash
0.5 small

Vegetarian Products

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.

tofu, extra firm
3.5 oz