



Eating right, simplified.

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

## DAY 1

### Breakfast

7:00 AM

whole grain rolled oats, dry	1 Cup(s)	299 cal
almond beverage with calcium	3/4 Cup(s)	52 cal
drinking water	2 Cup(s)	0 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 461 cal / **Carbs** 65 g (59%) / **Protein** 23 g (20%) / **Fat** 10 g (21%) / **Fluid** 22

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 251 cal / **Carbs** 34 g (49%) / **Protein** 7 g (10%) / **Fat** 12 g (41%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
hummus, lower sodium	2 Tbsp	52 cal
whole wheat tortillas	2 tortilla	254 cal
vegan soy burgers	2 serving	200 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 61 g (46%) / **Protein** 37 g (27%) / **Fat** 16 g (27%) / **Fluid** 18

NOTES:

### Dinner

6:00 PM

meat free sausages	2 sausage	144 cal
extra virgin olive oil	1/2 Tbsp	60 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1/2 Cup(s)	83 cal
lentil beans, no salt, boiled	3/4 Cup(s)	172 cal

MEAL TOTAL: **Calories** 488 cal / **Carbs** 69 g (51%) / **Protein** 29 g (22%) / **Fat** 16 g (27%) / **Fluid** 25

NOTES:

**DAY 1 TOTAL: Calories** 1,709 cal / **Carbs** 229 g (51%) / **Protein** 95 g (21%) / **Fat** 55 g (28%) / **Fluid** 88



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## DAY 2

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
meat free bacon	4 slices	90 cal
wheat bran flakes	1 1/4 Cup(s)	137 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 408 cal / **Carbs** 73 g (65%) / **Protein** 20 g (18%) / **Fat** 8 g (17%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
cinnamon granola bars	2 bars	180 cal

MEAL TOTAL: **Calories** 249 cal / **Carbs** 47 g (71%) / **Protein** 5 g (8%) / **Fat** 6 g (21%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

avocados	1/4 cup	58 cal
philly steak tofurky, slices	4 oz	218 cal
iced tea, green	16 fl. oz.	0 cal
mayonnaise, made with tofu	1 Tbsp	48 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	2 small	149 cal

MEAL TOTAL: **Calories** 482 cal / **Carbs** 51 g (40%) / **Protein** 34 g (27%) / **Fat** 18 g (33%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	4 oz	289 cal
extra virgin olive oil	1/2 Tbsp	60 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal

MEAL TOTAL: **Calories** 551 cal / **Carbs** 60 g (42%) / **Protein** 28 g (20%) / **Fat** 24 g (38%) / **Fluid** 23

NOTES:

**DAY 2 TOTAL: Calories** 1,689 cal / **Carbs** 230 g (52%) / **Protein** 87 g (19%) / **Fat** 57 g (29%) / **Fluid** 86



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### DAY 3

#### Breakfast

7:00 AM

smooth peanut butter, no salt	2 Tbsp	188 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal
soy milk with calcium	1 Cup(s)	105 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 494 cal / **Carbs** 58 g (47%) / **Protein** 18 g (15%) / **Fat** 21 g (38%) / **Fluid** 16

NOTES:

#### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
multigrain tortilla chips	8 chips	112 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 247 cal / **Carbs** 50 g (77%) / **Protein** 3 g (5%) / **Fat** 5 g (18%) / **Fluid** 20

NOTES:

#### Lunch

12:00 PM

hickory smoked tofurky deli slices	4 oz	218 cal
whole wheat tortillas	2 tortilla	254 cal
drinking water	2 Cup(s)	0 cal
romaine lettuce	4 leaf	4 cal
mayonnaise, made with tofu	1/2 Tbsp	24 cal

MEAL TOTAL: **Calories** 501 cal / **Carbs** 52 g (41%) / **Protein** 37 g (29%) / **Fat** 17 g (30%) / **Fluid** 18

NOTES:

#### Dinner

6:00 PM

tofu, extra firm	3 oz	77 cal
whole-wheat pita bread	1 small	74 cal
drinking water	2 Cup(s)	0 cal
fava bean salad	1 serving	366 cal

MEAL TOTAL: **Calories** 518 cal / **Carbs** 65 g (49%) / **Protein** 28 g (21%) / **Fat** 18 g (30%) / **Fluid** 32

NOTES:

**DAY 3 TOTAL: Calories** 1,759 cal / **Carbs** 225 g (51%) / **Protein** 86 g (19%) / **Fat** 61 g (30%) / **Fluid** 85



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## DAY 4

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
trulean vegan plant based protein frosted vanilla...	1 Scoop	110 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 54 g (56%) / **Protein** 23 g (23%) / **Fat** 9 g (21%) / **Fluid** 16

NOTES:

### Snack

10:00 AM

oranges	1 fruit	69 cal
drinking water	2 Cup(s)	0 cal
peanuts, no salt, dry-roasted	1 1/2 oz	249 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 27 g (31%) / **Protein** 11 g (13%) / **Fat** 21 g (56%) / **Fluid** 20

NOTES:

### Lunch

12:00 PM

tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	1 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal
tofu, extra firm	6 oz	155 cal
balsamic vinegar	1 Tbsp	14 cal
fava bean salad	1 serving	366 cal

MEAL TOTAL: **Calories** 551 cal / **Carbs** 58 g (41%) / **Protein** 34 g (24%) / **Fat** 22 g (35%) / **Fluid** 38

NOTES:

### Dinner

6:00 PM

asparagus, boiled	6 spears	20 cal
kielbasa sausage tofurky	3 oz	206 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 1/4 Cup(s)	207 cal

MEAL TOTAL: **Calories** 433 cal / **Carbs** 58 g (50%) / **Protein** 33 g (28%) / **Fat** 11 g (22%) / **Fluid** 24

NOTES:

**DAY 4 TOTAL: Calories** 1,705 cal / **Carbs** 197 g (44%) / **Protein** 101 g (23%) / **Fat** 64 g (33%) / **Fluid** 98



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## DAY 5

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
meat free bacon	4 slices	90 cal
orange juice	3/4 Cup(s)	84 cal
soy milk with calcium	1 Cup(s)	105 cal
wheat bran flakes	1 Cup(s)	110 cal

MEAL TOTAL: **Calories** 389 cal / **Carbs** 60 g (58%) / **Protein** 24 g (23%) / **Fat** 9 g (19%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal

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

NOTES:

### Lunch

12:00 PM

tomatoes	1/4 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal
philly steak tofurky, slices	4 oz	218 cal
hummus, lower sodium	2 Tbsp	52 cal
whole-wheat pita bread	1 small	74 cal
avocados	1/4 cup	58 cal

MEAL TOTAL: **Calories** 411 cal / **Carbs** 40 g (37%) / **Protein** 33 g (30%) / **Fat** 16 g (33%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

veggie burger	2 serving	558 cal
drinking water	2 Cup(s)	0 cal
cauliflower, no salt, boiled	1 Cup(s)	29 cal

MEAL TOTAL: **Calories** 586 cal / **Carbs** 82 g (52%) / **Protein** 30 g (19%) / **Fat** 20 g (29%) / **Fluid** 27

NOTES:

**DAY 5 TOTAL: Calories** 1,685 cal / **Carbs** 218 g (48%) / **Protein** 95 g (21%) / **Fat** 61 g (31%) / **Fluid** 89



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## DAY 6

### Breakfast

7:00 AM

brown rice bread, gluten free, low-sodium	2 slice	200 cal
soy milk with calcium	1 Cup(s)	105 cal
drinking water	1 Cup(s)	0 cal
smooth peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 494 cal / **Carbs** 58 g (47%) / **Protein** 18 g (15%) / **Fat** 21 g (38%) / **Fluid** 16

NOTES:

### Snack

10:00 AM

raisins, seedless	1/4 cup	123 cal
drinking water	2 Cup(s)	0 cal
garbanzo beans, dry-roasted no salt	1 1/2 oz	58 cal
trulean vegan plant based protein frosted vanilla...	1 1/2 Scoop	165 cal

MEAL TOTAL: **Calories** 346 cal / **Carbs** 49 g (51%) / **Protein** 39 g (40%) / **Fat** 4 g (9%) / **Fluid** 16

NOTES:

### Lunch

12:00 PM

veggie burger	1 serving	279 cal
green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 344 cal / **Carbs** 53 g (56%) / **Protein** 18 g (19%) / **Fat** 10 g (25%) / **Fluid** 25

NOTES:

### Dinner

6:00 PM

vegan pasta sauce, low-fat	3/4 Cup(s)	120 cal
asparagus, boiled	6 spears	20 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	4 oz	289 cal
macaroni, cooked	3/4 Cup(s)	130 cal

MEAL TOTAL: **Calories** 559 cal / **Carbs** 60 g (41%) / **Protein** 39 g (27%) / **Fat** 21 g (32%) / **Fluid** 21

NOTES:

**DAY 6 TOTAL: Calories** 1,743 cal / **Carbs** 221 g (48%) / **Protein** 113 g (25%) / **Fat** 56 g (27%) / **Fluid** 78



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## DAY 7

### Breakfast

7:00 AM

meat free bacon	4 slices	90 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
brown rice bread, gluten free, low-sodium	2 slice	200 cal

MEAL TOTAL: **Calories** 402 cal / **Carbs** 68 g (69%) / **Protein** 18 g (18%) / **Fat** 5 g (13%) / **Fluid** 15

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
celery	5 medium stalk	32 cal
melba toast, no salt	4 toast	75 cal
smooth peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 295 cal / **Carbs** 27 g (35%) / **Protein** 12 g (15%) / **Fat** 17 g (50%) / **Fluid** 23

NOTES:

### Lunch

12:00 PM

tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
mayonnaise, made with tofu	2/3 Tbsp	32 cal
hickory smoked tofurky deli slices	4 oz	218 cal
romaine lettuce	4 leaf	4 cal
whole wheat tortillas	2 tortilla	254 cal

MEAL TOTAL: **Calories** 517 cal / **Carbs** 54 g (40%) / **Protein** 38 g (29%) / **Fat** 18 g (31%) / **Fluid** 19

NOTES:

### Dinner

6:00 PM

yams, no salt, boiled or baked	1 Cup(s)	158 cal
drinking water	2 Cup(s)	0 cal
kielbasa sausage tofurky	4 oz	275 cal
green snap beans, no salt, boiled	1 Cup(s)	44 cal

MEAL TOTAL: **Calories** 476 cal / **Carbs** 61 g (48%) / **Protein** 34 g (27%) / **Fat** 14 g (25%) / **Fluid** 23

NOTES:

**DAY 7 TOTAL: Calories** 1,690 cal / **Carbs** 210 g (49%) / **Protein** 102 g (23%) / **Fat** 55 g (28%) / **Fluid** 80



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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.





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## Nutrition Label

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

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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 barbecue 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.



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## Nutrition Label

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

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# Shopping List

## Accompaniments

barbecue sauce  
1.5 Tbsp  
mayonnaise, made with tofu  
2.17 Tbsp  
vegan pasta sauce, low-fat  
0.75 Cup(s)

## Beverages

almond beverage with calcium  
2.75 Cup(s)  
drinking water  
46 Cup(s)  
iced tea, green  
32 fl. oz.  
soy milk with calcium  
3 Cup(s)

## Bread

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

## Cereal & Grain Products

brown rice, long-grain, cooked  
0.38 Cup(s)  
macaroni, cooked  
0.75 Cup(s)  
oat bran  
3 Tbsp  
quick oats cereal with iron  
1 Cup(s)  
wheat bran flakes  
2.25 Cup(s)  
whole grain rolled oats, dry  
1.75 Cup(s)  
wild rice, cooked  
1.75 Cup(s)



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## Cookies & Crackers

melba toast, no salt  
4 toast

## Entrees

vegan chicken strips, meat free  
8 oz  
vegan soy burgers  
2 serving

## Fats & Oils

extra virgin olive oil  
1 Tbsp  
olive oil  
1.66 Tbsp

## Fruits & Juices

apples  
2 large  
avocados  
0.5 cup  
bananas  
1 extra large  
lemon juice  
1 Tbsp  
orange juice  
2.75 Cup(s)  
oranges  
2 fruit  
raisins, seedless  
0.25 cup

## Ingredients

balsamic vinegar  
3 Tbsp

## Legumes & Beans

fava beans, canned, no salt  
2 Cup(s)  
garbanzo beans, no salt, boiled  
1 Cup(s)

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green snap beans, no salt, boiled

3.5 Cup(s)

hummus, lower sodium

4 Tbsp

lentil beans, no salt, boiled

0.75 Cup(s)

## Nuts & Seeds

peanuts, no salt, dry-roasted

1.5 oz

smooth peanut butter, no salt

9.5 Tbsp

## Sausages & Meats

meat free bacon

12 slices

## Snacks

cinnamon granola bars

2 bars

garbanzo beans, dry-roasted no salt

1.5 oz

multigrain tortilla chips

8 chips

## Spices & Herbs

garlic powder

0.38 tsp

sage, ground

0.38 tsp

## Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake

3.5 Scoop

## Uncategorized

vegetable oil

0.75 tablespoons



## Vegetables

asparagus, boiled

12 spears

cauliflower, no salt, boiled

2 Cup(s)

celery

5 medium stalk

cucumber

1 cucumber

garlic

1 clove

onions

1 small

romaine lettuce

10 leaf

1 Cup(s)

roma tomatoes

1 Cup(s)

tomatoes

1 Cup(s)

yams, no salt, boiled or baked

2 Cup(s)

## Vegetarian Products

hickory smoked tofurky deli slices

8 oz

kielbasa sausage tofurky

7 oz

meat free sausages

2 sausage

philly steak tofurky, slices

8 oz

tofu, extra firm

15 oz