



Eating right, simplified.

1,500 Calorie Plan (Protein) 4meals/day

DAY 1

Breakfast

7:00 AM

| | | |
|------------------------------|------------|---------|
| egg, hard boiled | 1 large | 78 cal |
| drinking water | 2 Cup(s) | 0 cal |
| whole grain rolled oats, dry | 1/2 Cup(s) | 150 cal |
| blueberries | 1/2 Cup(s) | 41 cal |
| egg whites, cooked | 5 large | 86 cal |

MEAL TOTAL: **Calories** 354 cal / **Carbs** 40 g (47%) / **Protein** 25 g (29%) / **Fat** 9 g (24%) / **Fluid** 24

NOTES:

Snack

10:00 AM

| | | |
|----------------|----------|---------|
| apples | 1 small | 55 cal |
| almond butter | 2 Tbsp | 200 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 255 cal / **Carbs** 21 g (33%) / **Protein** 6 g (10%) / **Fat** 16 g (57%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

| | | |
|------------------------|-------------|---------|
| turkey breast, roasted | 7 oz | 270 cal |
| baby carrots | 15 large | 79 cal |
| romaine lettuce | 3 leaf | 3 cal |
| tomatoes | 1/4 Cup(s) | 8 cal |
| whole-wheat pita bread | 1 1/2 small | 112 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 472 cal / **Carbs** 44 g (36%) / **Protein** 65 g (54%) / **Fat** 5 g (10%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

| | | |
|------------------------------|------------|---------|
| broccoli, no salt, boiled | 1 Cup(s) | 55 cal |
| cod fish | 6 oz | 139 cal |
| black beans, no salt, boiled | 1/2 Cup(s) | 114 cal |
| wild rice, cooked | 1/4 Cup(s) | 41 cal |
| drinking water | 2 Cup(s) | 0 cal |
| extra virgin olive oil | 1/2 Tbsp | 60 cal |

MEAL TOTAL: **Calories** 409 cal / **Carbs** 40 g (39%) / **Protein** 43 g (41%) / **Fat** 9 g (20%) / **Fluid** 28

NOTES:

DAY 1 TOTAL: Calories 1,490 cal / **Carbs** 145 g (39%) / **Protein** 139 g (37%) / **Fat** 40 g (24%) / **Fluid** 101

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DAY 2

Breakfast

7:00 AM

| | | |
|------------------------|----------|---------|
| oat bran flakes cereal | 1 Cup(s) | 179 cal |
| skim milk with calcium | 2 Cup(s) | 173 cal |
| egg, hard boiled | 1 large | 78 cal |

MEAL TOTAL: **Calories** 429 cal / **Carbs** 61 g (58%) / **Protein** 28 g (26%) / **Fat** 8 g (16%) / **Fluid** 16

NOTES:

Snack

10:00 AM

| | | |
|----------------|----------|---------|
| drinking water | 2 Cup(s) | 0 cal |
| grapes | 1 1/2 oz | 24 cal |
| almonds | 1 1/2 oz | 243 cal |

MEAL TOTAL: **Calories** 267 cal / **Carbs** 15 g (21%) / **Protein** 9 g (13%) / **Fat** 21 g (66%) / **Fluid** 17

NOTES:

Lunch

12:00 PM

| | | |
|------------------------------|------------|---------|
| balsamic vinegar | 1/4 Tbsp | 4 cal |
| cranberries, dried sweetened | 1/4 Cup(s) | 92 cal |
| extra virgin olive oil | 1/4 Tbsp | 30 cal |
| romaine lettuce | 2 Cup(s) | 16 cal |
| chicken, boneless, roasted | 5 oz | 237 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 379 cal / **Carbs** 28 g (30%) / **Protein** 37 g (38%) / **Fat** 14 g (32%) / **Fluid** 23

NOTES:

Dinner

6:00 PM

| | | |
|------------------------------|-------------|---------|
| spinach, no salt, boiled | 2 Cup(s) | 83 cal |
| beef flank, lean, broiled | 5 oz | 272 cal |
| sweet potato, no salt, baked | 1 3/4 small | 95 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 449 cal / **Carbs** 35 g (30%) / **Protein** 52 g (45%) / **Fat** 13 g (25%) / **Fluid** 33

NOTES:

DAY 2 TOTAL: Calories 1,524 cal / **Carbs** 140 g (36%) / **Protein** 126 g (32%) / **Fat** 55 g (32%) / **Fluid** 89



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

| | | |
|----------------------------|------------|---------|
| whole wheat english muffin | 1 muffin | 134 cal |
| skim milk with calcium | 2 Cup(s) | 173 cal |
| almond butter | 1 1/2 Tbsp | 150 cal |

MEAL TOTAL: **Calories** 457 cal / **Carbs** 55 g (48%) / **Protein** 27 g (24%) / **Fat** 14 g (28%) / **Fluid** 16

NOTES:

Snack

10:00 AM

| | | |
|------------------|----------|---------|
| egg, hard boiled | 2 large | 155 cal |
| bananas | 1 small | 90 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 245 cal / **Carbs** 24 g (39%) / **Protein** 14 g (22%) / **Fat** 11 g (39%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

| | | |
|--------------------------------------|------------|---------|
| whole wheat bread | 1 slice | 100 cal |
| drinking water | 2 Cup(s) | 0 cal |
| tuna fish, very low-sodium, in water | 7 oz | 196 cal |
| romaine lettuce | 3 leaf | 3 cal |
| olive oil, mayonnaise, light | 1/2 Tbsp | 25 cal |
| apples | 1 small | 55 cal |
| tomatoes | 1/4 Cup(s) | 8 cal |

MEAL TOTAL: **Calories** 386 cal / **Carbs** 37 g (36%) / **Protein** 51 g (49%) / **Fat** 7 g (15%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

| | | |
|-----------------------|------------|---------|
| italian chicken | 1 serving | 261 cal |
| kale, no salt, boiled | 2 Cup(s) | 73 cal |
| drinking water | 2 Cup(s) | 0 cal |
| macaroni, cooked | 1/2 Cup(s) | 87 cal |

MEAL TOTAL: **Calories** 421 cal / **Carbs** 35 g (32%) / **Protein** 34 g (31%) / **Fat** 18 g (37%) / **Fluid** 29

NOTES:

DAY 3 TOTAL: Calories 1,509 cal / **Carbs** 152 g (39%) / **Protein** 126 g (32%) / **Fat** 50 g (29%) / **Fluid** 87



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

| | | |
|--|------------|---------|
| blueberries | 1/3 Cup(s) | 28 cal |
| drinking water | 2 Cup(s) | 0 cal |
| egg whites, cooked | 6 large | 103 cal |
| trulean rich dutch chocolate whey isolate protein... | 1 Scoop | 100 cal |

MEAL TOTAL: **Calories** 231 cal / **Carbs** 9 g (17%) / **Protein** 46 g (81%) / **Fat** 0 g (2%) / **Fluid** 23

NOTES:

Snack

10:00 AM

| | | |
|------------------------|----------|---------|
| pears | 1 small | 79 cal |
| skim milk with calcium | 2 Cup(s) | 173 cal |
| egg, hard boiled | 2 large | 155 cal |

MEAL TOTAL: **Calories** 407 cal / **Carbs** 46 g (45%) / **Protein** 30 g (29%) / **Fat** 12 g (26%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

| | | |
|------------------------|------------|---------|
| balsamic vinegar | 2 Tbsp | 28 cal |
| whole-wheat pita bread | 2 small | 149 cal |
| romaine lettuce | 1 Cup(s) | 8 cal |
| iced tea, green | 16 fl. oz. | 0 cal |
| italian chicken | 1 serving | 261 cal |

MEAL TOTAL: **Calories** 446 cal / **Carbs** 39 g (35%) / **Protein** 32 g (28%) / **Fat** 18 g (37%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

| | | |
|--------------------------------|------------|---------|
| beef flank, lean, broiled | 6 oz | 327 cal |
| wild rice, cooked | 1/2 Cup(s) | 83 cal |
| summer squash, no salt, boiled | 1 cup | 36 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 445 cal / **Carbs** 25 g (23%) / **Protein** 52 g (47%) / **Fat** 15 g (30%) / **Fluid** 27

NOTES:

DAY 4 TOTAL: Calories 1,529 cal / **Carbs** 120 g (32%) / **Protein** 160 g (41%) / **Fat** 45 g (27%) / **Fluid** 95



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DAY 5

Breakfast

7:00 AM

| | | |
|------------------------|------------|---------|
| skim milk with calcium | 2 Cup(s) | 173 cal |
| drinking water | 1 Cup(s) | 0 cal |
| oat bran flakes cereal | 2/3 Cup(s) | 119 cal |
| egg whites, cooked | 6 large | 103 cal |

MEAL TOTAL: **Calories** 395 cal / **Carbs** 50 g (52%) / **Protein** 42 g (43%) / **Fat** 2 g (5%) / **Fluid** 29

NOTES:

Snack

10:00 AM

| | | |
|----------------|------------|---------|
| almond butter | 1 1/2 Tbsp | 150 cal |
| apples | 1 small | 55 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 205 cal / **Carbs** 19 g (37%) / **Protein** 5 g (9%) / **Fat** 12 g (54%) / **Fluid** 19

NOTES:

Lunch

12:00 PM

| | | |
|------------------------|-------------|---------|
| drinking water | 2 Cup(s) | 0 cal |
| turkey breast, roasted | 8 oz | 308 cal |
| whole-wheat pita bread | 1 1/2 small | 112 cal |
| tomatoes | 1/4 Cup(s) | 8 cal |
| baby carrots | 10 large | 53 cal |
| romaine lettuce | 3 leaf | 3 cal |

MEAL TOTAL: **Calories** 484 cal / **Carbs** 38 g (31%) / **Protein** 73 g (58%) / **Fat** 6 g (11%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

| | | |
|--------------------------|-----------|---------|
| chicken vegetable soup | 1 serving | 335 cal |
| whole wheat dinner rolls | 1 roll | 74 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 409 cal / **Carbs** 34 g (33%) / **Protein** 33 g (32%) / **Fat** 16 g (35%) / **Fluid** 25

NOTES:

DAY 5 TOTAL: Calories 1,493 cal / **Carbs** 141 g (37%) / **Protein** 152 g (41%) / **Fat** 37 g (22%) / **Fluid** 101



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

| | | |
|----------------------------|------------|---------|
| whole wheat english muffin | 1 muffin | 134 cal |
| almond butter | 1 1/2 Tbsp | 150 cal |
| skim milk with calcium | 2 Cup(s) | 173 cal |

MEAL TOTAL: **Calories** 457 cal / **Carbs** 55 g (48%) / **Protein** 27 g (24%) / **Fat** 14 g (28%) / **Fluid** 16

NOTES:

Snack

10:00 AM

| | | |
|----------------------------|----------|---------|
| drinking water | 2 Cup(s) | 0 cal |
| cottage cheese, 2% milkfat | 1 Cup(s) | 194 cal |
| blueberries | 1 Cup(s) | 83 cal |

MEAL TOTAL: **Calories** 277 cal / **Carbs** 29 g (42%) / **Protein** 28 g (39%) / **Fat** 6 g (19%) / **Fluid** 26

NOTES:

Lunch

12:00 PM

| | | |
|--------------------------|-----------|---------|
| chicken vegetable soup | 1 serving | 335 cal |
| whole wheat dinner rolls | 1 roll | 74 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 409 cal / **Carbs** 34 g (33%) / **Protein** 33 g (32%) / **Fat** 16 g (35%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

| | | |
|------------------------------|--------------|---------|
| drinking water | 2 Cup(s) | 0 cal |
| black beans, no salt, boiled | 1/3 Cup(s) | 76 cal |
| chicken breast, cooked | 5 oz | 234 cal |
| spinach, no salt, boiled | 1 1/2 Cup(s) | 62 cal |

MEAL TOTAL: **Calories** 372 cal / **Carbs** 24 g (25%) / **Protein** 57 g (61%) / **Fat** 6 g (14%) / **Fluid** 29

NOTES:

DAY 6 TOTAL: Calories 1,515 cal / **Carbs** 142 g (37%) / **Protein** 145 g (38%) / **Fat** 43 g (25%) / **Fluid** 96



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

| | | |
|------------------------|----------|---------|
| egg, hard boiled | 2 large | 155 cal |
| bananas | 1 small | 90 cal |
| skim milk with calcium | 2 Cup(s) | 173 cal |

MEAL TOTAL: **Calories** 418 cal / **Carbs** 48 g (46%) / **Protein** 30 g (29%) / **Fat** 12 g (25%) / **Fluid** 20

NOTES:

Snack

10:00 AM

| | | |
|----------------------|-----------|--------|
| string cheese, light | 1 serving | 50 cal |
| baby carrots | 15 large | 79 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 129 cal / **Carbs** 20 g (59%) / **Protein** 7 g (22%) / **Fat** 3 g (19%) / **Fluid** 23

NOTES:

Lunch

12:00 PM

| | | |
|--------------------------------------|----------------|---------|
| whole wheat tortillas | 1 1/2 tortilla | 191 cal |
| tuna fish, very low-sodium, in water | 7 oz | 196 cal |
| bottled water | 16 fl. oz. | 0 cal |
| tomatoes | 1/4 Cup(s) | 8 cal |
| olive oil, mayonnaise, light | 1 Tbsp | 49 cal |

MEAL TOTAL: **Calories** 443 cal / **Carbs** 31 g (27%) / **Protein** 51 g (46%) / **Fat** 14 g (27%) / **Fluid** 18

NOTES:

Dinner

6:00 PM

| | | |
|------------------------------|-------------|---------|
| sweet potato, no salt, baked | 1 1/2 small | 81 cal |
| chicken, boneless, roasted | 7 oz | 331 cal |
| kale, no salt, boiled | 2 Cup(s) | 73 cal |
| drinking water | 2 Cup(s) | 0 cal |

MEAL TOTAL: **Calories** 485 cal / **Carbs** 33 g (27%) / **Protein** 56 g (47%) / **Fat** 14 g (26%) / **Fluid** 31

NOTES:

DAY 7 TOTAL: Calories 1,475 cal / **Carbs** 132 g (35%) / **Protein** 146 g (39%) / **Fat** 43 g (26%) / **Fluid** 92



Eating right, simplified.



1 Servings

italian chicken

Ingredients

garlic
1/2 clove

lemon juice
1 Tbsp

olive oil
1 Tbsp

chicken breast skinless
4 oz

Nutrition Totals

Calories 261 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3 fl oz

Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.



Eating right, simplified.

Nutrition Label

| Italian Chicken | | |
|---|---------|----------------|
| Amount Per Serving | | |
| Calories | | 261 |
| | | % Daily Value* |
| Total Fat | 16.5g | 25% |
| Saturated Fat | 2.5g | 13% |
| Trans Fat | 0g | |
| Cholesterol | 82.7mg | 28% |
| Sodium | 51.7mg | 2% |
| Total Carbohydrates | 1.5g | 1% |
| Dietary Fiber | 0g | 0% |
| Total Sugar | 0.4g | |
| Protein | 25.6g | |
| Vitamin D | 1.1IU | 0% |
| Calcium | 9.4mg | 1% |
| Iron | 0.5mg | 3% |
| Potassium | 400.7mg | |
| * 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. | | |



Eating right, simplified.



2 Servings

chicken vegetable soup

Ingredients

coconut vegetable oil
1 Tbsp

onions
1 medium

zucchini/summer squash
2 cup

chicken, boneless, roasted
8 oz

vegetable stock, no salt added
3 Cup(s)

carrots
1 medium

black pepper
1/2 tsp

oregano, dried
1/2 tsp

parsley (fresh)
1 tablespoon(s)

Nutrition Totals

Calories 669 / **Carbs** 39 g / **Protein** 62 g / **Fat** 30 g / **Fluid** 18 fl oz

Instructions

1. In a large saucepan, cook diced onion, zucchini and carrots in coconut oil until tender.
2. Season with pepper, oregano and parsley.
3. Add cooked chicken and vegetable stock.
4. Simmer over low heat for 15 minutes, stirring occasionally.



Eating right, simplified.

Nutrition Label

| Chicken Vegetable Soup | |
|---|-----|
| Amount Per Serving | |
| Calories | 335 |
| % Daily Value* | |
| Total Fat 14.9g | 23% |
| Saturated Fat 8g | 40% |
| Trans Fat 0g | |
| Cholesterol 85mg | 28% |
| Sodium 162.5mg | 7% |
| Total Carbohydrates 19.4g | 6% |
| Dietary Fiber 3.2g | 13% |
| Total Sugar 13.3g | |
| Protein 30.8g | |
| Vitamin D 0IU | 0% |
| Calcium 63.9mg | 6% |
| Iron 2.2mg | 12% |
| Potassium 18947.6mg | |
| * 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. | |



Eating right, simplified.

Shopping List

Accompaniments

olive oil, mayonnaise, light
1.5 Tbsp

Beef

beef flank, lean, broiled
11 oz

Beverages

bottled water
16 fl. oz.
drinking water
41 Cup(s)
iced tea, green
16 fl. oz.

Bread

whole-wheat pita bread
5 small
whole wheat bread
1 slice
whole wheat dinner rolls
2 roll
whole wheat english muffin
2 muffin
whole wheat tortillas
1.5 tortilla

Cereal & Grain Products

macaroni, cooked
0.5 Cup(s)
oat bran flakes cereal
1.67 Cup(s)
whole grain rolled oats, dry
0.5 Cup(s)
wild rice, cooked
0.75 Cup(s)

Dairy & Egg

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Eating right, simplified.

cottage cheese, 2% milkfat

1 Cup(s)

egg, hard boiled

8 large

egg whites, cooked

17 large

skim milk with calcium

12 Cup(s)

string cheese, light

1 serving

Fats & Oils

coconut vegetable oil

1 Tbsp

extra virgin olive oil

0.75 Tbsp

olive oil

2 Tbsp

Finfish & Shellfish

cod fish

6 oz

tuna fish, very low-sodium, in water

14 oz

Fruits & Juices

apples

3 small

bananas

2 small

blueberries

1.83 Cup(s)

cranberries, dried sweetened

0.25 Cup(s)

grapes

1.5 oz

lemon juice

2 Tbsp

pears

1 small

Ingredients

balsamic vinegar

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Eating right, simplified.

2.25 Tbsp

Legumes & Beans

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

Nuts & Seeds

almond butter
6.5 Tbsp
almonds
1.5 oz

Poultry

chicken, boneless, roasted
20 oz
chicken breast, cooked
5 oz
chicken breast skinless
8 oz
turkey breast, roasted
15 oz

Soup

vegetable stock, no salt added
3 Cup(s)

Spices & Herbs

black pepper
0.5 tsp
oregano, dried
0.5 tsp
parsley (fresh)
1 tablespoon(s)

Sports & Diet Nutritionals

trulean rich dutch chocolate whey isolate protein powder
1 Scoop

Vegetables

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Eating right, simplified.

baby carrots

40 large

broccoli, no salt, boiled

1 Cup(s)

carrots

1 medium

garlic

1 clove

kale, no salt, boiled

4 Cup(s)

onions

1 medium

romaine lettuce

9 leaf

3 Cup(s)

spinach, no salt, boiled

3.5 Cup(s)

summer squash, no salt, boiled

1 cup

sweet potato, no salt, baked

3.25 small

tomatoes

1 Cup(s)

zucchini/summer squash

2 cup