



Eating right, simplified.

# 1,500 Calorie Plan (Protein 2) 4 meals/day

## DAY 1

### Breakfast

7:00 AM

|   |          |         |
|---|----------|---------|
| whole eggs, scrambled                   | 2 large  | 182 cal |
| drinking water                          | 2 Cup(s) | 0 cal   |
| natural turkey bacon by applegate farms | 2 slice  | 70 cal  |
| apples                                  | 1 small  | 55 cal  |

MEAL TOTAL: **Calories** 307 cal / **Carbs** 17 g (21%) / **Protein** 24 g (31%) / **Fat** 17 g (48%) / **Fluid** 22

NOTES:

### Snack

10:00 AM

|                |              |         |
|----------------|--------------|---------|
| drinking water | 2 Cup(s)     | 0 cal   |
| cottage cheese | 1 1/2 Cup(s) | 100 cal |
| strawberries   | 1 cup        | 49 cal  |

MEAL TOTAL: **Calories** 149 cal / **Carbs** 15 g (36%) / **Protein** 15 g (35%) / **Fat** 5 g (29%) / **Fluid** 21

NOTES:

### Lunch

12:00 PM

|                                    |          |         |
|------------------------------------|----------|---------|
| arugula                            | 1 Cup(s) | 3 cal   |
| olive oil                          | 1 Tbsp   | 119 cal |
| drinking water                     | 2 Cup(s) | 0 cal   |
| lime juice                         | 1 Tbsp   | 4 cal   |
| winter corn squash, no salt, baked | 1 cup    | 115 cal |
| coho salmon fish, cooked           | 5 oz     | 197 cal |

MEAL TOTAL: **Calories** 438 cal / **Carbs** 32 g (28%) / **Protein** 36 g (32%) / **Fat** 20 g (40%) / **Fluid** 26

NOTES:

### Dinner

6:00 PM

|                              |             |         |
|------------------------------|-------------|---------|
| drinking water               | 2 Cup(s)    | 0 cal   |
| fbbc fit body mac and cheese | 1/3 serving | 600 cal |
| broccoli                     | 1 cup       | 31 cal  |

MEAL TOTAL: **Calories** 631 cal / **Carbs** 79 g (47%) / **Protein** 35 g (20%) / **Fat** 25 g (33%) / **Fluid** 19

NOTES:

**DAY 1 TOTAL: Calories** 1,524 cal / **Carbs** 143 g (35%) / **Protein** 110 g (27%) / **Fat** 67 g (38%) / **Fluid** 88



Eating right, simplified.

## DAY 2

### Breakfast

fbbc blueberry muffin smoothie

1 serving

394 cal

7:00 AM

MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 1

NOTES:

### Snack

pecans, no salt, dry-roasted

1/2 oz

101 cal

drinking water

2 Cup(s)

0 cal

tangerines/ mandarin oranges

1 large

52 cal

10:00 AM

MEAL TOTAL: **Calories** 153 cal / **Carbs** 15 g (36%) / **Protein** 2 g (5%) / **Fat** 11 g (59%) / **Fluid** 19

NOTES:

### Lunch

mackerel fish, cooked

4 oz

297 cal

summer squash, no salt, boiled

1/2 cup

18 cal

drinking water

2 Cup(s)

0 cal

olive oil

1/2 Tbsp

60 cal

millet, cooked

1/2 Cup(s)

104 cal

12:00 PM

MEAL TOTAL: **Calories** 478 cal / **Carbs** 24 g (21%) / **Protein** 31 g (26%) / **Fat** 28 g (53%) / **Fluid** 23

NOTES:

### Dinner

quinoa salad

1 serving

276 cal

drinking water

2 Cup(s)

0 cal

buffalo meat, lean, roasted

5 1/4 oz

195 cal

6:00 PM

MEAL TOTAL: **Calories** 471 cal / **Carbs** 50 g (43%) / **Protein** 50 g (44%) / **Fat** 6 g (13%) / **Fluid** 28

NOTES:

**DAY 2 TOTAL: Calories** 1,496 cal / **Carbs** 124 g (33%) / **Protein** 117 g (31%) / **Fat** 61 g (36%) / **Fluid** 71



Eating right, simplified.

### DAY 3

#### Breakfast

7:00 AM

|                               |          |         |
|-------------------------------|----------|---------|
| butter, no salt               | 1 Tbsp   | 103 cal |
| asian pears                   | 1 medium | 116 cal |
| whole eggs, scrambled         | 1 large  | 91 cal  |
| stoneground whole wheat bread | 2 slice  | 140 cal |
| drinking water                | 2 Cup(s) | 0 cal   |

MEAL TOTAL: **Calories** 449 cal / **Carbs** 54 g (48%) / **Protein** 12 g (10%) / **Fat** 21 g (42%) / **Fluid** 26

NOTES:

#### Snack

10:00 AM

|                   |           |         |
|-------------------|-----------|---------|
| drinking water    | 2 Cup(s)  | 0 cal   |
| fbbc mexicali dip | 1 serving | 275 cal |

MEAL TOTAL: **Calories** 275 cal / **Carbs** 21 g (31%) / **Protein** 33 g (48%) / **Fat** 7 g (21%) / **Fluid** 24

NOTES:

#### Lunch

12:00 PM

|                               |          |         |
|-------------------------------|----------|---------|
| turkey breast, roasted        | 4 oz     | 154 cal |
| drinking water                | 2 Cup(s) | 0 cal   |
| kidney beans, no salt, boiled | 1 Cup(s) | 225 cal |
| turnips, no salt, boiled      | 1/2 cup  | 14 cal  |

MEAL TOTAL: **Calories** 393 cal / **Carbs** 43 g (43%) / **Protein** 50 g (50%) / **Fat** 3 g (7%) / **Fluid** 25

NOTES:

#### Dinner

6:00 PM

|                             |                       |         |
|-----------------------------|-----------------------|---------|
| butter, no salt             | 1 Tbsp                | 103 cal |
| millet, cooked              | 3/4 Cup(s)            | 155 cal |
| black tea brewed            | 16 fl oz              | 28 cal  |
| oysters, cooked             | 4 oz                  | 90 cal  |
| artichokes, no salt, boiled | 1/2 artichoke, medium | 32 cal  |

MEAL TOTAL: **Calories** 408 cal / **Carbs** 44 g (46%) / **Protein** 16 g (17%) / **Fat** 16 g (37%) / **Fluid** 24

NOTES:

**DAY 3 TOTAL: Calories** 1,525 cal / **Carbs** 163 g (43%) / **Protein** 111 g (29%) / **Fat** 47 g (28%) / **Fluid** 99



Eating right, simplified.

## DAY 4

### Breakfast

7:00 AM

|                          |            |         |
|--------------------------|------------|---------|
| whole wheat tortillas    | 2 tortilla | 254 cal |
| turnips, no salt, boiled | 1/2 cup    | 14 cal  |
| drinking water           | 2 Cup(s)   | 0 cal   |
| whole eggs, poached      | 1 large    | 72 cal  |
| olive oil                | 2 tsp      | 79 cal  |

MEAL TOTAL: **Calories** 420 cal / **Carbs** 41 g (39%) / **Protein** 15 g (14%) / **Fat** 22 g (47%) / **Fluid** 20

NOTES:

### Snack

10:00 AM

|                |              |         |
|----------------|--------------|---------|
| drinking water | 2 Cup(s)     | 0 cal   |
| mangos         | 1 fruit      | 124 cal |
| cottage cheese | 1 1/2 Cup(s) | 100 cal |

MEAL TOTAL: **Calories** 224 cal / **Carbs** 35 g (54%) / **Protein** 16 g (25%) / **Fat** 6 g (21%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

|                                |            |         |
|--------------------------------|------------|---------|
| olive oil                      | 1/2 Tbsp   | 60 cal  |
| black tea brewed               | 16 fl oz   | 28 cal  |
| quinoa, cooked                 | 1/2 Cup(s) | 111 cal |
| mackerel fish, cooked          | 3 oz       | 223 cal |
| summer squash, no salt, boiled | 1/2 cup    | 18 cal  |

MEAL TOTAL: **Calories** 440 cal / **Carbs** 25 g (24%) / **Protein** 25 g (24%) / **Fat** 24 g (52%) / **Fluid** 23

NOTES:

### Dinner

6:00 PM

|                      |           |         |
|----------------------|-----------|---------|
| southwestern chicken | 1 serving | 336 cal |
| drinking water       | 2 Cup(s)  | 0 cal   |
| arugula              | 2 Cup(s)  | 5 cal   |
| lime juice           | 1 Tbsp    | 4 cal   |
| olive oil            | 1/2 Tbsp  | 60 cal  |

MEAL TOTAL: **Calories** 405 cal / **Carbs** 32 g (31%) / **Protein** 44 g (44%) / **Fat** 12 g (25%) / **Fluid** 27

NOTES:

**DAY 4 TOTAL: Calories** 1,489 cal / **Carbs** 133 g (35%) / **Protein** 100 g (27%) / **Fat** 63 g (38%) / **Fluid** 92



Eating right, simplified.

## DAY 5

### Breakfast

fbbc cherry almond butter shake

1 serving

299 cal

7:00 AM

MEAL TOTAL: **Calories** 299 cal / **Carbs** 30 g (38%) / **Protein** 6 g (8%) / **Fat** 19 g (54%) / **Fluid** 1

NOTES:

### Snack

egg, hard boiled

1 large

78 cal

drinking water

2 Cup(s)

0 cal

bananas

1 extra large

135 cal

MEAL TOTAL: **Calories** 213 cal / **Carbs** 35 g (63%) / **Protein** 8 g (14%) / **Fat** 6 g (23%) / **Fluid** 21

NOTES:

### Lunch

lime juice

1 Tbsp

4 cal

buffalo meat, lean, roasted

5 oz

186 cal

olive oil

1 Tbsp

119 cal

tomatoes

1 medium slice

4 cal

quinoa, cooked

1 Cup(s)

222 cal

drinking water

2 Cup(s)

0 cal

MEAL TOTAL: **Calories** 535 cal / **Carbs** 41 g (31%) / **Protein** 46 g (36%) / **Fat** 20 g (33%) / **Fluid** 25

NOTES:

### Dinner

strawberry spinach salad with turkey breast

1 serving

333 cal

drinking water

2 Cup(s)

0 cal

millet, cooked

3/4 Cup(s)

155 cal

MEAL TOTAL: **Calories** 489 cal / **Carbs** 40 g (32%) / **Protein** 50 g (40%) / **Fat** 15 g (28%) / **Fluid** 26

NOTES:

**DAY 5 TOTAL: Calories** 1,535 cal / **Carbs** 147 g (38%) / **Protein** 111 g (28%) / **Fat** 60 g (34%) / **Fluid** 73



Eating right, simplified.

## DAY 6

### Breakfast

7:00 AM

|                             |            |         |
|-----------------------------|------------|---------|
| whole wheat cereal, no salt | 3/4 Cup(s) | 113 cal |
| whole eggs, scrambled       | 1 large    | 91 cal  |
| soy milk with calcium       | 1 Cup(s)   | 105 cal |
| grapefruit                  | 1/2 fruit  | 26 cal  |
| drinking water              | 2 Cup(s)   | 0 cal   |

MEAL TOTAL: **Calories** 335 cal / **Carbs** 44 g (52%) / **Protein** 17 g (19%) / **Fat** 11 g (29%) / **Fluid** 32

NOTES:

### Snack

10:00 AM

|                   |           |         |
|-------------------|-----------|---------|
| drinking water    | 2 Cup(s)  | 0 cal   |
| fbbc mexicali dip | 1 serving | 275 cal |
| baby carrots      | 5 medium  | 18 cal  |

MEAL TOTAL: **Calories** 293 cal / **Carbs** 25 g (34%) / **Protein** 34 g (46%) / **Fat** 7 g (20%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

|                               |          |         |
|-------------------------------|----------|---------|
| iced tea, brewed              | 16 fl oz | 0 cal   |
| romaine lettuce               | 1 Cup(s) | 8 cal   |
| chicken, boneless, roasted    | 6 oz     | 284 cal |
| stoneground whole wheat bread | 2 slice  | 140 cal |

MEAL TOTAL: **Calories** 432 cal / **Carbs** 26 g (25%) / **Protein** 47 g (46%) / **Fat** 13 g (29%) / **Fluid** 21

NOTES:

### Dinner

6:00 PM

|                      |            |         |
|----------------------|------------|---------|
| drinking water       | 2 Cup(s)   | 0 cal   |
| salmon avocado salad | 1 serving  | 319 cal |
| quinoa, cooked       | 1/2 Cup(s) | 111 cal |

MEAL TOTAL: **Calories** 430 cal / **Carbs** 29 g (27%) / **Protein** 35 g (32%) / **Fat** 20 g (41%) / **Fluid** 24

NOTES:

**DAY 6 TOTAL: Calories** 1,490 cal / **Carbs** 125 g (34%) / **Protein** 132 g (35%) / **Fat** 51 g (31%) / **Fluid** 104



Eating right, simplified.

## DAY 7

### Breakfast

7:00 AM

|  |              |         |
|--|--------------|---------|
| whole eggs, poached                          | 2 large      | 143 cal |
| brown rice cereal                            | 1 1/2 Cup(s) | 186 cal |
| drinking water                               | 2 Cup(s)     | 0 cal   |
| pure vanilla almond milk unsweetened by silk | 2 Cup(s)     | 59 cal  |

MEAL TOTAL: **Calories** 388 cal / **Carbs** 44 g (45%) / **Protein** 16 g (17%) / **Fat** 16 g (38%) / **Fluid** 19

NOTES:

### Snack

10:00 AM

|                              |               |         |
|------------------------------|---------------|---------|
| drinking water               | 2 Cup(s)      | 0 cal   |
| tangerines/ mandarin oranges | 2 large       | 104 cal |
| bananas                      | 1 extra large | 135 cal |

MEAL TOTAL: **Calories** 239 cal / **Carbs** 61 g (91%) / **Protein** 3 g (5%) / **Fat** 1 g (4%) / **Fluid** 26

NOTES:

### Lunch

12:00 PM

|                                    |          |         |
|------------------------------------|----------|---------|
| beef top sirloin, lean, broiled    | 5 1/2 oz | 321 cal |
| summer squash, no salt, boiled     | 1 cup    | 36 cal  |
| drinking water                     | 2 Cup(s) | 0 cal   |
| winter corn squash, no salt, baked | 1 cup    | 115 cal |

MEAL TOTAL: **Calories** 472 cal / **Carbs** 38 g (31%) / **Protein** 50 g (42%) / **Fat** 15 g (27%) / **Fluid** 31

NOTES:

### Dinner

6:00 PM

|                          |             |         |
|--------------------------|-------------|---------|
| turkey & quinoa meatloaf | 1/2 serving | 210 cal |
| drinking water           | 2 Cup(s)    | 0 cal   |
| turnips, no salt, boiled | 1 1/2 cup   | 43 cal  |
| quinoa, cooked           | 3/4 Cup(s)  | 167 cal |

MEAL TOTAL: **Calories** 419 cal / **Carbs** 53 g (49%) / **Protein** 32 g (30%) / **Fat** 10 g (21%) / **Fluid** 30

NOTES:

**DAY 7 TOTAL: Calories** 1,519 cal / **Carbs** 196 g (50%) / **Protein** 101 g (26%) / **Fat** 42 g (24%) / **Fluid** 105



1 Servings

# fbbc fit body mac and cheese

## Ingredients

cashews (raw)  
1 cup(s)

banza chick peas pasta  
8 oz

salt  
1/8 tsp

cubed butternut squash by green giant  
2 Cup(s)

coconut oil  
1/3 tablespoons

yellow onion  
1 whole

garlic  
1 tsp

coconut flour  
1 tablespoon(s)

almond milk (unsweetened)  
1 1/2 cup(s)

large flake nutritional food yeast.25 by bob's red mill  
1/2 Cup(s)

sweet hungarian style paprika sweet by kalocsa  
1/2 tsp

sea salt  
1 1/2 teaspoon(s)

lemon juice  
1 tsp

## Nutrition Totals

**Calories 1801 / Carbs 220 g / Protein 96 g / Fat 73 g / Fluid 0 fl oz**

## Instructions

Place the cashews in a bowl and fill with hot water. Cover and set aside for 10 minutes.

Bring 8 cups of salted water to a rolling boil. Add the pasta and butternut squash cubes and stir immediately. Cook for 10 minutes, until the desired firmness has been reached in both the pasta and the butternut squash. Strain and rinse with water. Set aside.

Heat the coconut oil in a medium-sized saucepan over medium heat. Add the minced garlic and chopped onion and sauté for 5 minutes, until soft. Add the coconut flour and sauté until golden.

Put the onion mixture, the drained cashews, and the remaining ingredients in a food processor and blend until smooth.

Pour the sauce back into the saucepan and cook over low heat, stirring frequently, until warmed and thickened. Add the cooked





Eating right, simplified.

---

pasta and butternut squash to the pan with the sauce, stir well and serve.



Eating right, simplified.

## Nutrition Label

| Fbbc Fit Body Mac And Cheese  |          |      |
|---|----------|------|
| Amount Per Serving  |          |      |
| Calories  |          | 1801 |
| % Daily Value*  |          |      |
| Total Fat   | 73.4g    | 113% |
| Saturated Fat   | 9.2g     | 46%  |
| Trans Fat   | 0g       |      |
| Cholesterol   | 0mg      | 0%   |
| Sodium  | 3376.7mg | 141% |
| Total Carbohydrates   | 219.7g   | 73%  |
| Dietary Fiber   | 22.1g    | 89%  |
| Total Sugar   | 13.9g    |      |
| Protein   | 95.8g    |      |
| Vitamin D   | 0IU      | 0%   |
| Calcium   | 112.3mg  | 11%  |
| Iron  | 3.4mg    | 19%  |
| Potassium   | 816.7mg  |      |
| * 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.



1 Servings

# fbbc blueberry muffin smoothie

## Ingredients

almond milk (unsweetened)  
1 cup(s)

trulean whey isolate protein frosted vanilla cake  
1 Scoop

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

## Nutrition Totals

**Calories** 394 / **Carbs** 34 g / **Protein** 34 g / **Fat** 16 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  |     |
|---|-----|
| Amount Per Serving  |     |
| Calories  |     |
|   | 394 |
| % Daily Value*  |     |
| Total Fat 15.5g   | 24% |
| Saturated Fat 1g  | 5%  |
| Trans Fat 0g  |     |
| Cholesterol 4mg   | 1%  |
| Sodium 267.8mg  | 11% |
| Total Carbohydrates 33.6g   | 11% |
| Dietary Fiber 8.1g  | 33% |
| Total Sugar 7.5g  |     |
| Protein 33.5g   |     |
| Vitamin D 0IU   | 0%  |
| Calcium 138mg   | 14% |
| Iron 2mg  | 11% |
| Potassium 282.6mg   |     |
| * 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.



Eating right, simplified.



1 Servings

## quinoa salad

### Ingredients

roma tomatoes  
62 1/2 mL

garlic  
1/2 clove

fennel bulb raw  
1 1/3 cup

watercress  
1/4 cup

quinoa, cooked  
1 Cup(s)

### Nutrition Totals

**Calories** 276 / **Carbs** 50 g / **Protein** 10 g / **Fat** 4 g / **Fluid** 8 fl oz

### Instructions

Cook quinoa in accordance with packaged directions. Prepare additional ingredients and mix together with the quinoa in a salad bowl. Additional ingredients to mix for taste: olive oil, rice vinegar, black pepper, basil, cayenne.



Eating right, simplified.

## Nutrition Label

| Quinoa Salad  |         |                |
|---|---------|----------------|
| Amount Per Serving  |         |                |
| Calories  |         | 276            |
|   |         | % Daily Value* |
| Total Fat   | 3.8g    | 6%             |
| Saturated Fat   | 0.5g    | 3%             |
| Trans Fat   | 0g      |                |
| Cholesterol   | 0mg     | 0%             |
| Sodium  | 82mg    | 3%             |
| Total Carbohydrates   | 50.4g   | 17%            |
| Dietary Fiber   | 9.3g    | 37%            |
| Total Sugar   | 7.2g    |                |
| Protein   | 10.3g   |                |
| Vitamin D   | 0IU     | 0%             |
| Calcium   | 101.2mg | 10%            |
| Iron  | 4.1mg   | 23%            |
| Potassium   | 962.5mg |                |
| * 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. |         |                |



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



Eating right, simplified.

## 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. |         |                |

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

## southwestern chicken

### Ingredients

black beans, no salt, boiled  
1/2 Cup(s)

salsa, ready to serve  
8 2/3 Tbsp

chicken breast skinless  
5 1/3 oz

sweet corn kernels  
1/3 Cup(s)

### Nutrition Totals

**Calories** 336 / **Carbs** 30 g / **Protein** 44 g / **Fat** 5 g / **Fluid** 10 fl oz

### Instructions

Preheat oven to 350 degrees.

1. Mix salsa, beans, and corn together. Add additional spices as desired.
2. Spoon salsa mixture over the chicken and marinate for at least 30 minutes.
3. Bake chicken for 30 minutes or until cooked through.



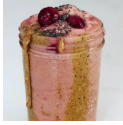
Eating right, simplified.

## Nutrition Label

| Southwestern Chicken  |          |                |
|---|----------|----------------|
| Amount Per Serving  |          |                |
| Calories  |          | 336            |
|   |          | % Daily Value* |
| Total Fat   | 4.6g     | 7%             |
| Saturated Fat   | 1g       | 5%             |
| Trans Fat   | 0g       |                |
| Cholesterol   | 110.3mg  | 37%            |
| Sodium  | 220.5mg  | 9%             |
| Total Carbohydrates   | 30g      | 10%            |
| Dietary Fiber   | 10g      | 40%            |
| Total Sugar   | 5.6g     |                |
| Protein   | 43.8g    |                |
| Vitamin D   | 1.5IU    | 0%             |
| Calcium   | 73.6mg   | 7%             |
| Iron  | 2.9mg    | 16%            |
| Potassium   | 1217.8mg |                |
| * 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. |          |                |



Eating right, simplified.



1 Servings

## fbbc cherry almond butter shake

### Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

original unsweetened pure almond milk by silk

1 Cup(s)

almond butter, no salt

1 Tbsp

### Nutrition Totals

**Calories** 299 / **Carbs** 30 g / **Protein** 6 g / **Fat** 19 g / **Fluid** 1 fl oz

### Instructions

Instructions:

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.

Optional toppings: chopped cherry pieces



Eating right, simplified.

## Nutrition Label

| Fbbc Cherry Almond Butter Shake   |         |                |
|---|---------|----------------|
| Amount Per Serving  |         |                |
| Calories  |         | 299            |
|   |         | % Daily Value* |
| Total Fat   | 18.7g   | 29%            |
| Saturated Fat   | 1.7g    | 9%             |
| Trans Fat   | 0g      |                |
| Cholesterol   | 0mg     | 0%             |
| Sodium  | 152.5mg | 6%             |
| Total Carbohydrates   | 30.2g   | 10%            |
| Dietary Fiber   | 9g      | 36%            |
| Total Sugar   | 19g     |                |
| Protein   | 6.3g    |                |
| Vitamin D   | 177.4IU | 30%            |
| Calcium   | 357.2mg | 36%            |
| Iron  | 1.5mg   | 9%             |
| Potassium   | 397.8mg |                |
| * 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. |         |                |

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



# strawberry spinach salad with turkey breast

## Ingredients

olive oil

1/2 Tbsp

white wine vinegar

2 Tbsp

turkey breast, roasted

5 oz

spinach

2 Cup(s)

strawberries

1/3 cup

sesame seeds

2 tsp

poppy seed

1 tsp

## Nutrition Totals

**Calories** 333 / **Carbs** 9 g / **Protein** 45 g / **Fat** 14 g / **Fluid** 7 fl oz

## Instructions

1. Broil or roast turkey breast thoroughly
2. In a medium bowl, whisk together the sesame seeds, poppy seeds, olive oil, and vinegar.
2. In a large bowl, combine the spinach, strawberries and add almonds if desired. Combine chopped turkey breast. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.



Eating right, simplified.

## Nutrition Label

|   |         |                       |
|---|---------|-----------------------|
| <b>Strawberry Spinach Salad With Turkey Breast</b>  |         |                       |
| <b>Amount Per Serving</b>   |         |                       |
| <b>Calories</b>   |         | <b>333</b>            |
|   |         | <b>% Daily Value*</b> |
| <b>Total Fat</b>  | 14g     | <b>22%</b>            |
| Saturated Fat   | 2.7g    | <b>14%</b>            |
| Trans Fat   | 0g      |                       |
| <b>Cholesterol</b>  | 99.2mg  | <b>33%</b>            |
| <b>Sodium</b>   | 211mg   | <b>9%</b>             |
| <b>Total Carbohydrates</b>  | 8.7g    | <b>3%</b>             |
| Dietary Fiber   | 3.6g    | <b>15%</b>            |
| Total Sugar   | 3g      |                       |
| <b>Protein</b>  | 45.4g   |                       |
| <b>Vitamin D</b>  | 14.1IU  | <b>2%</b>             |
| <b>Calcium</b>  | 186.8mg | <b>19%</b>            |
| <b>Iron</b>   | 4.4mg   | <b>25%</b>            |
| <b>Potassium</b>  | 888.7mg |                       |
| * 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

# salmon avocado salad

## Ingredients

white wine vinegar

1 Tbsp

coriander/ cilantro/ chinese parsley

2 tsp

green leaf lettuce

1 1/2 cup

cherry tomatoes

6 tomatoes

olive oil

1/3 Tbsp

avocados

1/4 avocado

salmon, cooked

4 oz

mushrooms

1/8 cup

## Nutrition Totals

**Calories** 319 / **Carbs** 10 g / **Protein** 31 g / **Fat** 18 g / **Fluid** 6 fl oz

## Instructions

1. Preheat the oven broiler. Line a baking sheet with aluminum foil. Place the salmon on the foil. Season with salt and pepper. Broil 15 minutes, until fish is easily flaked with a fork.

2. Saute the mushrooms until tender.

2. Place the tomatoes in a bowl, and drizzle with 1 tablespoon olive oil. Season with salt and pepper.

3. In a large bowl, toss together the salmon, mushrooms, tomatoes, lettuce, avocado, cilantro. Drizzle with remaining olive oil and the vinegar. Season with salt and pepper, and sprinkle with feta cheese if desired, to serve.



Eating right, simplified.

## Nutrition Label

| Salmon Avocado Salad  |         |                |
|---|---------|----------------|
| Amount Per Serving  |         |                |
| Calories  |         | 319            |
|   |         | % Daily Value* |
| Total Fat   | 18.2g   | 28%            |
| Saturated Fat   | 2.8g    | 14%            |
| Trans Fat   | 0g      |                |
| Cholesterol   | 62.3mg  | 21%            |
| Sodium  | 123.7mg | 5%             |
| Total Carbohydrates   | 9.6g    | 3%             |
| Dietary Fiber   | 4.9g    | 20%            |
| Total Sugar   | 3.1g    |                |
| Protein   | 30.7g   |                |
| Vitamin D   | 592.5IU | 99%            |
| Calcium   | 49.7mg  | 5%             |
| Iron  | 1.8mg   | 10%            |
| Potassium   | 927.6mg |                |
| * 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.





1 Servings

# turkey & quinoa meatloaf

## Ingredients

quinoa, cooked  
1/2 Cup(s)

olive oil  
1/4 Tbsp

garlic  
1/2 clove

onions  
1/4 cup

tomato paste, no salt added  
1 1/4 Tbsp

worcestershire sauce  
1/2 Tbsp

whole eggs  
1 large

turkey breast  
5 1/4 oz

## Nutrition Totals

**Calories** 419 / **Carbs** 29 g / **Protein** 46 g / **Fat** 14 g / **Fluid** 8 fl oz

## Instructions

1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Preheat an oven to 350 degrees F (175 degrees C).
3. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for another minute; remove from heat to cool.
4. Stir the turkey, cooked quinoa, onions, tomato paste, Worcestershire, egg, and pepper in a large bowl until well combined. The mixture will be very moist. Shape into a loaf on a foil lined baking sheet.
5. Bake in the preheated oven until no longer pink in the center, about 50 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Let the meatloaf cool for 10 minutes before slicing and serving.



Eating right, simplified.

## Nutrition Label

| Turkey & Quinoa Meatloaf  |         |                |
|---|---------|----------------|
| Amount Per Serving  |         |                |
| Calories  |         | 419            |
|   |         | % Daily Value* |
| Total Fat   | 13.5g   | 21%            |
| Saturated Fat   | 2.7g    | 14%            |
| Trans Fat   | 0g      |                |
| Cholesterol   | 264.8mg | 88%            |
| Sodium  | 284.5mg | 12%            |
| Total Carbohydrates   | 28.7g   | 10%            |
| Dietary Fiber   | 3.9g    | 16%            |
| Total Sugar   | 5.5g    |                |
| Protein   | 46.3g   |                |
| Vitamin D   | 51.4IU  | 9%             |
| Calcium   | 83mg    | 8%             |
| Iron  | 4.5mg   | 25%            |
| Potassium   | 950.7mg |                |
| * 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.

# Shopping List

## Accompaniments

salsa, ready to serve

1 Cup(s)

8.67 Tbsp

sea salt

0.5 teaspoon(s)

white wine vinegar

3 Tbsp

worcestershire sauce

0.25 Tbsp

## Beef

beef top sirloin, lean, broiled

5.5 oz

ground beef, lean

8 oz

## Beverages

almond milk (unsweetened)

1.5 cup(s)

black tea brewed

32 fl oz

drinking water

46 Cup(s)

iced tea, brewed

16 fl oz

soy milk with calcium

1 Cup(s)

## Bread

stoneground whole wheat bread

4 slice

whole wheat tortillas

2 tortilla

## Cereal & Grain Products

brown rice cereal

1.5 Cup(s)

millet, cooked

2 Cup(s)

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.

quinoa, cooked  
4 Cup(s)  
whole wheat cereal, no salt  
0.75 Cup(s)

## Dairy & Egg

butter, no salt  
2 Tbsp  
cottage cheese  
3 Cup(s)  
egg, hard boiled  
1 large  
plain greek yogurt, nonfat  
2 oz  
whole eggs  
0.5 large  
whole eggs, poached  
3 large  
whole eggs, scrambled  
4 large

## Fats & Oils

olive oil  
4.46 Tbsp  
2 tsp

## Finfish & Shellfish

coho salmon fish, cooked  
5 oz  
mackerel fish, cooked  
7 oz  
oysters, cooked  
4 oz  
salmon, cooked  
4 oz

## Fruits & Juices

apples  
1 small  
asian pears  
1 medium  
avocado  
0.25 avocado  
avocados

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.

0.25 avocado  
bananas  
2 extra large  
blueberries (frozen)  
0.5 cup(s)  
grapefruit  
0.5 fruit  
lemon juice  
0.33 tsp  
lime juice  
3 Tbsp  
mangos  
1 fruit  
strawberries  
1.33 cup  
tangerines/ mandarin oranges  
3 large

## Lamb, Veal, Game

buffalo meat, lean, roasted  
10.25 oz

## Legumes & Beans

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

## Nuts & Seeds

almond butter (unsweetened)  
1 tablespoon(s)  
almond butter, no salt  
1 Tbsp  
cashews (raw)  
0.33 cup(s)  
coconut flour  
0.33 tablespoon(s)  
pecans, no salt, dry-roasted  
0.5 oz  
sesame seeds  
2 tsp

## Poultry

chicken, boneless, roasted

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.

6 oz

chicken breast skinless

5.33 oz

turkey breast

2.63 oz

turkey breast, roasted

9 oz

## Spices & Herbs

black pepper

0.26 tsp

cayenne pepper

0.26 tsp

cinnamon, ground

0.13 tsp

coriander/ cilantro/ chinese parsley

2 tsp

cumin ground

1 tsp

garlic powder

0.5 tsp

nutmeg, ground

0.13 tsp

oregano, dried

0.5 tsp

poppy seed

1 tsp

salt

0.54 tsp

## Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake

1 Scoop

## Uncategorized

banza chick peas pasta

2.67 oz

coconut oil

0.11 tablespoons

cubed butternut squash by green giant

0.67 Cup(s)

frozen fruit dark sweet cherries by dole

1 Cup(s)

ground flaxseed

0.33 tablespoons

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.



large flake nutritional food yeast.25 by bob's red mill

0.17 Cup(s)

natural turkey bacon by applegate farms

2 slice

old fashioned oats by quaker

0.33 Cup(s)

original unsweetened pure almond milk by silk

1 Cup(s)

pure vanilla almond milk unsweetened by silk

2 Cup(s)

sweet hungarian style paprika sweet by kalocsa

0.17 tsp

## Vegetables

artichokes, no salt, boiled

0.5 artichoke, medium

arugula

3 Cup(s)

baby carrots

5 medium

broccoli

1 cup

cherry tomatoes

6 tomatoes

fennel bulb raw

1.33 cup

garlic

0.33 tsp

0.75 clove

green leaf lettuce

1.5 cup

mushrooms

0.13 cup

onions

0.13 cup

romaine lettuce

1 Cup(s)

roma tomatoes

62.5 mL

spinach

3 Cup(s)

summer squash, no salt, boiled

2 cup

sweet corn kernels

0.33 Cup(s)

tomatoes

1 medium slice

tomato paste, no salt added

0.63 Tbsp



Eating right, simplified.

---

**turnips, no salt, boiled**

**2.5 cup**

**watercress**

**0.25 cup**

**winter corn squash, no salt, baked**

**2 cup**

**yellow onion**

**0.33 whole**