



Eating right, simplified.

Vegan/Vegetarian

Prepared by: Daniel Gutierrez

Created: 01-03-2021

DAY 1

Breakfast 7:00 AM	soy milk, calcium added	1 fl oz	13 cal
	drinking water	8 fl oz	0 cal
	whole grain rolled oats	1 Cup(s)	299 cal
	raisins	1/4 Cup(s)	123 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 89 g (83%) / **Protein** 2 g (2%) / **Fat** 7 g (15%) / **Fluid** 9 fl oz

NOTES:

Snack 10:00 AM	apple	1 large	110 cal
	drinking water	16 fl oz	0 cal
	cinnamon granola bar	1 bars	90 cal
	smooth peanut butter, no added salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 50 g (48%) / **Protein** 11 g (10%) / **Fat** 19 g (42%) / **Fluid** 22 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	romaine lettuce	2 leaf	2 cal
	vegan soy burger	2 serving	200 cal
	whole wheat tortilla	2 tortilla	254 cal
	hummus, lower sodium	2 Tbsp	52 cal

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

NOTES:

Dinner 6:00 PM	lentils (boiled)	3/4 Cup(s)	172 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	drinking water	16 fl oz	0 cal
	meat free sausage	2 sausage	144 cal
	cauliflower (boiled)	1 Cup(s)	29 cal
	wild rice (cooked)	3/4 Cup(s)	124 cal

MEAL TOTAL: **Calories** 529 cal / **Carbs** 77 g (54%) / **Protein** 31 g (21%) / **Fat** 16 g (25%) / **Fluid** 26 fl oz

NOTES:

DAY 1 TOTAL: Calories 1,862 cal / **Carbs** 277 g (57%) / **Protein** 80 g (16%) / **Fat** 59 g (27%) / **Fluid** 76 fl oz

Powered by Evolution Nutrition. Copyright © 2021. 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.

DAY 2

Breakfast 7:00 AM	drinking water	8 fl oz	0 cal
	meat free bacon	4 slices	90 cal
	soy milk, calcium added	12 fl oz	158 cal
	wheat bran flakes	1 1/2 Cup(s)	165 cal
	orange juice	1 Cup(s)	112 cal

MEAL TOTAL: Calories 525 cal / **Carbs** 86 g (61%) / **Protein** 29 g (21%) / **Fat** 11 g (18%) / **Fluid** 27 fl oz

NOTES:

Snack 10:00 AM	orange	1 fruit	69 cal
	drinking water	16 fl oz	0 cal
	cinnamon granola bar	2 bars	180 cal
	peppered tofurky jerky	1 oz	101 cal

MEAL TOTAL: Calories 350 cal / **Carbs** 56 g (61%) / **Protein** 17 g (19%) / **Fat** 8 g (20%) / **Fluid** 20 fl oz

NOTES:

Lunch 12:00 PM	whole wheat pita bread	2 small	149 cal
	avocado	1/2 avocado	161 cal
	iced green tea	16 fl oz	0 cal
	tofu mayonnaise	1 Tbsp	48 cal
	tomatoes	1/2 Cup(s)	16 cal
	philly steak tofurky deli slices	4 oz	218 cal

MEAL TOTAL: Calories 592 cal / **Carbs** 59 g (38%) / **Protein** 35 g (23%) / **Fat** 28 g (39%) / **Fluid** 22 fl oz

NOTES:

Dinner 6:00 PM	vegan chicken strips	5 oz	361 cal
	drinking water	16 fl oz	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	yam (baked)	1 1/2 Cup(s)	237 cal
	green snap beans (boiled)	1 Cup(s)	44 cal

MEAL TOTAL: Calories 702 cal / **Carbs** 81 g (45%) / **Protein** 35 g (19%) / **Fat** 29 g (36%) / **Fluid** 25 fl oz

NOTES:

DAY 2 TOTAL: Calories 2,169 cal / **Carbs** 282 g (49%) / **Protein** 117 g (21%) / **Fat** 76 g (30%) / **Fluid** 94 fl oz

Powered by Evolution Nutrition. Copyright © 2021. 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.

DAY 3

Breakfast 7:00 AM	soy milk, calcium added	1 fl oz	13 cal
	gluten free brown rice bread, low sodium	2 slice	200 cal
	drinking water	8 fl oz	0 cal
	smooth peanut butter, no added salt	2 Tbsp	188 cal

MEAL TOTAL: Calories 401 cal / **Carbs** 48 g (48%) / **Protein** 13 g (13%) / **Fat** 18 g (39%) / **Fluid** 9 fl oz

NOTES:

Snack 10:00 AM	banana	1 extra large	135 cal
	drinking water	16 fl oz	0 cal
	cinnamon granola bar	2 bars	180 cal
	peppered tofurky jurky	1 oz	101 cal

MEAL TOTAL: Calories 417 cal / **Carbs** 73 g (67%) / **Protein** 18 g (16%) / **Fat** 9 g (17%) / **Fluid** 20 fl oz

NOTES:

Lunch 12:00 PM	tofu mayonnaise	1/2 Tbsp	24 cal
	romaine lettuce	4 leaf	4 cal
	drinking water	16 fl oz	0 cal
	hickory smoked tofurky deli slices	4 oz	218 cal
	whole wheat tortilla	2 tortilla	254 cal

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

NOTES:

Dinner 6:00 PM	whole wheat pita bread	1 small	74 cal
	drinking water	16 fl oz	0 cal
	extra firm tofu	4 oz	103 cal
	 fava bean salad	1 serving	386 cal

MEAL TOTAL: Calories 564 cal / **Carbs** 66 g (45%) / **Protein** 31 g (21%) / **Fat** 22 g (34%) / **Fluid** 33 fl oz

NOTES:

DAY 3 TOTAL: Calories 1,882 cal / **Carbs** 238 g (50%) / **Protein** 98 g (20%) / **Fat** 65 g (30%) / **Fluid** 80 fl oz

Powered by Evolution Nutrition. Copyright © 2021. 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.

DAY 4

Breakfast 7:00 AM	whole grain rolled oats	1 Cup(s)	299 cal
	banana	1 extra large	135 cal
	drinking water	8 fl oz	0 cal
	meat free bacon	4 slices	90 cal
	soy milk, calcium added	8 fl oz	105 cal


MEAL TOTAL: Calories 630 cal / **Carbs** 104 g (66%) / **Protein** 20 g (13%) / **Fat** 15 g (21%) / **Fluid** 19 fl oz

NOTES:

Snack 10:00 AM	orange	1 fruit	69 cal
	drinking water	16 fl oz	0 cal
	dry roasted peanuts, no added salt	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 fl oz

NOTES:

Lunch 12:00 PM	drinking water	16 fl oz	0 cal
	romaine lettuce	1 Cup(s)	8 cal
	tomatoes	1/2 Cup(s)	16 cal
	balsamic vinegar	1 Tbsp	14 cal
	extra firm tofu	5 oz	129 cal
	whole wheat pita bread	1 small	74 cal
 fava bean salad	1 serving	386 cal	

MEAL TOTAL: Calories 628 cal / **Carbs** 74 g (46%) / **Protein** 35 g (21%) / **Fat** 24 g (33%) / **Fluid** 39 fl oz

NOTES:

Dinner 6:00 PM	tofurky kielbasa sausage	4 oz	275 cal
	drinking water	16 fl oz	0 cal
	asparagus (boiled)	12 spears	40 cal
	gluten free hamburger bun	1 bun	190 cal
	wild rice (cooked)	1/2 Cup(s)	83 cal

MEAL TOTAL: Calories 587 cal / **Carbs** 71 g (45%) / **Protein** 42 g (27%) / **Fat** 19 g (28%) / **Fluid** 24 fl oz

NOTES:

DAY 4 TOTAL: Calories 2,163 cal / **Carbs** 276 g (49%) / **Protein** 109 g (19%) / **Fat** 79 g (32%) / **Fluid** 102 fl oz

Powered by Evolution Nutrition. Copyright © 2021. 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.

DAY 5

Breakfast 7:00 AM	soy milk, calcium added	12 fl oz	158 cal
	wheat bran flakes	1 1/2 Cup(s)	165 cal
	drinking water	8 fl oz	0 cal
	meat free bacon	4 slices	90 cal
	orange juice	1 Cup(s)	112 cal

MEAL TOTAL: Calories 525 cal / **Carbs** 86 g (61%) / **Protein** 29 g (21%) / **Fat** 11 g (18%) / **Fluid** 27 fl oz

NOTES:

Snack 10:00 AM	apple	1 large	110 cal
	drinking water	16 fl oz	0 cal
	smooth peanut butter, no added salt	2 Tbsp	188 cal
	peppered tofurky jerky	1 oz	101 cal


MEAL TOTAL: Calories 400 cal / **Carbs** 45 g (42%) / **Protein** 21 g (19%) / **Fat** 19 g (39%) / **Fluid** 22 fl oz

NOTES:

Lunch 12:00 PM	whole wheat pita bread	2 small	149 cal
	hummus, lower sodium	2 Tbsp	52 cal
	drinking water	16 fl oz	0 cal
	tomatoes	1/4 Cup(s)	8 cal
	avocado	1/2 avocado	161 cal
	philly steak tofurky deli slices	4 oz	218 cal

MEAL TOTAL: Calories 588 cal / **Carbs** 61 g (40%) / **Protein** 37 g (23%) / **Fat** 26 g (37%) / **Fluid** 21 fl oz

NOTES:

Dinner 6:00 PM	cauliflower (boiled)	1 1/2 Cup(s)	43 cal
	drinking water	16 fl oz	0 cal
	gluten free hamburger bun	1 bun	190 cal
	 veggie burger patty	1 serving	295 cal

MEAL TOTAL: Calories 528 cal / **Carbs** 81 g (57%) / **Protein** 24 g (17%) / **Fat** 16 g (26%) / **Fluid** 25 fl oz

NOTES:

DAY 5 TOTAL: Calories 2,041 cal / **Carbs** 273 g (50%) / **Protein** 110 g (20%) / **Fat** 72 g (30%) / **Fluid** 95 fl oz

Powered by Evolution Nutrition. Copyright © 2021. 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.

DAY 6

Breakfast 7:00 AM	drinking water	8 fl oz	0 cal
	smooth peanut butter, no added salt	2 Tbsp	188 cal
	gluten free brown rice bread, low sodium	2 slice	200 cal
	meat free bacon	4 slices	90 cal
	soy milk, calcium added	8 fl oz	105 cal

MEAL TOTAL: Calories 584 cal / **Carbs** 60 g (41%) / **Protein** 30 g (21%) / **Fat** 25 g (38%) / **Fluid** 16 fl oz

NOTES:

Snack 10:00 AM	plain soy yogurt	6 oz	150 cal
	drinking water	16 fl oz	0 cal
	raisins	1/4 Cup(s)	123 cal
	brown rice protein	1 1/2 oz	163 cal

MEAL TOTAL: Calories 437 cal / **Carbs** 60 g (53%) / **Protein** 38 g (34%) / **Fat** 7 g (13%) / **Fluid** 16 fl oz

NOTES:

Lunch 12:00 PM	green snap beans (boiled)	1 1/2 Cup(s)	66 cal
	drinking water	16 fl oz	0 cal
	gluten free hamburger bun	1 bun	190 cal
	 veggie burger patty	1 serving	295 cal

MEAL TOTAL: Calories 551 cal / **Carbs** 88 g (60%) / **Protein** 24 g (16%) / **Fat** 16 g (24%) / **Fluid** 25 fl oz

NOTES:

Dinner 6:00 PM	low fat vegan pasta sauce	1/2 Cup(s)	80 cal
	asparagus (boiled)	12 spears	40 cal
	drinking water	16 fl oz	0 cal
	vegan chicken strips	4 oz	289 cal
	macaroni (cooked)	1 Cup(s)	174 cal

MEAL TOTAL: Calories 582 cal / **Carbs** 68 g (45%) / **Protein** 40 g (26%) / **Fat** 20 g (29%) / **Fluid** 25 fl oz

NOTES:

DAY 6 TOTAL: Calories 2,153 cal / **Carbs** 276 g (49%) / **Protein** 132 g (24%) / **Fat** 67 g (27%) / **Fluid** 82 fl oz

Powered by Evolution Nutrition. Copyright © 2021. 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.

DAY 7

Breakfast 7:00 AM	gluten free brown rice bread, low sodium	2 slice	200 cal
	meat free bacon	4 slices	90 cal
	drinking water	8 fl oz	0 cal
	orange juice	1 Cup(s)	112 cal
	smooth peanut butter, no added salt	1 1/2 Tbsp	141 cal

MEAL TOTAL: Calories 543 cal / **Carbs** 72 g (54%) / **Protein** 24 g (17%) / **Fat** 18 g (29%) / **Fluid** 15 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	sliced american soy cheese	2 slice	140 cal
	melba toast	8 toast	150 cal
	celery	5 medium stalk	32 cal
	hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: Calories 400 cal / **Carbs** 47 g (48%) / **Protein** 14 g (15%) / **Fat** 16 g (37%) / **Fluid** 24 fl oz

NOTES:

Lunch 12:00 PM	tofu mayonnaise	1 Tbsp	48 cal
	romaine lettuce	4 leaf	4 cal
	whole wheat tortilla	2 tortilla	254 cal
	iced green tea	16 fl oz	0 cal
	tomatoes	1/2 Cup(s)	16 cal
	hickory smoked tofurky deli slices	4 oz	218 cal

MEAL TOTAL: Calories 541 cal / **Carbs** 55 g (40%) / **Protein** 38 g (28%) / **Fat** 20 g (32%) / **Fluid** 21 fl oz

NOTES:

Dinner 6:00 PM	green snap beans (boiled)	2 Cup(s)	88 cal
	drinking water	16 fl oz	0 cal
	tofurky kielbasa sausage	4 oz	275 cal
	yam (baked)	1 Cup(s)	158 cal

MEAL TOTAL: Calories 520 cal / **Carbs** 71 g (51%) / **Protein** 37 g (26%) / **Fat** 15 g (23%) / **Fluid** 27 fl oz

NOTES:

DAY 7 TOTAL: Calories 2,004 cal / **Carbs** 246 g (48%) / **Protein** 113 g (22%) / **Fat** 68 g (30%) / **Fluid** 87 fl oz

Powered by Evolution Nutrition. Copyright © 2021. 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

fava bean salad

Ingredients

garlic	1 clove
lemon juice	1 Tbsp
balsamic vinegar	2 Tbsp
extra virgin olive oil	2 Tbsp
cucumber	1 cucumber
onion	1 small
roma tomatoes	1 Cup(s)
fava beans, canned, no salt	2 Cup(s)

Nutrition Totals

Calories 773 / **Carbs** 97 g / **Protein** 33 g / **Fat** 30 g / **Fluid** 27 fl oz

Instructions

1. Mince garlic clove and place in small bowl.
2. Whisk in lemon juice, balsamic vinegar and olive oil. Add salt and pepper to taste.
3. Slice cucumber, dice onion, dice tomatoes and drain fava beans. Place all ingredients in large bowl.
4. Pour dressing over vegetable mixture and toss to coat.
5. Chill for 1 hour before serving.

Powered by Evolution Nutrition. Copyright © 2021. 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.

Nutrition Label

Fava Bean Salad		
Amount Per Serving		
Calories		386
% Daily Value*		
Total Fat	14.7g	23%
Saturated Fat	2.1g	11%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	29.9mg	1%
Total Carbohydrates	48.2g	16%
Dietary Fiber	10.8g	43%
Total Sugar	8.5g	
Protein	16.5g	
Vitamin D	0IU	0%
Calcium	106.1mg	11%
Iron	4.2mg	24%
Potassium	1183.7mg	

* 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 © 2021. 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

veggie burger patty

Ingredients

garbanzo beans (boiled)	3/4 Cup(s)
basil, dried	1 tbsp
brown rice (cooked)	1/4 Cup(s)
quick oats cereal with iron	2/3 Cup(s)
oat bran	2 Tbsp
extra firm tofu	4 oz
barbecue sauce	1 Tbsp
sage, ground	1/4 tsp
garlic powder	1/4 tsp
vegetable oil	1/2 tablespoons

Nutrition Totals

Calories 591 / **Carbs** 82 g / **Protein** 30 g / **Fat** 20 g / **Fluid** 7 fl oz

Instructions

1. In a large bowl, mash drained garbanzo beans.
2. Mix in basil, brown rice, oats and oat bran.
3. 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.
4. Pour the barbeque sauce over the tofu, and stir to coat.
5. Add tofu mixture to garbanzo bean mixture.
6. Season with sage and garlic powder. Add salt and pepper to taste. Mix well.
7. Heat oil in a large skillet over medium-high heat.
8. Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side.
9. Serve as you would burgers.

Powered by Evolution Nutrition. Copyright © 2021. 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.

Nutrition Label

Veggie Burger Patty	
Amount Per Serving	
Calories	295
% Daily Value*	
Total Fat 10.1g	16%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 93.5mg	4%
Total Carbohydrates 41.1g	14%
Dietary Fiber 8.4g	34%
Total Sugar 6.2g	
Protein 15.1g	
Vitamin D 0IU	0%
Calcium 196.2mg	20%
Iron 11.9mg	66%
Potassium 428mg	

* 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 © 2021. 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

Prepared by: Daniel Gutierrez

Created: 01-03-2021

Accompaniments

barbecue sauce	1 Tbsp
low fat vegan pasta sauce	0.5 Cup(s)
tofu mayonnaise	2.5 Tbsp

Beverages

drinking water	360 fl oz
iced green tea	32 fl oz
soy milk, calcium added	42 fl oz

Bread

gluten free brown rice bread, low sodium	6 slice
gluten free hamburger bun	3 bun
whole wheat pita bread	6 small
whole wheat tortilla	6 tortilla

Cereal & Grain Products

brown rice	0.26 Cup(s)
macaroni	1 Cup(s)
oat bran	2 Tbsp
quick oats cereal with iron	0.66 Cup(s)
wheat bran flakes	3 Cup(s)
whole grain rolled oats	2 Cup(s)
wild rice	1.25 Cup(s)

Cookies & Crackers

melba toast	8 toast
-------------	---------

Dairy & Egg

sliced american soy cheese	2 slice
----------------------------	---------

Powered by Evolution Nutrition. Copyright © 2021. 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.

Desserts

plain soy yogurt 6 oz

Entrees

vegan chicken strips 9 oz
vegan soy burger 2 serving

Fats & Oils

extra virgin olive oil 3 Tbsp

Fruits & Juices

apple 2 large
avocado 1 avocado
banana 2 extra large
lemon juice 1 Tbsp
orange 2 fruit
orange juice 3 Cup(s)
raisins 0.5 Cup(s)

Ingredients

balsamic vinegar 3 Tbsp

Legumes & Beans

fava beans, canned, no salt 2 Cup(s)
garbanzo beans 0.76 Cup(s)
green snap beans 4.5 Cup(s)
hummus, lower sodium 7 Tbsp
lentils 0.75 Cup(s)

Nuts & Seeds

dry roasted peanuts, no added salt 1.5 oz
smooth peanut butter, no added salt 9.5 Tbsp

Sausages & Meats

Powered by Evolution Nutrition. Copyright © 2021. 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.

meat free bacon

20 slices

Snacks

cinnamon granola bar

5 bars

Spices & Herbs

basil, dried

1 tbsp

garlic powder

0.26 tsp

sage, ground

0.26 tsp

Sports & Diet Nutritionals

brown rice protein

1.5 oz

Uncategorized

vegetable oil

0.5 tablespoons

Vegetables

asparagus

24 spears

cauliflower

2.5 Cup(s)

celery

5 medium stalk

cucumber

1 cucumber

garlic

1 clove

onion

1 small

romaine lettuce

10 leaf

1 Cup(s)

roma tomatoes

1 Cup(s)

tomatoes

1.75 Cup(s)

yam

2.5 Cup(s)

Vegetarian Products

extra firm tofu

13 oz

hickory smoked tofurky deli slices

8 oz

meat free sausage

2 sausage

peppered tofurky jurky

3 oz

philly steak tofurky deli slices

8 oz

tofurky kielbasa sausage

8 oz

Powered by Evolution Nutrition. Copyright © 2021. 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.






Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

 Golf Ball 1/4 cup / 1 oz / 2 tbsp	 Tennis Ball 1/3 cup	 Computer Mouse 1/2 cup	 Baseball 1 cup	 Rounded Handful 1/2 cup 1 oz dried goods
 Hockey Puck 3 oz muffin or biscuit	 Matchbox 1 oz serving of meat	 Deck of Cards 3 oz of chicken, meat, or fish	 This Paperback Book 8 oz serving of meat	 Thumb 1 tsp
 Poker Chip 1 tbsp	 Shot Glass 1 oz / 2 tbsp	 CD 1 slice of bread 1 oz lunch meat	 3 Dice 1 1/2 oz cheese	 Kids' Milk Carton 8 oz drink

Useful Examples

 Bread & Grains 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	 Fruits & Vegetables 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	 Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
 Dairy & Cheese 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	 Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	 Sweets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox