



Eating right, simplified.

Holistic Nutrition (D) - 6 meals/day

DAY 1

Breakfast 7:00 AM	whole wheat cereal, no added salt	1/2 Cup(s)	75 cal
	egg	1 large	91 cal
	whole milk	4 fl oz	74 cal
	grapefruit	1 fruit	52 cal

/ Fluid 12 fl

MEAL TOTAL: **Calories** 292 cal / **Carbs** 37 g (48%) / **Protein** 13 g (18%) / **Fat** 11 g (34%) oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	cottage cheese	3/4 Cup(s)	50 cal
	banana	1 extra large	135 cal

/ Fluid 20 fl

MEAL TOTAL: **Calories** 185 cal / **Carbs** 36 g (70%) / **Protein** 9 g (17%) / **Fat** 3 g (13%) oz

NOTES:

Lunch 12:00 PM	arugula	1 Cup(s)	3 cal
	olive oil	1/2 Tbsp	60 cal
	drinking water	16 fl oz	0 cal
	lime juice	1 Tbsp	4 cal
	winter corn squash (baked)	1/2 Cup(s)	57 cal
	coho salmon (cooked)	3 oz	118 cal

/ Fluid 22 fl

MEAL TOTAL: **Calories** 242 cal / **Carbs** 17 g (27%) / **Protein** 21 g (35%) / **Fat** 11 g (38%) oz

NOTES:

Snack 3:00 PM	drinking water	16 fl oz	0 cal
	brown rice crackers, no salt added	4 crackers	60 cal
	hard goat cheese	1 oz	128 cal

/ Fluid 16 fl

MEAL TOTAL: **Calories** 188 cal / **Carbs** 12 g (25%) / **Protein** 10 g (22%) / **Fat** 11 g (53%) oz

NOTES:

Powered by Evolution Nutrition. Copyright © 2024. 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.

Dinner
6:00 PM

boneless chicken (cooked)	3 oz	142 cal
quinoa (cooked)	1 Cup(s)	222 cal
drinking water	16 fl oz	0 cal
turnips (boiled)	1 Cup(s)	29 cal

/ Fluid 27 fl

MEAL TOTAL: Calories 393 cal / **Carbs** 46 g (46%) / **Protein** 31 g (32%) / **Fat** 10 g (22%) oz

NOTES:

Snack
8:00 PM

mango	1 fruit	124 cal
drinking water	8 fl oz	0 cal
whole milk plain yogurt	4 oz	69 cal

/ Fluid 17 fl

MEAL TOTAL: Calories 193 cal / **Carbs** 36 g (70%) / **Protein** 6 g (11%) / **Fat** 4 g (19%) oz

NOTES:

/ Fluid 114 fl

DAY 1 TOTAL: Calories 1,493 cal / **Carbs** 183 g (48%) / **Protein** 90 g (23%) / **Fat** 50 g (29%) oz



Eating right, simplified.

DAY 2

Breakfast 7:00 AM	coconut oil	1/2 Tbsp	58 cal
	brown rice protein	1 oz	109 cal
	soy milk, calcium added	8 fl oz	105 cal
	passion fruit	2 fruit	35 cal

/ Fluid 8 fl

MEAL TOTAL: Calories 307 cal / **Carbs** 26 g (33%) / **Protein** 26 g (33%) / **Fat** 12 g (34%) oz

NOTES:

Snack 10:00 AM	dry roasted pecans, unsalted	1/2 oz	101 cal
	drinking water	16 fl oz	0 cal
	tangerine	1 large	52 cal

/ Fluid 19 fl

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

NOTES:

Lunch 12:00 PM	mackerel fish (cooked)	2 oz	149 cal
	summer squash (boiled)	1/2 Cup(s)	18 cal
	drinking water	16 fl oz	0 cal
	olive oil	1/2 Tbsp	60 cal
	millet (cooked)	1/4 Cup(s)	52 cal

/ Fluid 21 fl

MEAL TOTAL: Calories 278 cal / **Carbs** 14 g (20%) / **Protein** 16 g (23%) / **Fat** 18 g (57%) oz


NOTES:

Snack 3:00 PM	prune	1/4 Cup(s)	102 cal
	drinking water	16 fl oz	0 cal
	egg (hard boiled)	1 large	78 cal

/ Fluid 18 fl

MEAL TOTAL: Calories 180 cal / **Carbs** 28 g (59%) / **Protein** 7 g (15%) / **Fat** 5 g (26%) oz

NOTES:

Dinner 6:00 PM	 quinoa salad	1 serving	356 cal
	drinking water	16 fl oz	0 cal
	lean buffalo meat (roasted)	2 oz	74 cal

/ Fluid 24 fl

MEAL TOTAL: Calories 431 cal / **Carbs** 49 g (46%) / **Protein** 26 g (24%) / **Fat** 14 g (30%) oz

NOTES:

Powered by Evolution Nutrition. Copyright © 2024. 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.

Snack
8:00 PM

drinking water	8 fl oz	0 cal
whole milk plain yogurt	3 oz	52 cal
banana	1 extra large	135 cal

/ Fluid 14 fl

MEAL TOTAL: Calories 187 cal / **Carbs** 39 g (76%) / **Protein** 5 g (9%) / **Fat** 3 g (15%) oz

NOTES:

/ Fluid 104 fl

DAY 2 TOTAL: Calories 1,535 cal / **Carbs** 170 g (43%) / **Protein** 82 g (21%) / **Fat** 63 g (36%) oz



Eating right, simplified.

DAY 3

Breakfast 7:00 AM	unsalted butter	1/2 Tbsp	51 cal
	asian pear	1 medium	116 cal
	egg	1 large	91 cal
	stoneground whole wheat bread	1 slice	70 cal
	drinking water	16 fl oz	0 cal

/ Fluid 26 fl

MEAL TOTAL: Calories 328 cal / **Carbs** 42 g (51%) / **Protein** 10 g (11%) / **Fat** 14 g (38%) oz

NOTES:

Snack 10:00 AM	tangerine	2 large	104 cal
	dry roasted pecans, unsalted	1/2 oz	101 cal
	drinking water	16 fl oz	0 cal

/ Fluid 22 fl

MEAL TOTAL: Calories 205 cal / **Carbs** 28 g (50%) / **Protein** 3 g (5%) / **Fat** 11 g (45%) oz

NOTES:

Lunch 12:00 PM	turkey breast (cooked)	4 oz	154 cal
	drinking water	16 fl oz	0 cal
	kidney beans (boiled)	1/2 Cup(s)	112 cal
	turnips (boiled)	1 Cup(s)	29 cal

/ Fluid 25 fl

MEAL TOTAL: Calories 295 cal / **Carbs** 26 g (35%) / **Protein** 43 g (56%) / **Fat** 3 g (9%) oz

NOTES:

Snack 3:00 PM	cottage cheese	1 1/2 Cup(s)	100 cal
	passion fruit	4 fruit	70 cal
	drinking water	16 fl oz	0 cal

/ Fluid 18 fl

MEAL TOTAL: Calories 170 cal / **Carbs** 20 g (42%) / **Protein** 16 g (32%) / **Fat** 6 g (26%) oz

NOTES:

Powered by Evolution Nutrition. Copyright © 2024. 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.

Dinner

6:00 PM

unsalted butter	1/2 Tbsp	51 cal
millet (cooked)	1/2 Cup(s)	104 cal
black tea (brewed)	16 fl oz	28 cal
oysters (cooked)	3 oz	67 cal
artichoke (boiled)	1 artichoke, medium	64 cal

/ Fluid 24 fl

MEAL TOTAL: Calories 314 cal / **Carbs** 40 g (53%) / **Protein** 14 g (19%) / **Fat** 9 g (28%) oz

NOTES:

Snack

8:00 PM

drinking water	8 fl oz	0 cal
whole milk plain yogurt	4 oz	69 cal
banana	1 extra large	135 cal

/ Fluid 15 fl

MEAL TOTAL: Calories 204 cal / **Carbs** 40 g (73%) / **Protein** 6 g (10%) / **Fat** 4 g (17%) oz

NOTES:

DAY 3 TOTAL: Calories 1,516 cal / **Carbs** 197 g (50%) / **Protein** 91 g (23%) / **Fat** 47 g (27%) oz / Fluid 130 fl



Eating right, simplified.

DAY 4

Breakfast 7:00 AM	whole wheat tortilla	1 tortilla	127 cal
	turnips (boiled)	1/2 Cup(s)	14 cal
	drinking water	16 fl oz	0 cal
	egg (poached)	1 large	72 cal
	olive oil	1 Tbsp	119 cal

/ Fluid 20 fl

MEAL TOTAL: Calories 332 cal / **Carbs** 22 g (27%) / **Protein** 11 g (13%) / **Fat** 22 g (60%) oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	mango	1 fruit	124 cal
	cottage cheese	1/2 Cup(s)	33 cal

/ Fluid 22 fl

MEAL TOTAL: Calories 158 cal / **Carbs** 32 g (73%) / **Protein** 6 g (14%) / **Fat** 2 g (13%) oz

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)	2 oz	149 cal
	summer squash (boiled)	1/2 Cup(s)	18 cal

/ Fluid 22 fl

MEAL TOTAL: Calories 366 cal / **Carbs** 25 g (29%) / **Protein** 18 g (21%) / **Fat** 19 g (50%) oz

NOTES:

Snack 3:00 PM	brown rice crackers, no salt added	4 crackers	60 cal
	drinking water	16 fl oz	0 cal
	hard goat cheese	1 oz	128 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 188 cal / **Carbs** 12 g (25%) / **Protein** 10 g (22%) / **Fat** 11 g (53%) oz

NOTES:

Powered by Evolution Nutrition. Copyright © 2024. 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.

Dinner
6:00 PM

📄 southwestern chicken	1/2 serving	180 cal
drinking water	16 fl oz	0 cal
arugula	2 Cup(s)	5 cal
lime juice	1 Tbsp	4 cal
olive oil	1 Tbsp	119 cal

/ Fluid 22 fl

MEAL TOTAL: Calories 308 cal / Carbs 20 g (25%) / Protein 23 g (29%) / Fat 16 g (46%) oz

NOTES:

Snack
8:00 PM

asian pear	1 medium	116 cal
dry roasted pecans, unsalted	1/4 oz	50 cal
iced tea (brewed)	8 fl oz	0 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 166 cal / Carbs 30 g (67%) / Protein 2 g (4%) / Fat 6 g (29%) oz

NOTES:

/ Fluid 119 fl

DAY 4 TOTAL: Calories 1,518 cal / Carbs 141 g (37%) / Protein 71 g (18%) / Fat 77 g (45%) oz



Eating right, simplified.

DAY 5

Breakfast 7:00 AM	passion fruit	2 fruit	35 cal
	soy milk, calcium added	1 fl oz	13 cal
	brown rice protein	1/2 oz	54 cal
	coconut oil	1 Tbsp	116 cal

/ Fluid 2 fl

MEAL TOTAL: Calories 219 cal / **Carbs** 13 g (22%) / **Protein** 11 g (19%) / **Fat** 15 g (59%) oz

NOTES:

Snack 10:00 AM	egg (hard boiled)	1 large	78 cal
	drinking water	16 fl oz	0 cal
	banana	1 extra large	135 cal

/ Fluid 21 fl

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

NOTES:

Lunch 12:00 PM	lime juice	1 Tbsp	4 cal
	lean buffalo meat (roasted)	3 oz	111 cal
	olive oil	1/2 Tbsp	60 cal
	tomatoes	3 medium slice	11 cal
	quinoa (cooked)	1/2 Cup(s)	111 cal
	drinking water	16 fl oz	0 cal

/ Fluid 23 fl

MEAL TOTAL: Calories 297 cal / **Carbs** 23 g (32%) / **Protein** 27 g (37%) / **Fat** 10 g (31%) oz


NOTES:

Snack 3:00 PM	prune	1/3 Cup(s)	136 cal
	drinking water	16 fl oz	0 cal
	cottage cheese	1 Cup(s)	67 cal

/ Fluid 17 fl

MEAL TOTAL: Calories 203 cal / **Carbs** 39 g (67%) / **Protein** 11 g (19%) / **Fat** 4 g (14%) oz

NOTES:

Dinner 6:00 PM	 strawberry spinach salad with turkey breast	1 serving	333 cal
	drinking water	16 fl oz	0 cal

/ Fluid 23 fl

MEAL TOTAL: Calories 333 cal / **Carbs** 9 g (10%) / **Protein** 45 g (53%) / **Fat** 14 g (37%) oz

NOTES:

Powered by Evolution Nutrition. Copyright © 2024. 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.

Snack 8:00 PM	black tea (brewed)	16 fl oz	28 cal
	grapefruit	1 fruit	52 cal
	whole milk plain yogurt	6 oz	104 cal

/ Fluid 25 fl

MEAL TOTAL: Calories 184 cal / **Carbs** 22 g (54%) / **Protein** 7 g (16%) / **Fat** 6 g (30%) oz

NOTES:

/ Fluid 110 fl

DAY 5 TOTAL: Calories 1,448 cal / **Carbs** 141 g (38%) / **Protein** 109 g (29%) / **Fat** 54 g (33%) oz

Powered by Evolution Nutrition. Copyright © 2024. 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	whole wheat cereal, no added salt	1/2 Cup(s)	75 cal
	egg	1 large	91 cal
	soy milk, calcium added	6 fl oz	79 cal
	grapefruit	1 fruit	52 cal
	drinking water	16 fl oz	0 cal

/ Fluid 30 fl

MEAL TOTAL: Calories 297 cal / **Carbs** 40 g (51%) / **Protein** 14 g (19%) / **Fat** 10 g (30%) oz

NOTES:

Snack 10:00 AM	cottage cheese	1/2 Cup(s)	33 cal
	drinking water	16 fl oz	0 cal
	mango	1 fruit	124 cal

/ Fluid 22 fl

MEAL TOTAL: Calories 158 cal / **Carbs** 32 g (73%) / **Protein** 6 g (14%) / **Fat** 2 g (13%) oz

NOTES:

Lunch 12:00 PM	iced tea (brewed)	16 fl oz	0 cal
	romaine lettuce	1 Cup(s)	8 cal
	boneless chicken (cooked)	3 oz	142 cal
	stoneground whole wheat bread	2 slice	140 cal

/ Fluid 19 fl

MEAL TOTAL: Calories 290 cal / **Carbs** 26 g (37%) / **Protein** 26 g (38%) / **Fat** 8 g (25%) oz

NOTES:

Snack 3:00 PM	asian pear	1 medium	116 cal
	whole milk	4 fl oz	74 cal
	drinking water	16 fl oz	0 cal

/ Fluid 28 fl

MEAL TOTAL: Calories 190 cal / **Carbs** 35 g (70%) / **Protein** 5 g (10%) / **Fat** 5 g (20%) oz

NOTES:

Dinner 6:00 PM	drinking water	16 fl oz	0 cal
	 salmon avocado salad	1 serving	330 cal

/ Fluid 22 fl

MEAL TOTAL: Calories 330 cal / **Carbs** 9 g (11%) / **Protein** 27 g (32%) / **Fat** 21 g (57%) oz

NOTES:

Powered by Evolution Nutrition. Copyright © 2024. 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.

Snack
8:00 PM

dry roasted pecans, unsalted	1/2 oz	101 cal
drinking water	8 fl oz	0 cal
banana	1 extra large	135 cal

/ **Fluid** 12 fl

MEAL TOTAL: Calories 236 cal / **Carbs** 37 g (56%) / **Protein** 3 g (5%) / **Fat** 11 g (39%) oz

NOTES:

/ **Fluid** 133 fl

DAY 6 TOTAL: Calories 1,500 cal / **Carbs** 179 g (46%) / **Protein** 82 g (21%) / **Fat** 57 g (33%) oz



Eating right, simplified.

DAY 7

Breakfast 7:00 AM	whole milk	6 fl oz	112 cal
	egg (poached)	1 large	72 cal
	brown rice cereal	1 Cup(s)	124 cal
	drinking water	16 fl oz	0 cal

/ Fluid 23 fl

MEAL TOTAL: Calories 307 cal / **Carbs** 37 g (48%) / **Protein** 14 g (18%) / **Fat** 12 g (34%) oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	tangerine	2 large	104 cal
	banana	1 extra large	135 cal

/ Fluid 26 fl

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

NOTES:

Lunch 12:00 PM	lean beef top sirloin (broiled)	3 oz	175 cal
	summer squash (boiled)	1 Cup(s)	36 cal
	drinking water	16 fl oz	0 cal
	winter corn squash (baked)	3/4 Cup(s)	86 cal

/ Fluid 28 fl

MEAL TOTAL: Calories 297 cal / **Carbs** 30 g (39%) / **Protein** 29 g (37%) / **Fat** 8 g (24%) oz


NOTES:

Snack 3:00 PM	brown rice crackers, no salt added	4 crackers	60 cal
	drinking water	16 fl oz	0 cal
	hard goat cheese	1 oz	128 cal

/ Fluid 16 fl

MEAL TOTAL: Calories 188 cal / **Carbs** 12 g (25%) / **Protein** 10 g (22%) / **Fat** 11 g (53%) oz

NOTES:

Dinner 6:00 PM	 turkey & quinoa meatloaf	1/2 serving	292 cal
	drinking water	16 fl oz	0 cal
	turnips (boiled)	1 1/2 Cup(s)	43 cal

/ Fluid 27 fl

MEAL TOTAL: Calories 335 cal / **Carbs** 24 g (27%) / **Protein** 23 g (26%) / **Fat** 18 g (47%) oz

NOTES:

Powered by Evolution Nutrition. Copyright © 2024. 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.

Snack
8:00 PM

prune	1/3 Cup(s)	136 cal
black tea (brewed)	16 fl oz	28 cal
cottage cheese	1 Cup(s)	67 cal

/ Fluid 17 fl

MEAL TOTAL: Calories 231 cal / **Carbs** 40 g (68%) / **Protein** 11 g (18%) / **Fat** 4 g (14%) oz

NOTES:

/ Fluid 136 fl

DAY 7 TOTAL: Calories 1,598 cal / **Carbs** 203 g (49%) / **Protein** 89 g (22%) / **Fat** 54 g (29%) oz



1 Servings

quinoa salad

Ingredients

roma tomatoes	1/2 Cup(s)
fennel bulb	1/2 Cup(s)
watercress	1/2 Cup(s)
garlic	1 clove
quinoa (cooked)	1 Cup(s)
extra virgin olive oil	2 tsp
rice vinegar	1/2 Tbsp
black pepper	1/8 tsp
basil, dried	1/2 tsp
red pepper, spices	1/8 tsp

Nutrition Totals

Calories 356 / **Carbs** 49 g / **Protein** 11 g / **Fat** 13 g / **Fluid** 6 fl oz

Instructions

1. Dice tomatoes, fennel and watercress and place in a medium bowl.
2. Mince garlic and add to bowl, along with cooked quinoa.
3. Whisk together olive oil, rice vinegar, black pepper, basil, and red pepper cayenne.
4. Drizzle over quinoa/veggie mixture and gently toss.



Eating right, simplified.

Nutrition Label

Quinoa Salad	
Amount Per Serving	
Calories	356
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 53.7mg	2%
Total Carbohydrates 48.7g	16%
Dietary Fiber 7g	28%
Total Sugar 5.4g	
Protein 10.5g	
Vitamin D 0IU	0%
Calcium 95.7mg	10%
Iron 4.9mg	27%
Potassium 852.8mg	

* 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 © 2024. 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

salsa	8 2/3 Tbsp
black beans (boiled)	1/2 Cup(s)
sweet corn kernels	1/3 Cup(s)
skinless chicken breast (uncooked)	5 1/3 oz

Nutrition Totals

Calories 360 / **Carbs** 36 g / **Protein** 45 g / **Fat** 5 g / **Fluid** 11 fl oz

Instructions

1. Preheat oven to 350 degrees F.
2. Mix salsa, beans, and corn together. Add additional spices as desired.
3. Place chicken in glass 8-inch baking dish sprayed with cooking spray.
4. Spoon salsa mixture over the chicken.
5. Bake chicken for 30 minutes or until cooked through (165 degrees F).

Powered by Evolution Nutrition. Copyright © 2024. 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

Southwestern Chicken		
Amount Per Serving		
Calories		360
	% Daily Value*	
Total Fat 4.8g		8%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 110.3mg		37%
Sodium 221.3mg		9%
Total Carbohydrates 35.6g		12%
Dietary Fiber 10.6g		43%
Total Sugar 6.3g		
Protein 44.6g		
Vitamin D 1.5IU		0%
Calcium 74.7mg		7%
Iron 3mg		17%
Potassium 1276mg		

* 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 © 2024. 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



strawberry spinach salad with turkey breast

Ingredients

olive oil	1/2 Tbsp
white wine vinegar	2 Tbsp
sesame seeds	2 tsp
poppy seed	1 tsp
spinach	2 Cup(s)
strawberries	1/3 Cup(s)
turkey breast (cooked)	5 oz

Nutrition Totals

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

Instructions

1. In a small bowl, whisk together oil, vinegar, sesame seeds, and poppy seeds.
2. In a medium bowl, toss spinach and strawberries with dressing.
3. Slice turkey breast and add to salad.
4. Refrigerate 10 to 15 minutes before serving.



Eating right, simplified.

Nutrition Label

Strawberry Spinach Salad With Turkey Breast	
Amount Per Serving	
Calories	333
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2.7g	14%
Trans Fat 0g	
Cholesterol 99.2mg	33%
Sodium 211mg	9%
Total Carbohydrates 8.7g	3%
Dietary Fiber 3.6g	15%
Total Sugar 3g	
Protein 45.4g	
Vitamin D 14.1IU	2%
Calcium 186.8mg	19%
Iron 4.4mg	25%
Potassium 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 © 2024. 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

salmon avocado salad

Ingredients

fish salmon coho wild raw	4 oz
green leaf lettuce	1 1/2 Cup(s)
cherry tomatoes	6 tomatoes
avocado	1/4 avocado
extra virgin olive oil	1/2 Tbsp
white wine vinegar	1 Tbsp
coriander/ cilantro/ chinese parsley	2 tsp

Nutrition Totals

Calories 330 / **Carbs** 9 g / **Protein** 27 g / **Fat** 21 g / **Fluid** 6 fl oz

Instructions

1. Preheat the oven broiler.
2. Place salmon on a broiler pan. Season with salt and pepper to taste.
3. Broil for 10-15 minutes (time varies depending on size/thickness), or until fish flakes easily with a fork.
4. Tear lettuce into bite-sized pieces, cut cherry tomatoes in half, and dice avocado. Place in a large bowl.
5. Drizzle olive oil and vinegar over salad and gently toss.
6. Sprinkle with cilantro leaves and top with cooked salmon.



Eating right, simplified.

Nutrition Label

Salmon Avocado Salad		
Amount Per Serving		
Calories		330
	% Daily Value*	
Total Fat 21.4g		33%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 51mg		17%
Sodium 73.3mg		3%
Total Carbohydrates 9.3g		3%
Dietary Fiber 4.8g		19%
Total Sugar 2.9g		
Protein 27.1g		
Vitamin D 409.3IU		68%
Calcium 81.2mg		8%
Iron 1.8mg		10%
Potassium 881.6mg		

* 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 © 2024. 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

olive oil	1/2 Tbsp
onion	1/4 Cup(s)
garlic	1 clove
ground turkey 85% lean 15% fat raw	6 oz
quinoa (cooked)	1/2 Cup(s)
tomato paste, no salt added	1 Tbsp
worcestershire sauce	1/2 Tbsp
egg	1 large

Nutrition Totals

Calories 584 / **Carbs** 29 g / **Protein** 40 g / **Fat** 35 g / **Fluid** 8 fl oz

Instructions

1. Preheat an oven to 350 degrees F.
2. Heat the olive oil in a skillet over medium heat.
3. Dice onions, mince garlic, and add to hot oil.
4. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Remove from heat to cool.
5. In a large bowl combine ground turkey, cooked quinoa, tomato paste, Worcestershire sauce, egg and cooled onion/garlic mixture.
6. The mixture will be very moist. Shape into a loaf on a foil lined baking sheet.
7. Bake in the preheated oven until no longer pink in the center and cooked through (165 degrees F), about 50 minutes.
8. Let the meatloaf cool for 10 minutes before slicing and serving.



Eating right, simplified.

Nutrition Label

Turkey & Quinoa Meatloaf		
Amount Per Serving		
Calories		584
	% Daily Value*	
Total Fat 34.7g		53%
Saturated Fat 8.5g		43%
Trans Fat 0.3g		
Cholesterol 318.6mg		106%
Sodium 264.1mg		11%
Total Carbohydrates 28.5g		10%
Dietary Fiber 3.8g		15%
Total Sugar 5.1g		
Protein 40.3g		
Vitamin D 64.8IU		11%
Calcium 127mg		13%
Iron 5.5mg		31%
Potassium 861.1mg		

* 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 © 2024. 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

rice vinegar	0.5 Tbsp
salsa	4.33 Tbsp
white wine vinegar	3 Tbsp
worcestershire sauce	0.25 Tbsp

Beef

lean beef top sirloin	3 oz
-----------------------	------

Beverages

black tea (brewed)	64 fl oz
drinking water	496 fl oz
iced tea	24 fl oz
soy milk, calcium added	15 fl oz

Bread

stoneground whole wheat bread	3 slice
whole wheat tortilla	1 tortilla

Cereal & Grain Products

brown rice cereal	1 Cup(s)
millet	0.75 Cup(s)
quinoa	3.25 Cup(s)
whole wheat cereal, no added salt	1 Cup(s)

Dairy & Egg

cottage cheese	5.25 Cup(s)
egg	7.5 large
hard goat cheese	3 oz
unsalted butter	1 Tbsp
whole milk	14 fl oz
whole milk plain yogurt	17 oz

Powered by Evolution Nutrition. Copyright © 2024. 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.

Fats & Oils

coconut oil	1.5 Tbsp
extra virgin olive oil	2 tsp
	0.5 Tbsp
olive oil	4.75 Tbsp

Finfish & Shellfish

coho salmon	3 oz
mackerel fish	4 oz
oysters	3 oz

Fruits & Juices

asian pear	3 medium
avocado	0.25 avocado
banana	6 extra large
grapefruit	3 fruit
lime juice	3 Tbsp
mango	3 fruit
passion fruit	8 fruit
prune	0.91 Cup(s)
strawberries	0.33 Cup(s)
tangerine	5 large

Lamb, Veal, Game

lean buffalo meat	5 oz
-------------------	------

Legumes & Beans

black beans	0.25 Cup(s)
kidney beans	0.5 Cup(s)

Nuts & Seeds

dry roasted pecans, unsalted	1.75 oz
sesame seeds	2 tsp

Poultry

Powered by Evolution Nutrition. Copyright © 2024. 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.

boneless chicken	6 oz
skinless chicken breast	2.67 oz
turkey breast (cooked)	9 oz

Snacks

brown rice crackers, no salt added	12 crackers
------------------------------------	-------------

Spices & Herbs

basil, dried	0.5 tsp
black pepper	0.13 tsp
coriander/ cilantro/ chinese parsley	2 tsp
poppy seed	1 tsp
red pepper, spices	0.13 tsp

Sports & Diet Nutritionals

brown rice protein	1.5 oz
--------------------	--------

Uncategorized

fish salmon coho wild raw	4 oz
ground turkey 85% lean 15% fat raw	3 oz

Vegetables

artichoke	1 artichoke, medium
arugula	3 Cup(s)
cherry tomatoes	6 tomatoes
fennel bulb	0.5 Cup(s)
garlic	1.5 clove
green leaf lettuce	1.5 Cup(s)
onion	0.13 Cup(s)
romaine lettuce	1 Cup(s)
roma tomatoes	0.5 Cup(s)
spinach	2 Cup(s)
summer squash	2 Cup(s)
sweet corn kernels	0.17 Cup(s)
tomatoes	3 medium slice
tomato paste, no salt added	0.5 Tbsp
turnips	4 Cup(s)
watercress	0.5 Cup(s)

Powered by Evolution Nutrition. Copyright © 2024. 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.

winter corn squash

1.25 Cup(s)
















Powered by Evolution Nutrition. Copyright © 2024. 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 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