



Eating right, simplified.

3 Meals/Day - Greg Larsen

DAY 1

Pre-

banana

1 medium

105 cal

workout

5:30 AM

/ Fluid 3 fl

MEAL TOTAL: Calories 105 cal / Carbs 27 g (93%) / Protein 1 g (4%) / Fat 0 g (3%) oz

NOTES: FOR REFERENCE DAY 1 IS MONDAY AND DAY 7 IS SUNDAY | IF TRAINING AT A DIFFERENT TIME, SHIFT PREWORKOUT MEAL TO 30-60 MINUTES BEFORE THE WORKOUT - Arrange other meals accordingly

Breakfast

10:00 AM

egg	3 large	215 cal
egg whites	150 grams (5 oz)	72 cal
olive oil cooking spray	2 spray	8 cal
whole wheat bread (toasted)	1 slice	77 cal
fresh/frozen mixed berries	150 grams (5 oz)	60 cal

/ Fluid 4 fl

MEAL TOTAL: Calories 431 cal / Carbs 30 g (28%) / Protein 40 g (37%) / Fat 17 g (35%) oz

NOTES: can add light greens to eggs: spinach, peppers, onions..etc (just no avocado please) can add low cal sauces 15 cals or under a serving here.

Lunch

1:00 PM

taylor farms - southwest chopped salad kit (12.6oz)	1/2 Bag	263 cal
grilled chicken	6 oz	252 cal

/ Fluid 0 fl

MEAL TOTAL: Calories 515 cal / Carbs 16 g (12%) / Protein 55 g (42%) / Fat 27 g (46%) oz

NOTES: can add sauces 15 cals a serving or under here

Snack

3:30 PM

dried mango slices	40 gm	126 cal
--------------------	-------	---------

/ Fluid 0 fl

MEAL TOTAL: Calories 126 cal / Carbs 29 g (93%) / Protein 2 g (7%) / Fat 0 g (0%) oz

NOTES:



Eating right, simplified.

Dinner 6:30 PM

ground beef stir fry	1 serving	535 cal
white rice (cooked)	150 gm	195 cal

MEAL TOTAL: **Calories** 730 cal / **Carbs** 61 g (37%) / **Protein** 55 g (33%) / **Fat** 23 g (30%) oz
/ **Fluid** 10 fl

NOTES: can add low cal sauces 15 cals or under a serving here.

Snack 9:00 PM

barebells protein bars	1 Bar	200 cal
------------------------	-------	---------

MEAL TOTAL: **Calories** 200 cal / **Carbs** 18 g (32%) / **Protein** 20 g (36%) / **Fat** 8 g (32%) oz
/ **Fluid** 0 fl

NOTES:

DAY 1 TOTAL: **Calories** 2,107 cal / **Carbs** 181 g (35%) / **Protein** 174 g (33%) / **Fat** 75 g (32%) oz
/ **Fluid** 17 fl



Eating right, simplified.

DAY 2

Pre-workout 5:30 AM

banana	1 medium	105 cal
--------	----------	---------

MEAL TOTAL: Calories 105 cal / Carbs 27 g (93%) / Protein 1 g (4%) / Fat 0 g (3%) oz / Fluid 3 fl

NOTES: FOR REFERENCE DAY 1 IS MONDAY AND DAY 7 IS SUNDAY | IF TRAINING AT A DIFFERENT TIME, SHIFT PREWORKOUT MEAL TO 30-60 MINUTES BEFORE THE WORKOUT - Arrange other meals accordingly

Breakfast			
10:00 AM	egg	3 large	215 cal
	egg whites	150 grams (5 oz)	72 cal
	olive oil cooking spray	2 spray	8 cal
	whole wheat bread (toasted)	1 slice	77 cal
	fresh/frozen mixed berries	150 grams (5 oz)	60 cal

MEAL TOTAL: Calories 431 cal / Carbs 30 g (28%) / Protein 40 g (37%) / Fat 17 g (35%) oz / Fluid 4 fl

NOTES: can add light greens to eggs: spinach, peppers, onions..etc (just no avocado please) can add low cal sauces 15 cals or under a serving here.

Lunch			
1:00 PM	taylor farms - southwest chopped salad kit (12.6oz grilled chicken	1/2 Bag 6 oz	263 cal 252 cal

MEAL TOTAL: Calories 515 cal / Carbs 16 g (12%) / Protein 55 g (42%) / Fat 27 g (46%) oz / Fluid 0 fl

NOTES: can add sauces 15 cals a serving or under here

Snack			
3:30 PM	dried mango slices	40 gm	126 cal

MEAL TOTAL: Calories 126 cal / Carbs 29 g (93%) / Protein 2 g (7%) / Fat 0 g (0%) oz / Fluid 0 fl

NOTES:



Eating right, simplified.

Dinner
6:30 PM

ground beef stir fry	1 serving	535 cal
white rice (cooked)	150 gm	195 cal

MEAL TOTAL: **Calories** 730 cal / **Carbs** 61 g (37%) / **Protein** 55 g (33%) / **Fat** 23 g (30%) oz

NOTES: can add low cal sauces 15 cals or under a serving here.

Snack
9:00 PM

barebells protein bars	1 Bar	200 cal
------------------------	-------	---------

MEAL TOTAL: **Calories** 200 cal / **Carbs** 18 g (32%) / **Protein** 20 g (36%) / **Fat** 8 g (32%) oz

NOTES:

DAY 2 TOTAL: **Calories** 2,107 cal / **Carbs** 181 g (35%) / **Protein** 174 g (33%) / **Fat** 75 g (32%) oz



Eating right, simplified.

DAY 3

Snack

core power fairlife elite 42g

1 bottle

230 cal

6:00 AM

/ Fluid 0 fl

MEAL TOTAL: Calories 230 cal / Carbs 9 g (15%) / Protein 42 g (70%) / Fat 4 g (15%) oz

NOTES:

Breakfast

10:00 AM

egg

2 large

143 cal

egg whites

150 grams (5 oz)

72 cal

olive oil cooking spray

2 spray

8 cal

fresh/frozen mixed berries

150 grams (5 oz)

60 cal

/ Fluid 3 fl

MEAL TOTAL: Calories 283 cal / Carbs 16 g (23%) / Protein 30 g (42%) / Fat 11 g (35%) oz

NOTES: can add light greens to eggs: spinach, peppers, onions..etc (just no avocado please) can add low cal sauces 15 cals or under a serving here.

Lunch

1:00 PM

taylor farms - southwest chopped salad kit (12.6oz)

1/2 Bag

263 cal

grilled chicken

6 oz

252 cal

/ Fluid 0 fl

MEAL TOTAL: Calories 515 cal / Carbs 16 g (12%) / Protein 55 g (42%) / Fat 27 g (46%) oz

NOTES: can add sauces 15 cals a serving or under here

Snack

3:30 PM

cuties california mandarin

2 piece

80 cal

/ Fluid 0 fl

MEAL TOTAL: Calories 80 cal / Carbs 17 g (89%) / Protein 1 g (5%) / Fat 1 g (6%) oz

NOTES:

Dinner

6:30 PM

mixed vegetables

200 gm

59 cal

chicken bbq wrap - low cal wrap (lite)

2 serving

481 cal

/ Fluid 6 fl

MEAL TOTAL: Calories 540 cal / Carbs 25 g (19%) / Protein 65 g (50%) / Fat 18 g (31%) oz

NOTES: can add low cal sauces 15 cals or under a serving here. | NOTE: THIS IS A SLIGHTLY DIFFERENT CHICKEN WRAP RECIPE



Eating right, simplified.

Snack
9:00 PM

greek yogurt - nonfat - any flavor	150 grams (5 oz)	93 cal
hershey's special dark chocolate chips by hershey'	20 gm	93 cal

MEAL TOTAL: Calories 186 cal / **Carbs** 21 g (43%) / **Protein** 14 g (28%) / **Fat** 7 g (29%) oz

NOTES:

DAY 3 TOTAL: Calories 1,834 cal / **Carbs** 104 g (23%) / **Protein** 207 g (45%) / **Fat** 67 g (32%) oz



Eating right, simplified.

DAY 4

Pre-workout 5:30 AM

banana	1 medium	105 cal
--------	----------	---------

/ Fluid 3 fl

MEAL TOTAL: Calories 105 cal / Carbs 27 g (93%) / Protein 1 g (4%) / Fat 0 g (3%) oz

NOTES: FOR REFERENCE DAY 1 IS MONDAY AND DAY 7 IS SUNDAY | IF TRAINING AT A DIFFERENT TIME, SHIFT PREWORKOUT MEAL TO 30-60 MINUTES BEFORE THE WORKOUT - Arrange other meals accordingly

Breakfast

10:00 AM

egg	3 large	215 cal
egg whites	150 grams (5 oz)	72 cal
olive oil cooking spray	2 spray	8 cal
whole wheat bread (toasted)	1 slice	77 cal
fresh/frozen mixed berries	150 grams (5 oz)	60 cal

/ Fluid 4 fl

MEAL TOTAL: Calories 431 cal / Carbs 30 g (28%) / Protein 40 g (37%) / Fat 17 g (35%) oz

NOTES: can add light greens to eggs: spinach, peppers, onions..etc (just no avocado please) can add low cal sauces 15 cals or under a serving here.

Lunch

1:00 PM

taylor farms - southwest chopped salad kit (12.6oz)	1/2 Bag	263 cal
grilled chicken	6 oz	252 cal

/ Fluid 0 fl

MEAL TOTAL: Calories 515 cal / Carbs 16 g (12%) / Protein 55 g (42%) / Fat 27 g (46%) oz

NOTES: can add sauces 15 cals a serving or under here

Snack

3:30 PM

cuties california mandarin	2 piece	80 cal
apple	1 medium	72 cal

/ Fluid 4 fl

MEAL TOTAL: Calories 152 cal / Carbs 36 g (93%) / Protein 1 g (3%) / Fat 1 g (4%) oz

NOTES:



Eating right, simplified.

Dinner
6:30 PM

chicken bbq wrap - low cal wrap (higher protein)	2 serving	612 cal
mixed vegetables	200 gm	59 cal

MEAL TOTAL: **Calories** 671 cal / **Carbs** 28 g (17%) / **Protein** 86 g (53%) / **Fat** 22 g (30%) oz

NOTES: can add low cal sauces 15 cals or under a serving here.

Snack
9:00 PM

greek yogurt - nonfat - any flavor	200 grams (7 oz)	124 cal
hershey's special dark chocolate chips by hershey'	20 gm	93 cal

MEAL TOTAL: **Calories** 217 cal / **Carbs** 24 g (43%) / **Protein** 18 g (31%) / **Fat** 7 g (26%) oz

NOTES:

DAY 4 TOTAL: **Calories** 2,091 cal / **Carbs** 161 g (30%) / **Protein** 202 g (39%) / **Fat** 73 g (31%) oz



Eating right, simplified.

DAY 5

Pre-workout 5:30 AM

banana	1 medium	105 cal
--------	----------	---------

/ Fluid 3 fl

MEAL TOTAL: Calories 105 cal / Carbs 27 g (93%) / Protein 1 g (4%) / Fat 0 g (3%) oz

NOTES: FOR REFERENCE DAY 1 IS MONDAY AND DAY 7 IS SUNDAY | IF TRAINING AT A DIFFERENT TIME, SHIFT PREWORKOUT MEAL TO 30-60 MINUTES BEFORE THE WORKOUT - Arrange other meals accordingly

Breakfast

10:00 AM

egg	3 large	215 cal
egg whites	150 grams (5 oz)	72 cal
olive oil cooking spray	2 spray	8 cal
whole wheat bread (toasted)	1 slice	77 cal
fresh/frozen mixed berries	150 grams (5 oz)	60 cal

/ Fluid 4 fl

MEAL TOTAL: Calories 431 cal / Carbs 30 g (28%) / Protein 40 g (37%) / Fat 17 g (35%) oz

NOTES: can add light greens to eggs: spinach, peppers, onions..etc (just no avocado please) can add low cal sauces 15 cals or under a serving here.

Lunch

1:00 PM

taylor farms - southwest chopped salad kit (12.6oz)	1/2 Bag	263 cal
grilled chicken	6 oz	252 cal

/ Fluid 0 fl

MEAL TOTAL: Calories 515 cal / Carbs 16 g (12%) / Protein 55 g (42%) / Fat 27 g (46%) oz

NOTES: can add sauces 15 cals a serving or under here

Snack

3:30 PM

barebells protein bar	1 Bar	200 cal
-----------------------	-------	---------

/ Fluid 0 fl

MEAL TOTAL: Calories 200 cal / Carbs 19 g (33%) / Protein 20 g (35%) / Fat 8 g (32%) oz

NOTES:



Eating right, simplified.

Dinner

6:30 PM

chipotle steak fiesta bowl - v1

1 serving

586 cal

/ Fluid 12 fl

MEAL TOTAL: **Calories** 586 cal / **Carbs** 61 g (42%) / **Protein** 59 g (41%) / **Fat** 11 g (17%) oz

NOTES: can add low cal sauces 15 cals or under a serving here. | IF EATING OUT FOR DINNER, SWAP OUT DINNER AND 9PM SNACK TO HAVE MORE CALORIES TO UTILIZE

Snack

9:00 PM

siete sea salt tortilla chips

45 grams (1 oz)

209 cal

salsa

100 gm

29 cal

/ Fluid 3 fl

MEAL TOTAL: **Calories** 238 cal / **Carbs** 39 g (57%) / **Protein** 3 g (5%) / **Fat** 11 g (38%) oz

NOTES:

/ Fluid 22 fl

DAY 5 TOTAL: **Calories** 2,075 cal / **Carbs** 191 g (36%) / **Protein** 179 g (33%) / **Fat** 75 g (31%) oz



Eating right, simplified.

DAY 6

Pre-workout 5:30 AM

greg's protein smoothie

1 serving

470 cal

MEAL TOTAL: Calories 470 cal / Carbs 55 g (44%) / Protein 33 g (26%) / Fat 17 g (30%) oz / Fluid 7 fl

NOTES: FOR REFERENCE DAY 1 IS MONDAY AND DAY 7 IS SUNDAY | IF TRAINING AT A DIFFERENT TIME, SHIFT PREWORKOUT MEAL TO 30-60 MINUTES BEFORE THE WORKOUT - Arrange other meals accordingly

Lunch 11:00 AM

asian avocado tuna rice bowl

1 serving

574 cal

MEAL TOTAL: Calories 574 cal / Carbs 54 g (37%) / Protein 40 g (28%) / Fat 23 g (35%) oz / Fluid 6 fl

NOTES: can add sauces 15 cals a serving or under here

Snack 3:00 PM

greek yogurt - nonfat - any flavor
fresh/frozen mixed berries

200 grams (7 oz)
100 grams (3 oz)

124 cal
40 cal

MEAL TOTAL: Calories 164 cal / Carbs 22 g (53%) / Protein 17 g (42%) / Fat 1 g (5%) oz / Fluid 0 fl

NOTES:

Dinner 6:30 PM

buffalo chicken taquitos

3 serving

566 cal

MEAL TOTAL: Calories 566 cal / Carbs 70 g (39%) / Protein 69 g (39%) / Fat 17 g (22%) oz / Fluid 3 fl

NOTES: can add low cal sauces 15 cals or under a serving here. | IF EATING OUT FOR DINNER, SWAP OUT DINNER AND 9PM SNACK TO HAVE MORE CALORIES TO UTILIZE

Snack 9:00 PM

barebells protein bar

1 Bar

200 cal

MEAL TOTAL: Calories 200 cal / Carbs 19 g (33%) / Protein 20 g (35%) / Fat 8 g (32%) oz / Fluid 0 fl

NOTES:

Powered by Evolution Nutrition. Copyright © 2025. 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.

/ Fluid 16 fl

DAY 6 TOTAL: **Calories** 1,974 cal / **Carbs** 220 g (40%) / **Protein** 179 g (33%) / **Fat** 66 g (27%) oz



Eating right, simplified.

DAY 7

Breakfast

9:00 AM

egg	1 large	72 cal
egg whites	150 grams (5 oz)	72 cal
shredded sharp cheddar cheese, low fat	25 gm	80 cal
salsa	80 gm	23 cal
mission foods - carb balance flour tortillas	1 serving	70 cal

/ Fluid 4 fl

MEAL TOTAL: Calories 317 cal / Carbs 10 g (13%) / Protein 37 g (47%) / Fat 14 g (40%) oz

NOTES: FOR REFERENCE DAY 1 IS MONDAY AND DAY 7 IS SUNDAY | can add light greens to eggs: spinach, peppers, onions..etc (just no avocado please) can add low cal sauces 15 cals or under a serving here.

Lunch

12:00 PM

asian avocado tuna rice bowl

1 serving

574 cal

/ Fluid 6 fl

MEAL TOTAL: Calories 574 cal / Carbs 54 g (37%) / Protein 40 g (28%) / Fat 23 g (35%) oz

NOTES: can add low cal sauces 15 cals or under a serving here. | IF EATING OUT FOR LUNCH, SWAP OUT LUNCH AND 9PM SNACK TO HAVE MORE CALORIES TO UTILIZE (If also eating out for dinner, swap out 3PM snack)

Snack

3:00 PM

fresh/frozen mixed berries

200 grams (7 oz)

80 cal

/ Fluid 0 fl

MEAL TOTAL: Calories 80 cal / Carbs 19 g (90%) / Protein 1 g (5%) / Fat 1 g (5%) oz

NOTES:

Dinner

6:00 PM

mixed vegetables

100 gm

29 cal

80 calories & delightful wheat hamburger buns by s

2 bun

160 cal

93/7 ground beef (raw)

8 oz

340 cal

light singles cheese slices by kraft

2 serving

90 cal

/ Fluid 0 fl

MEAL TOTAL: Calories 619 cal / Carbs 38 g (25%) / Protein 61 g (41%) / Fat 23 g (34%) oz

NOTES: Ground beef is weighed out RAW to form patties accurately | Can add light greens as toppings: lettuce, onions, pickles, tomatoes...etc (just no avocado) | IF EATING OUT FOR DINNER, SWAP OUT DINNER AND 9PM SNACK TO HAVE MORE CALORIES TO UTILIZE



Eating right, simplified.

Snack

9:00 PM

lowfat vanilla ice cream by halo top

2 Cup(s)

280 cal

/ Fluid 0 fl

MEAL TOTAL: **Calories** 280 cal / **Carbs** 48 g (47%) / **Protein** 28 g (27%) / **Fat** 12 g (26%) oz

NOTES: 2 cups = 1 PINT

/ Fluid 10 fl

DAY 7 TOTAL: **Calories** 1,871 cal / **Carbs** 169 g (33%) / **Protein** 168 g (34%) / **Fat** 72 g (33%) oz



Eating right, simplified.



1 Servings

ground beef stir fry

Ingredients

onion	80 gm
green pepper	100 gm
spinach	30 gm
broccoli	100 grams (3 oz)
soy sauce, low-sodium	80 mL
olive oil	8 gm
93/7 lean ground beef (cooked)	6 oz

Nutrition Totals

Calories 535 / **Carbs** 18 g / **Protein** 52 g / **Fat** 22 g / **Fluid** 7 fl oz

Instructions

Cook up veggies with soy sauce and oil in a pan.

- add cooked ground beef to the pan after veggies are pretty much fully cooked.
- mix in pan together and let sit for a few minutes after turning stove top off to simmer



Eating right, simplified.

Nutrition Label

Ground Beef Stir Fry	
<hr/>	
Amount Per Serving	
Calories	535
<hr/>	
% Daily Value*	
Total Fat	22.1g
Saturated Fat	1.2g
Trans Fat	0g
Cholesterol	0mg
Sodium	3096.7mg
Total Carbohydrates	18.4g
Dietary Fiber	3.7g
Total Sugar	5.8g
Protein	51.7g
<hr/>	
Vitamin D	0IU
Calcium	58.1mg
Iron	1.3mg
Potassium	459.2mg
<hr/>	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Eating right, simplified.



2 Servings

chicken bbq wrap - low cal wrap (lite)

Ingredients

romaine lettuce	100 gm
mission foods - carb balance flour tortillas	2 serving
original bbq sauce by stubb's	55 gm
shredded sharp cheddar cheese, low fat	20 gm
chicken breast (cooked)	5 oz

Nutrition Totals

Calories 481 / **Carbs** 13 g / **Protein** 63 g / **Fat** 18 g / **Fluid** 6 fl oz

Instructions

- 1) In a small bowl, lightly toss chicken, lettuce, dressing and cheese.
- 2) Place mixture on tortilla. Fold up tightly.



Eating right, simplified.

Nutrition Label

Chicken Bbq Wrap - Low Cal Wrap (Lite)	
Amount Per Serving	
Calories	240
<hr/>	
% Daily Value*	
Total Fat	8.8g
Saturated Fat	1.9g
Trans Fat	0g
Cholesterol	67.3mg
Sodium	222.4mg
Total Carbohydrates	6.5g
Dietary Fiber	1g
Total Sugar	2.3g
Protein	31.4g
<hr/>	
Vitamin D	3.5IU
Calcium	125mg
Iron	1.3mg
Potassium	304.9mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Eating right, simplified.



2 Servings

chicken bbq wrap - low cal wrap (higher protein)

Ingredients

grilled chicken	8 oz
romaine lettuce	80 gm
mission foods - carb balance flour tortillas	2 serving
original bbq sauce by stubb's	90 gm
shredded sharp cheddar cheese, low fat	25 gm

Nutrition Totals

Calories 612 / **Carbs** 16 g / **Protein** 84 g / **Fat** 22 g / **Fluid** 3 fl oz

Instructions

- 1) In a small bowl, lightly toss chicken, lettuce, dressing and cheese.
- 2) Place mixture on tortilla. Fold up tightly.



Eating right, simplified.

Nutrition Label

Chicken Bbq Wrap - Low Cal Wrap (Higher Protein)	
Amount Per Serving	
Calories	306
	% Daily Value*
Total Fat	10.7g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	8.9mg
Sodium	487.1mg
Total Carbohydrates	7.9g
Dietary Fiber	0.8g
Total Sugar	3.2g
Protein	42g
Vitamin D	0IU
Calcium	138.8mg
Iron	0.6mg
Potassium	574.8mg

* 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

chipotle steak fiesta bowl - v1

Ingredients

taco seasoning mix, 40% less sodium	1 Tbsp
black beans (boiled)	40 gm
sweet corn kernels, frozen	15 gm
salsa	70 gm
romaine lettuce	100 gm
onion	1/2 medium
tomatoes	1/2 medium
white rice (cooked)	80 gm
sirloin steak - cooked	6 oz
chipotle peppers in adobo sauce by la costena	30 gm

Nutrition Totals

Calories 586 / **Carbs** 61 g / **Protein** 59 g / **Fat** 11 g / **Fluid** 12 fl oz

Instructions

NOTE: Steak is weighed out COOKED

1. Cook steak with taco seasoning as the flavoring. (Use Cooking Spray or light olive oil)
2. In a large saucepan, mix beans, corn, salsa, premade rice, chipotle peppers and remaining tablespoon of taco seasoning. Heat over medium heat until warm.
3. Shred romaine lettuce, slice onions and tomato, and add to large salad bowl.
4. Top salad with steak and dress with the bean and corn mixture.



Eating right, simplified.

Nutrition Label

Chipotle Steak Fiesta Bowl - V1	
Amount Per Serving	
Calories	586
% Daily Value*	
Total Fat	11g
Total Fat	11g
Saturated Fat	0.1g
Trans Fat	0g
Cholesterol	0mg
Sodium	735.5mg
Total Carbohydrates	60.5g
Dietary Fiber	13.6g
Total Sugar	10.1g
Protein	59.3g
Vitamin D	
Vitamin D	0IU
Calcium	86.6mg
Iron	4.8mg
Potassium	881.8mg
* 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

greg's protein smoothie

Ingredients

coconut milk beverage, unsweetened	8 fl oz
banana	1 medium
blueberries	150 gm
almond butter, no added salt	20 gm
whey protein powder	1 Scoop

Nutrition Totals

Calories 470 / **Carbs** 55 g / **Protein** 33 g / **Fat** 17 g / **Fluid** 7 fl oz

Instructions

Blend with creatine, glutamine, fiber/superfood powders and enjoy!



Eating right, simplified.

Nutrition Label

Greg's Protein Smoothie	
Amount Per Serving	
Calories	470
% Daily Value*	
Total Fat 16.9g	26%
Saturated Fat 5.2g	26%
Trans Fat 0g	
Cholesterol 5.1mg	2%
Sodium 54mg	2%
Total Carbohydrates 55.4g	18%
Dietary Fiber 10.7g	43%
Total Sugar 30.2g	
Protein 32.5g	
* 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.	
Vitamin D 118.2IU	20%
Calcium 332.9mg	33%
Iron 1.7mg	10%
Potassium 886.9mg	



Eating right, simplified.



1 Servings

asian avocado tuna rice bowl

Ingredients

avocado	1/2 avocado
white rice (cooked)	150 gm
albacore - wild tuna (142gm can)	1 Can
soy sauce, low-sodium	1 Tbsp
sesame seeds	5 gm

Nutrition Totals

Calories 574 / **Carbs** 54 g / **Protein** 40 g / **Fat** 23 g / **Fluid** 6 fl oz

Instructions

1. **Prepare the Base**

* Place the cooked white rice into a bowl as the foundation of your dish.

2. **Add the Tuna**

* Drain the can of tuna.

* Flake the tuna with a fork and layer it evenly over the rice.

3. **Add the Avocado**

* Slice the avocado into cubes or thin slices.

* Arrange on top of the rice and tuna.

4. **Season with Sauce**

* Drizzle the low-sodium soy sauce evenly across the bowl.

* You can adjust the amount depending on taste.

5. **Finish with Sesame Seeds**

* Sprinkle sesame seeds over the top for added crunch and flavor.

6. **Optional Add-Ons (low-calorie boosts)**

* Fresh cucumber, radish, or shredded cabbage for crunch.

* Pickled ginger or a squeeze of lime for brightness.

* Chili flakes or sriracha (sparingly) for heat.

7. **Serve & Enjoy**

Powered by Evolution Nutrition. Copyright © 2025. 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.[®]

* Eat directly from the bowl or mix gently to combine all flavors before digging in.

Powered by Evolution Nutrition. Copyright © 2025. 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

Asian Avocado Tuna Rice Bowl	
Amount Per Serving	
Calories	574
% Daily Value*	
Total Fat 22.5g	35%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 574.4mg	24%
Total Carbohydrates 53.6g	18%
Dietary Fiber 7.7g	31%
Total Sugar 0.6g	
Protein 40.4g	
Vitamin D 0IU	
Calcium 65.3mg	7%
Iron 3.5mg	20%
Potassium 554.3mg	

* 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.



Eating right, simplified.



6 Servings

buffalo chicken taquitos

Ingredients

chicken breast (cooked)	8 oz
natural shredded cheese natural fat free shredded mozzarella cheese by kraft	110 gm
philadelphia cream cheese philadelphia whipped original cream cheese by kraft	40 gm
red hot buffalo wing sauce by frank's	120 mL
ranch powder	10 grams (0 oz)
mission foods - carb balance flour tortillas	6 serving
salt	1/4 tsp
black pepper	1/4 tsp

Nutrition Totals

Calories 1131 / **Carbs** 139 g / **Protein** 138 g / **Fat** 34 g / **Fluid** 5 fl oz

Instructions

- Shred up chicken breast
- Combine all ingredients besides tortillas in a bowl and mix together
- Roll up tightly in tortilla wraps
- Air Fry at 375F degrees for 12-15 min



Eating right, simplified.

Nutrition Label

Buffalo Chicken Taquitos	
Amount Per Serving	
Calories	189
% Daily Value*	
Total Fat 5.7g	9%
Saturated Fat 1.2g	6%
Trans Fat 0g	
Cholesterol 39.9mg	13%
Sodium 868.8mg	36%
Total Carbohydrates 23.2g	8%
Dietary Fiber 0g	0%
Total Sugar 0.3g	
Protein 23g	
Vitamin D 1.8IU	0%
Calcium 175.8mg	18%
Iron 0.4mg	2%
Potassium 131.2mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Eating right, simplified.

Shopping List

Accompaniments

salsa	250 gm
soy sauce, low-sodium	160 mL
	2 Tbsp

Beef

93/7 lean ground beef (cooked)	12 oz
--------------------------------	-------

Beverages

coconut milk beverage, unsweetened	8 fl oz
------------------------------------	---------

Cereal & Grain Products

white rice	680 gm
------------	--------

Dairy & Egg

egg	15 large
greek yogurt - nonfat - any flavor	550 grams (19 oz)
shredded sharp cheddar cheese, low fat	70 gm

Fats & Oils

olive oil	16 gm
olive oil cooking spray	10 spray

Finfish & Shellfish

albacore - wild tuna	2 Can
----------------------	-------

Fruits & Juices

apple	1 medium
avocado	1 avocado
banana	5 medium

Powered by Evolution Nutrition. Copyright © 2025. 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.

blueberries	150 gm
dried mango slices	80 gm

Legumes & Beans

black beans	40 gm
-------------	-------

Nuts & Seeds

almond butter, no added salt	20 gm
sesame seeds	10 gm

Poultry

chicken breast	9 oz
grilled chicken	38 oz

Spices & Herbs

black pepper	0.13 tsp
salt	0.13 tsp
taco seasoning mix, 40% less sodium	1 Tbsp

Sports & Diet Nutritionals

whey protein powder	1 Scoop
---------------------	---------

Supplements

barebells protein bar	2 Bar
-----------------------	-------

Uncategorized

80 calories & delightful wheat hamburger buns by sara lee	2 bun
93/7 ground beef (raw)	8 oz
barebells protein bars	2 Bar
broccoli	200 grams (7 oz)
chipotle peppers in adobo sauce by la costena	30 gm
core power fairlife elite 42g	1 bottle
cuties california mandarin	4 piece
egg whites	900 grams (31 oz)



Eating right, simplified.

fresh/frozen mixed berries	1050 grams (37 oz)
hershey's special dark chocolate chips by hershey's	40 gm
light singles cheese slices by kraft	2 serving
lowfat vanilla ice cream by halo top	2 Cup(s)
mission foods - carb balance flour tortillas	8 serving
natural shredded cheese natural fat free shredded mozzarella cheese by kraft	55 gm
oringinal bbq sauce by stubb's	145 gm
philadelphia cream cheese philadelphia whipped original cream cheese by kraft	20 gm
ranch powder	5 grams (0 oz)
red hot buffalo wing sauce by frank's	60 mL
siete sea salt tortilla chips	45 grams (1 oz)
sirloin steak - cooked	6 oz
taylor farms - southwest chopped salad kit	2.5 Bag
whole wheat bread	4 slice

Vegetables

green pepper	200 gm
mixed vegetables	500 gm
onion	160 gm
0.5 medium	
romaine lettuce	280 gm
spinach	60 gm
sweet corn kernels, frozen	15 gm
tomatoes	0.5 medium



Eating right, simplified.

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