

1600 - Simple 3 Day Plan

DAY 1

Breakfast 7:00 AM	egg (poached)	3 large	215 cal
	medium wholemeal sliced bread by hovis	1 slice	89 cal


MEAL TOTAL: **Calories** 304 cal / **Carbs** 19 g (25%) / **Protein** 23 g (30%) / **Fat** 15 g (45%) / **Fluid** 114 g

NOTES:

Snack 10:00 AM	banana	1 large	121 cal
	cashews	30 gm	166 cal

MEAL TOTAL: **Calories** 287 cal / **Carbs** 40 g (52%) / **Protein** 7 g (9%) / **Fat** 14 g (39%) / **Fluid** 103 g

NOTES:

Lunch 12:00 PM	 strawberry spinach salad with turkey breast	1 serving	333 cal
	nonfat plain greek yogurt	1 container	100 cal

MEAL TOTAL: **Calories** 434 cal / **Carbs** 15 g (13%) / **Protein** 63 g (57%) / **Fat** 15 g (30%) / **Fluid** 346 g

NOTES:

Snack 3:00 PM	whey protein powder	1 Scoop	113 cal
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MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner 6:00 PM	brown rice (cooked)	50 gm	56 cal
	green beans	1/2 Cup(s) (120 ml)	18 cal
	chicken breast (cooked)	2 breast	189 cal

MEAL TOTAL: **Calories** 263 cal / **Carbs** 15 g (24%) / **Protein** 38 g (60%) / **Fat** 4 g (16%) / **Fluid** 111 g

NOTES:

Snack
8:00 PM

egg (hard boiled)	1 large	78 cal
whey protein powder	1 Scoop	113 cal

MEAL TOTAL: Calories 190 cal / **Carbs** 2 g (3%) / **Protein** 32 g (69%) / **Fat** 6 g (28%) / **Fluid** 38 g

NOTES:

DAY 1 TOTAL: Calories 1,590 cal / **Carbs** 92 g (23%) / **Protein** 188 g (47%) / **Fat** 54 g (30%) / **Fluid** 714 g

DAY 2

Breakfast  berry protein smoothie **1 serving** **435 cal**
7:00 AM

MEAL TOTAL: Calories 435 cal / **Carbs** 29 g (25%) / **Protein** 42 g (37%) / **Fat** 20 g (38%) / **Fluid** 159 g

NOTES:

Snack apple **1 Small** **55 cal**
10:00 AM egg (hard boiled) **1 large** **78 cal**

MEAL TOTAL: Calories 133 cal / **Carbs** 1 g (3%) / **Protein** 6 g (33%) / **Fat** 5 g (64%) / **Fluid** 37 g

NOTES:

Lunch  chicken fiesta salad **1 serving** **339 cal**
12:00 PM

MEAL TOTAL: Calories 339 cal / **Carbs** 34 g (39%) / **Protein** 35 g (42%) / **Fat** 7 g (19%) / **Fluid** 291 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
3:00 PM

MEAL TOTAL: Calories 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner  chicken curry (men) **1 serving** **466 cal**
6:00 PM

MEAL TOTAL: Calories 466 cal / **Carbs** 35 g (30%) / **Protein** 43 g (37%) / **Fat** 17 g (33%) / **Fluid** 200 g

NOTES:

Snack whey protein powder **1 Scoop** **113 cal**
8:00 PM

MEAL TOTAL: Calories 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:



Eating right, simplified.

DAY 2 TOTAL: Calories 1,599 cal / Carbs 101 g (26%) / Protein 179 g (45%) / Fat 50 g (29%) / Fluid 690 g

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DAY 3

Breakfast

7:00 AM

smoked salmon scrambled eggs

1 serving

310 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 5 g (6%) / **Protein** 31 g (38%) / **Fat** 20 g (56%) / **Fluid** 3 g

NOTES:

Snack

10:00 AM

nut and raisin granola bar

1 bar

127 cal

MEAL TOTAL: **Calories** 127 cal / **Carbs** 18 g (54%) / **Protein** 2 g (7%) / **Fat** 6 g (39%) / **Fluid** 2 g

NOTES:

Lunch

12:00 PM

nonfat plain greek yogurt

1 container

100 cal

chicken sandwich

1 serving

388 cal

MEAL TOTAL: **Calories** 489 cal / **Carbs** 40 g (33%) / **Protein** 62 g (52%) / **Fat** 8 g (15%) / **Fluid** 279 g

NOTES:

Snack

3:00 PM

whey protein powder

1 Scoop

113 cal

MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner

6:00 PM

chilli jacket potato

1 serving

403 cal

MEAL TOTAL: **Calories** 403 cal / **Carbs** 29 g (29%) / **Protein** 31 g (31%) / **Fat** 18 g (40%) / **Fluid** 0 g

NOTES:

Snack

8:00 PM

egg (hard boiled)

1 large

78 cal

whey protein powder

1 Scoop

113 cal

MEAL TOTAL: **Calories** 190 cal / **Carbs** 2 g (3%) / **Protein** 32 g (69%) / **Fat** 6 g (28%) / **Fluid** 38 g

NOTES:

DAY 3 TOTAL: Calories 1,632 cal / Carbs 95 g (23%) / Protein 185 g (45%) / Fat 59 g (32%) / Fluid 323 g

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) (480 ml)
strawberries	1/3 Cup(s) (80 ml)
turkey breast (cooked)	5 oz (140 grams)

Nutrition Totals

Calories 333 / **Carbs** 9 g / **Protein** 45 g / **Fat** 14 g / **Fluid** 201 g

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.

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.



1 Servings

berry protein smoothie

Ingredients

strawberries	1/2 Cup(s) (120 ml)
blueberries	1/2 Cup(s) (120 ml)
spinach	1 Cup(s) (240 ml)
whey protein powder	1 Scoop
original almond milk, unsweetened	236 mL
smooth peanut butter, no added salt	2 Tbsp
greek yogurt plain non-fat by chobani	1/4 serving

Nutrition Totals

Calories 435 / **Carbs** 29 g / **Protein** 42 g / **Fat** 20 g / **Fluid** 159 g

Instructions

Add all ingredients together in blender with Ice. Blend and Enjoy!

Nutrition Label

Berry Protein Smoothie		
Amount Per Serving		
Calories		435
	% Daily Value*	
Total Fat 19.6g		30%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 7.6mg		3%
Sodium 283.7mg		12%
Total Carbohydrates 29.4g		10%
Dietary Fiber 7.8g		31%
Total Sugar 15.5g		
Protein 42.4g		
Vitamin D 98.3IU		16%
Calcium 715mg		72%
Iron 2.9mg		17%
Potassium 874.3mg		

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4 Servings

chicken fiesta salad

Ingredients

skinless chicken breast (uncooked)	16 oz (448 grams)
taco seasoning mix, 40% less sodium	2 Tbsp
vegetable oil, canola	1 Tbsp
black beans (boiled)	2 Cup(s) (480 ml)
sweet corn kernels, frozen	1 Cup(s) (240 ml)
salsa	1/2 Cup(s) (120 ml)
romaine lettuce	4 Cup(s) (960 ml)
onion	1 medium
tomatoes	1 Cup(s) (240 ml)

Nutrition Totals

Calories 1357 / **Carbs** 135 g / **Protein** 141 g / **Fat** 29 g / **Fluid** 1162 g

Instructions

1. Rub chicken evenly with 1 Tbsp of taco seasoning.
2. Heat the oil in a skillet over medium heat, and cook the chicken 8 minutes on each side, or until juices run clear (165 degrees F); set aside.
3. In a large saucepan, mix beans, corn, salsa and remaining tablespoon of taco seasoning. Heat over medium heat until warm.
4. Shred romaine lettuce, slice onions and tomato, and add to large salad bowl.
5. Top salad with chicken and dress with the bean and corn mixture.

Nutrition Label

Chicken Fiesta Salad		
Amount Per Serving		
Calories		339
	% Daily Value*	
Total Fat 7.2g		11%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 82.7mg		28%
Sodium 226.1mg		9%
Total Carbohydrates 33.6g		11%
Dietary Fiber 10.9g		44%
Total Sugar 4.7g		
Protein 35.3g		
Vitamin D 1.1IU		0%
Calcium 65.4mg		7%
Iron 3.2mg		18%
Potassium 1079.3mg		

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1 Servings

chicken curry (men)

Ingredients

virgin coconut oil	1 tsp
chicken breast (cooked)	4 oz (112 grams)
curry powder	3 tsp
passata tomato cooking sauce by remano	80 mL
soy sauce made from tamari	1 tsp
cauliflower	1/2 head, small (4" dia)
baby spinach by organic girl	1 Cup(s) (240 ml)
coconut milk low fat by waitrose essential	1/4 can
wholegrain brown rice by sainsbury's	20 gram
green beans raw by fresh&easy	30 gram

Nutrition Totals

Calories 466 / **Carbs** 35 g / **Protein** 43 g / **Fat** 17 g / **Fluid** 200 g

Instructions

1. Cook the rice according to the packet. Note that the 30g serving is uncooked rice.
2. Heat the coconut oil in a large pan, add the chicken, cut into strips and cook for 5-10 minutes until brown.
3. Add the curry powder, passata, soy sauce and 125ml of water and stir for 1 minute.
4. Chop up the beans and cauliflower add to the pan and simmer for 10-15 minutes.
5. Prepare the chickpeas according to the tin and add to the pan.
6. Remove from the heat, add in the spinach and stir until wilted.
7. Serve on a bed of rice.

SHORT ON TIME?

Throw all of the ingredients into the slow cooker and cook on low for 8 hours.

GREAT FOR BATCH COOKING!

This is also a great recipe to batch cook and freeze in tupperware boxes for later use. Simply work out how many meals of this you would like to cook and multiply the ingredients by this number to make additional servings.

Nutrition Label

Chicken Curry (Men)	
Amount Per Serving	
Calories	466
% Daily Value*	
Total Fat 16.9g	26%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 96.3mg	32%
Sodium 591.8mg	25%
Total Carbohydrates 35.1g	12%
Dietary Fiber 10.1g	41%
Total Sugar 7.6g	
Protein 42.6g	
Vitamin D 5.6IU	1%
Calcium 146.3mg	15%
Iron 5mg	28%
Potassium 1082.7mg	

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2 Servings

smoked salmon scrambled eggs

Ingredients

salt	1/4 tsp
chives	2 tsp
black pepper	1/4 tsp
wild nova smoked sockeye salmon by trader joe's	4 oz (112 grams)
drinking water	1 Tbsp
eggs free range organic large brown eggs by organic valley	6 egg
coconut oil	1 Tbsp

Nutrition Totals

Calories 620 / Carbs 10 g / Protein 62 g / Fat 41 g / Fluid 7 g

Instructions

Brighten up your morning scrambled eggs with this delicious and well-balanced Paleo breakfast recipe featuring smoked salmon, farm fresh eggs, creamy avocado, and peppery chives. You can finish this dish with capers and fresh dill to kick the flavor up even more, and sautéing some kale in the pan prior to cooking the eggs adds nutrition and texture.

1. Heat a medium skillet over medium heat. Add coconut oil to pan when hot.
2. Meanwhile, crack eggs into a small bowl. Add water and scramble with a fork.
3. Add eggs to the hot skillet, along with smoked salmon. Stirring continuously, cook eggs until soft and fluffy.
4. Remove from heat. Top with black pepper, avocado, and chives to serve.

Nutrition Label

Smoked Salmon Scrambled Eggs		
Amount Per Serving		
Calories		310
	% Daily Value*	
Total Fat 20.2g		31%
Saturated Fat 10.3g		52%
Trans Fat 0g		
Cholesterol 640.1mg		213%
Sodium 1179.1mg		49%
Total Carbohydrates 5.2g		2%
Dietary Fiber 0g		0%
Total Sugar 0g		
Protein 31.2g		
Vitamin D 0IU		0%
Calcium 62.2mg		6%
Iron 3.2mg		18%
Potassium 6.5mg		

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1 Servings

chicken sandwich

Ingredients

chicken breast (cooked)	4 oz (112 grams)
whole wheat hamburger bun	1 bun
romaine lettuce	1/2 Cup(s) (120 ml)
tomatoes	2 medium slice

Nutrition Totals

Calories 388 / **Carbs** 34 g / **Protein** 45 g / **Fat** 8 g / **Fluid** 134 g

Instructions

Nutrition Label

Chicken Sandwich		
Amount Per Serving		
Calories		388
% Daily Value*		
Total Fat	7.6g	12%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	96.3mg	32%
Sodium	467.7mg	19%
Total Carbohydrates	34.3g	11%
Dietary Fiber	6.9g	28%
Total Sugar	5.3g	
Protein	44.8g	
Vitamin D	5.6IU	1%
Calcium	108.7mg	11%
Iron	3.3mg	18%
Potassium	443.1mg	

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1 Servings

chilli jacket potato

Ingredients

jacket potatoes by tesco	100 gram
fresh food tesco red onions by tesco	10 gram
extra lean aberdeen angus beef mince by waitrose	5 oz (140 grams)
organic passata italian tomatoes by waitrose	1/4 jar
chicken stock cubes by oxo	125 mL
soured cream by yeo valley family farm	1/2 Tbsp
olive oil	2 tsp

Nutrition Totals

Calories 403 / **Carbs** 29 g / **Protein** 31 g / **Fat** 18 g / **Fluid** 0 g

Instructions

1. Heat the oven to 200C/180C fan/gas mark 6 and prick the potatoes all over with a fork.
2. Melt the butter and rub over the potato, place on a baking sheet in the oven for 1 hour, until cooked through.
3. Whilst the potato cooks make the chilli. Add the oil to a deep frying pan and heat over medium heat. Add the onion and cook until softened. Add the mince and stir until browned, add the passata, crumble over the chicken stock and season to taste. Cover and simmer for 40 minutes, stirring occasionally.
4. Once the potato is cooked, halve it and serve with the chilli on top, add a tablespoon of sour cream on top.
5. Serve with a side salad.

Nutrition Label

Chilli Jacket Potato	
Amount Per Serving	
Calories	403
% Daily Value*	
Total Fat 17.9g	28%
Saturated Fat 5.2g	26%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 447mg	19%
Total Carbohydrates 28.9g	10%
Dietary Fiber 2.8g	11%
Total Sugar 7.3g	
Protein 30.7g	
Vitamin D 0IU	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	

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Shopping List

Accompaniments

salsa	0.13 Cup(s) (31 ml)
white wine vinegar	2 Tbsp

Beverages

drinking water	0.5 Tbsp
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Bread

whole wheat hamburger bun	1 bun
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Cereal & Grain Products

brown rice	50 gm
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Dairy & Egg

egg	6 large
nonfat plain greek yogurt	2 container

Fats & Oils

coconut oil	0.5 Tbsp
olive oil	0.5 Tbsp
	2 tsp
vegetable oil, canola	0.25 Tbsp

Fruits & Juices

banana	1 large
blueberries	0.5 Cup(s) (120 ml)
strawberries	0.83 Cup(s) (199 ml)

Legumes & Beans

black beans	0.5 Cup(s) (120 ml)
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Nuts & Seeds

cashews	30 gm
sesame seeds	2 tsp
smooth peanut butter, no added salt	2 Tbsp

Poultry

chicken breast	2 breast 8 oz (224 grams)
skinless chicken breast	4 oz (112 grams)
turkey breast (cooked)	5 oz (140 grams)

Snacks

nut and raisin granola bar	1 bar
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Spices & Herbs

black pepper	0.13 tsp
curry powder	3 tsp
poppy seed	1 tsp
salt	0.13 tsp
taco seasoning mix, 40% less sodium	0.5 Tbsp

Sports & Diet Nutritional

whey protein powder	7 Scoop
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Uncategorized

apple	1 Small
baby spinach by organic girl	1 Cup(s) (240 ml)
chicken stock cubes by oxo	125 mL
coconut milk low fat by waitrose essential	0.25 can
eggs free range organic large brown eggs by organic valley	3 egg
extra lean aberdeen angus beef mince by waitrose	5 oz (140 grams)
fresh food tesco red onions by tesco	10 gram
greek yogurt plain non-fat by chobani	0.25 serving
green beans	0.5 Cup(s) (120 ml)
green beans raw by fresh&easy	30 gram
jacket potatoes by tesco	100 gram

medium wholemeal sliced bread by hovis	1 slice
organic passata italian tomatoes by waitrose	0.2 jar
original almond milk, unsweetened	236 mL
passata tomato cooking sauce by remano	80 mL
soured cream by yeo valley family farm	0.5 Tbsp
soy sauce made from tamari	1 tsp
virgin coconut oil	1 tsp
wholegrain brown rice by sainsbury's	20 gram
wild nova smoked sockeye salmon by trader joe's	2 oz (56 grams)

Vegetables

cauliflower	0.5 head, small (4" dia)
chives	1 tsp
onion	0.25 medium
romaine lettuce	1.5 Cup(s) (360 ml)
spinach	3 Cup(s) (720 ml)
sweet corn kernels, frozen	0.25 Cup(s) (60 ml)
tomatoes	0.25 Cup(s) (60 ml) 2 medium slice

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