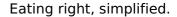


1800 Calorie Plan - Standard / Balanced

	DAY 1		
Breakfast	porridge oats	75 grams	272 cal
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Calorie	s 458 cal / Carbs 87 g (76%) / Protein 10 g (8%) / F	at 8 g (16%) / Fluid 8 g	
NOTES:			
Snack	apple	1 large	110 cal
J 1131 G 11	almond butter	3 Tbsp	300 cal
10:00 AM			
MEAL TOTAL: Calorie	s 410 cal / Carbs 38 g (37%) / Protein 10 g (9%) / F	at 24 g (54%) / Fluid 181 g	
NOTES:			
Lunch	tomatoes	1 large	33 cal
	baby spinach	50 gm	12 cal
12:00 PM	chicken breast (cooked)	2 breast	189 cal
	avocado	1/2 avocado	161 cal
MEAL TOTAL: Calorie	s 395 cal / Carbs 17 g (17%) / Protein 40 g (40%) / I	Fat 19 g (43%) / Fluid 320 g	
NOTES:			
Snack 3:00 PM	whey protein powder	1 Scoop	113 cal
MEAL TOTAL: Calorie	s 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fa	t 0 g (4%) / Fluid 1 g	
NOTES:			
Dinner	sweet potato	150 gm	129 cal
	green beans	1 Cup(s) (240 ml)	35 cal
6:00 PM	sweet corn kernels	50 gm	44 cal
	british minced turkey breast	1 serving	101 cal
MEAL TOTAL: Calorie	s 309 cal / Carbs 48 g (60%) / Protein 28 g (35%) / I	Fat 2 g (5%) / Fluid 153 g	
NOTES:			

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whey protein powder

1 Scoop

113 cal

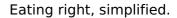
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

NOTES:

DAY 1 TOTAL: Calories~1,798~cal~/~Carbs~193~g~(42%)~/~Protein~139~g~(31%)~/~Fat~54~g~(27%)~/~Fluid~666~g~(42%)~/~Protein~139~g~(31%)~/~Fat~54~g~(27%)~/~Fluid~666~g~(42%)~/~Protein~139~g~(31%)~/~Fat~54~g~(27%)~/~Fluid~666~g~(42%)~/~Protein~139~g~(31%)~/~Fat~54~g~(27%)~/~Fluid~666~g~(42%)~/~Protein~139~g~(31%)~/~Fat~54~g~(27%)~/~Fluid~666~g~(42%)~/~Protein~139~g~(31%)~/~Fat~54~g~(27%)~/~Fluid~666~g~(42%)~/~Protein~139~g~(31%)~/~Fat~54~g~(27%)~/~Fluid~666~g~(42%)~/~Protein~139~g~(31%)~/~Fat~54~g~(27%)~/~Fluid~666~g~(42%)~/~Protein~139~g~(31%)~/~Fat~54~g~(27%)~/~Fluid~666~g~(42%)~/~Protein~139~g~(42%)



	DAY 2		
Breakfast	porridge oats	75 grams	272 ca
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Calories	s 458 cal / Carbs 87 g (76%) / Protein 10 g (8%) / Fa	at 8 g (16%) / Fluid 8 g	
NOTES:			
Snack	egg (hard boiled)	2 large	155 ca
	almonds	20 almond	139 ca
10:00 AM			
MEAL TOTAL: Calories	s 294 cal / Carbs 6 g (8%) / Protein 18 g (24%) / Fat	t 23 g (68%) / Fluid 76 g	
Lunch	mushrooms	100 gm	22 cal
	chicken breast (cooked)	2 breast	189 ca
12:00 PM	asparagus	5 spear, medium	16 cal
	egg (hard boiled)	1 large	78 cal
	s 305 cal / Carbs 7 g (9%) / Protein 47 g (62%) / Fat	t 10 g (29%) / Fluid 279 g	
MEAL TOTAL: Calories			
MEAL TOTAL: Calories NOTES:			
NOTES:	apple	1 large	110 ca
NOTES:	apple whey protein powder	1 large 2 Scoop	
NOTES:	• •		225 ca
Snack 3:00 PM	whey protein powder	2 Scoop 250 mL	225 ca
Snack 3:00 PM	whey protein powder original almond milk(unsweetened)	2 Scoop 250 mL	225 ca
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES:	whey protein powder original almond milk(unsweetened)	2 Scoop 250 mL	225 ca 32 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES: Dinner	whey protein powder original almond milk(unsweetened) s 368 cal / Carbs 32 g (34%) / Protein 54 g (57%) / I	2 Scoop 250 mL Fat 4 g (9%) / Fluid 184 g	225 ca 32 cal 87 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES:	whey protein powder original almond milk(unsweetened) s 368 cal / Carbs 32 g (34%) / Protein 54 g (57%) / I potato (boiled)	2 Scoop 250 mL Fat 4 g (9%) / Fluid 184 g	110 ca 225 ca 32 cal 87 cal 35 cal 44 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES: Dinner	whey protein powder original almond milk(unsweetened) s 368 cal / Carbs 32 g (34%) / Protein 54 g (57%) / I potato (boiled) green beans	2 Scoop 250 mL Fat 4 g (9%) / Fluid 184 g	225 ca 32 cal 87 cal 35 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES: Dinner 6:00 PM	whey protein powder original almond milk(unsweetened) s 368 cal / Carbs 32 g (34%) / Protein 54 g (57%) / I potato (boiled) green beans onion	2 Scoop 250 mL Fat 4 g (9%) / Fluid 184 g 100 gm 1 Cup(s) (240 ml) 1 medium 1 steak	225 ca 32 cal 87 cal 35 cal 44 cal





whey protein powder

1 Scoop

113 cal

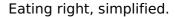
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

NOTES:

DAY 2 TOTAL: Calories~1,856~cal~/~Carbs~171~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Protein~194~g~(41%)~/~Fat~46~g~(22%)~/~Fluid~723~g~(37%)~/~Fluid~723~g



	DAY 3		
Breakfast	porridge oats	50 grams	182 ca
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Calories	367 cal / Carbs 72 g (77%) / Protein 7 g (8%) / Fat 6 g (15	%) / Fluid 8 g	
NOTES:			
Snack	rice cake, unsalted	2 cake	70 cal
10:00 AM	hummus	2 Tbsp	55 cal
	3 125 cal / Carbs 20 g (68%) / Protein 4 g (12%) / Fat 3 g (2	0%) / Fluid 20 g	
NOTES:			
Lunch	whitefish (cooked)	150 gm	258 ca
	cashews	30 gm	166 ca
12:00 PM	fresh food tesco organic raw bunched beetroot by t	100 gram	37 cal
	green, red or yellow bell peppers	1 medium	25 cal
MEAL TOTAL: Calories	s 486 cal / Carbs 25 g (20%) / Protein 43 g (35%) / Fat 25 g	(45%) / Fluid 99 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM	almonds	20 almond	139 ca
MEAL TOTAL: Calories	3252 cal / Carbs 6 g (9%) / Protein 31 g (48%) / Fat 12 g (4	3%) / Fluid 2 g	
NOTES:			
Dinner	sweet potato	150 gm	129 ca
6:00 PM	green beans	1 Cup(s) (240 ml)	35 cal
OIUU PIM	sweet corn kernels	100 gm	88 cal
	salmon (cooked)	2 fillet	253 ca
MEAL TOTAL: Calories	5 505 cal / Carbs 58 g (45%) / Protein 48 g (38%) / Fat 10 g	(17%) / Fluid 308 g	
NOTES:			





whey protein powder

1 Scoop

113 cal

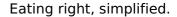
MEAL TOTAL: Calories 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

DAY 3 TOTAL: Calories~1,847~cal~/~Carbs~183~g~(39%)~/~Protein~159~g~(34%)~/~Fat~56~g~(27%)~/~Fluid~439~g~(39%)~/~Fat~56~g~(39%)~/~Fat~56~g~(39%)~/~Fluid~439~g~(39%)~/~Fat~56~g~(39%)~/~Fat~56~g~(39%)~/~Fluid~439~g~(39%)~/~Fat~56~g~(39%)~/~Fat~56~g~(39%)~/~Fluid~439~g~(39%)~/~Fat~56~g~(39%)~/~Fat~56~g~(39%)~/~Fluid~439~g~(39%)~/~Fat~56~g~(39%)~/~Fat~56~g~(39%)~/~Fluid~439~g~(39%)~/~Fat~56~g~(39%)~/~Fat~56~g~(39%)~/~Fluid~439~g~(39%)~/~Fat~56~g~(39%)~/~Fluid~439~g~(39%)~/~



	DAY 4		
Breakfast	porridge oats	50 grams	182 ca
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Calorie	s 367 cal / Carbs 72 g (77%) / Protein 7 g (8%) /	Fat 6 g (15%) / Fluid 8 g	
NOTES:			
Snack	almond butter	2 Tbsp	200 ca
10:00 AM			
MEAL TOTAL: Calorie	s 200 cal / Carbs 6 g (13%) / Protein 6 g (13%) /	' Fat 16 g (74%) / Fluid 0 g	
NOTES:			
Lunch	cauliflower	150 gm	38 cal
12:00 PM	baby spinach	50 gm	12 cal
12.00 PM	chicken breast (cooked)	2 breast	189 ca
	avocado	1/2 avocado	161 ca
MEAL TOTAL: Calorie	s 399 cal / Carbs 18 g (17%) / Protein 42 g (41%	o) / Fat 19 g (42%) / Fluid 287 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM	cashews	20 gm	111 ca
MEAL TOTAL: Calorie	s 223 cal / Carbs 7 g (12%) / Protein 30 g (52%)	/ Fat 9 g (36%) / Fluid 2 g	
NOTES:			
Dinner	green beans	1 Cup(s) (240 ml)	35 cal
6:00 PM	tomatoes	2 large	66 cal
O.UU FM	potato (with skin, baked)	1 small	128 ca
	chicken breast (cooked)	2 breast	189 ca
	s 418 cal / Carbs 50 g (47%) / Protein 44 g (42%	o) / Fat 5 g (11%) / Fluid 522 g	
MEAL TOTAL: Calorie	2 : 10 ca: , ca: 02 00 g (: , /o, , 1 1 0 ca: 1 : g (: _ /o	,	





whey protein powder

1 Scoop

113 cal

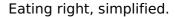
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

NOTES:

 $\textbf{DAY 4 TOTAL: Calories} \ 1,721 \ cal \ \textbf{/ Carbs} \ 155 \ g \ (36\%) \ \textbf{/ Protein} \ 154 \ g \ (35\%) \ \textbf{/ Fat} \ 56 \ g \ (29\%) \ \textbf{/ Fluid} \ 820 \ g \ (36\%) \ \textbf{/ Fat} \ 56 \ g \ (29\%) \ \textbf{/ Fluid} \ 820 \ g \ (36\%) \ \textbf{/ Fat} \ 56 \ g \ (29\%) \ \textbf{/ Fluid} \ 820 \ g \ (36\%) \ \textbf{/ Fat} \ 56 \ g \ (29\%) \ \textbf{/ Fluid} \ 820 \ g \ (36\%) \ \textbf{/ Fat} \ 56 \ g \ (29\%) \ \textbf{/ Fluid} \ 820 \ g \ (36\%) \ \textbf{/ Fat} \ 90 \ \textbf{/ Fluid} \ 820 \ g \ (36\%) \ \textbf{/ Fat} \ 90 \ \textbf{/ Fluid} \ 820 \ g \ (36\%) \ \textbf{/ Fat} \ 90 \ \textbf{/ Fluid} \ 820 \ g \ \textbf{/ Fluid} \ \textbf{/ Fluid}$



	DAY 5		
Breakfast	porridge oats	50 grams	182 ca
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Calories	s 367 cal / Carbs 72 g (77%) / Protein 7 g (8%) / Fa	t 6 g (15%) / Fluid 8 g	
NOTES:			
Snack 10:00 AM	hard boiled eggs	2 serving	142 ca
MEAL TOTAL: Calories	s 142 cal / Carbs 1 g (3%) / Protein 12 g (34%) / Fa	t 10 g (63%) / Fluid 0 g	
NOTES:			
Lunch	tomatoes	2 large	66 cal
	baby spinach	50 gm	12 cal
12:00 PM	avocado	1/2 avocado	161 ca
	british minced turkey breast	150 gm	152 ca
MEAL TOTAL: Calories	s 390 cal / Carbs 24 g (24%) / Protein 39 g (38%) /	Fat 17 g (38%) / Fluid 418 g	
MEAL TOTAL: Calories	s 390 cal / Carbs 24 g (24%) / Protein 39 g (38%) /	Fat 17 g (38%) / Fluid 418 g	
NOTES:	s 390 cal / Carbs 24 g (24%) / Protein 39 g (38%) / whey protein powder	Fat 17 g (38%) / Fluid 418 g	113 ca
NOTES: Snack			
NOTES:	whey protein powder	1 Scoop	32 cal
Snack 3:00 PM	whey protein powder original almond milk(unsweetened)	1 Scoop 250 mL 20 almond	113 ca 32 cal 139 ca
Snack 3:00 PM	whey protein powder original almond milk(unsweetened) almonds	1 Scoop 250 mL 20 almond	32 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES:	whey protein powder original almond milk(unsweetened) almonds	1 Scoop 250 mL 20 almond	32 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES: Dinner	whey protein powder original almond milk(unsweetened) almonds s 284 cal / Carbs 7 g (10%) / Protein 32 g (44%) / F	1 Scoop 250 mL 20 almond at 15 g (46%) / Fluid 2 g	32 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES:	whey protein powder original almond milk(unsweetened) almonds s 284 cal / Carbs 7 g (10%) / Protein 32 g (44%) / F green beans	1 Scoop 250 mL 20 almond at 15 g (46%) / Fluid 2 g	32 cal 139 cal 35 cal 189 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES: Dinner	whey protein powder original almond milk(unsweetened) almonds s 284 cal / Carbs 7 g (10%) / Protein 32 g (44%) / F green beans chicken breast (cooked)	1 Scoop 250 mL 20 almond (at 15 g (46%) / Fluid 2 g 1 Cup(s) (240 ml) 2 breast	32 cal 139 ca 35 cal
NOTES: Snack 3:00 PM MEAL TOTAL: Calories NOTES: Dinner 6:00 PM	whey protein powder original almond milk(unsweetened) almonds 5 284 cal / Carbs 7 g (10%) / Protein 32 g (44%) / F green beans chicken breast (cooked) onions sweet raw	1 Scoop 250 mL 20 almond at 15 g (46%) / Fluid 2 g 1 Cup(s) (240 ml) 2 breast 1 serving 75 gm	32 cal 139 ca 35 cal 189 ca 47 cal





whey protein powder

1 Scoop

113 cal

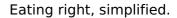
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

NOTES:

DAY 5 TOTAL: Calories~1,667~cal~/~Carbs~142~g~(33%)~/~Protein~162~g~(39%)~/~Fat~54~g~(28%)~/~Fluid~688~g~(33%)~/~Fat~54~g~(28%)~/~Fluid~688~g~(33%)~/~Fluid~6



	DAY 6		
Breakfast	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Calorie	s 367 cal / Carbs 72 g (77%) / Protein 7 g (8%) / F	at 6 g (15%) / Fluid 8 g	
NOTES:			
Snack	almond butter	2 Tbsp	200 cal
10:00 AM			
MEAL TOTAL: Calorie	s 200 cal / Carbs 6 g (13%) / Protein 6 g (13%) / F	at 16 g (74%) / Fluid 0 g	
NOTES:			
Lunch	tomatoes	2 1/4 large	74 cal
12:00 PM	baby spinach	50 gm	12 cal
12.00 PM	chicken breast (cooked)	2 breast	189 ca
	avocado	1/2 avocado	161 cal
MEAL TOTAL: Calorie	s 435 cal / Carbs 26 g (23%) / Protein 42 g (38%)	/ Fat 20 g (39%) / Fluid 535 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM			
MEAL TOTAL: Calorie	s 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / F	at 0 g (4%) / Fluid 1 g	
NOTES:			
Dinner	green beans	1 Cup(s) (240 ml)	35 cal
	sweet corn kernels	100 gm	88 cal
6:00 PM	potato (with skin, baked)	1 small	128 ca
	italian chicken	1 serving	263 cal
MEAL TOTAL: Calorie	s 515 cal / Carbs 59 g (44%) / Protein 34 g (26%)	/ Fat 17 g (30%) / Fluid 278 g	





whey protein powder

1 Scoop

113 cal

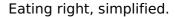
MEAL TOTAL: Calories 113 cal / Carbs 1 g (4%) / Protein 26 g (92%) / Fat 0 g (4%) / Fluid 1 g

NOTES:

DAY 6 TOTAL: Calories~1,743~cal~/~Carbs~166~g~(37%)~/~Protein~142~g~(32%)~/~Fat~60~g~(31%)~/~Fluid~824~g~(32%)~/~Fat~60~g~(31%)~/~Fluid~824~g~(32%)~/~Fat~60~g~(31%)~/~Fluid~824~g~(32%)~/~Fat~60~g~(31%)~/~Fluid~824~g~(32%)~/~Fat~60~g~(31%)~/~Fluid~824~g~(32%)~/~Fat~60~g~(31%)~/~Fluid~824~g~(32%)~/~Fat~60~g~(31%)~/~Fluid~824~g~(32%)~/~Fat~60~g~(31%)~/~Fluid~824~g~(32%)~/~Fat~60~g~(31%)~/~Fluid~824~g~(32%)~/~Fluid



	DAY 7		
Breakfast	porridge oats	50 grams	182 cal
	original almond milk(unsweetened)	250 mL	32 cal
7:00 AM	raisins	30 gm	90 cal
	honey	1 Tbsp	64 cal
MEAL TOTAL: Calorie	s 367 cal / Carbs 72 g (77%) / Protein 7 g (8%) / Fa	at 6 g (15%) / Fluid 8 g	
NOTES:			
Snack	cashews	30 gm	166 ca
10:00 AM			
MEAL TOTAL: Calorie	s 166 cal / Carbs 9 g (21%) / Protein 5 g (12%) / Fa	at 13 g (67%) / Fluid 2 g	
NOTES:			
Lunch	tomatoes	2 1/4 large	74 cal
	chicken breast (cooked)	2 breast	189 ca
12:00 PM	baby spinach	50 gm	12 cal
	hard boiled eggs	1 serving	71 cal
MEAL TOTAL: Calorie	s 346 cal / Carbs 18 g (21%) / Protein 46 g (53%) /	/ Fat 10 g (26%) / Fluid 462 g	
NOTES:			
Snack	whey protein powder	1 Scoop	113 ca
3:00 PM	almonds	20 almond	139 ca
MEAL TOTAL: Calorie	s 252 cal / Carbs 6 g (9%) / Protein 31 g (48%) / Fa	at 12 g (43%) / Fluid 2 g	
NOTES:			
Dinner	sweet potato	150 gm	129 ca
	sweet corn kernels	100 gm	88 cal
6:00 PM	salmon baked in foil	1 serving	204 ca
	asparagus	5 spear, medium	16 cal
MEAL TOTAL: Calorie	s 437 cal / Carbs 61 g (53%) / Protein 32 g (28%) /	/ Fat 10 g (19%) / Fluid 455 g	





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:

 $\textbf{DAY 7 TOTAL: Calories} \ 1,680 \ cal \ \textbf{/ Carbs} \ 168 \ g \ (39\%) \ \textbf{/ Protein} \ 148 \ g \ (34\%) \ \textbf{/ Fat} \ 52 \ g \ (27\%) \ \textbf{/ Fluid} \ 930 \ g$





1 Servings

italian chicken

Ingredients

garlic	1 clove
lemon juice	1 Tbsp
olive oil	1 Tbsp
skinless chicken breast (uncooked)	4 oz (112 grams)

Nutrition Totals

Calories 263 / Carbs 2 g / Protein 26 g / Fat 17 g / Fluid 100 g

Instructions

- 1. Crush garlic clove.
- 2. Combine crushed garlic and remaining ingredients in a small bowl. Make sure chicken is well coated with marinade. Marinate in the refrigerator for at least 30 minutes.
- 3. One hour before serving, preheat oven to 450 degrees F.
- 4. Line a baking sheet with foil or parchment paper, and place chicken on pan.
- 5. Bake for 18-25 minutes (depending on size/thickness of chicken breast), or until chicken is cooked through and the juices run clear (internal temp of 165 degrees F).



Nutrition Label

Italian Chicken Amount Per Serving **Calories** 263 % Daily Value* Total Fat 16.5g **25**% Saturated Fat 2.5g 13% Trans Fat 0g Cholesterol 82.7mg 28% Sodium 51.9mg 2% **Total Carbohydrates** 2g 1% Dietary Fiber 0.1g 0% Total Sugar 0.4g Protein 25.7g Vitamin D 1.1IU 0% Calcium 12.1mg 1% Iron 0.5mg 3% Potassium 406.7mg * 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.





4 Servings

salmon baked in foil

Ingredients

tomatoes	2 Cup(s) (480 ml)
shallots	2 oz (56 grams)
extra virgin olive oil	1 Tbsp
lemon juice	2 Tbsp
oregano, dried	1 tsp
thyme, dried	1 tsp
black pepper	1/8 tsp
fish salmon pink raw	16 oz (448 grams)

Nutrition Totals

Calories 817 / Carbs 28 g / Protein 98 g / Fat 35 g / Fluid 757 g

Instructions

- 1. Preheat oven to 400 degrees F.
- 2. Dice tomatoes, mince shallots and place in a small bowl.
- 3. Stir in $\frac{1}{2}$ tablespoon of olive oil, lemon juice, oregano, thyme, and a dash of black pepper. Set aside.
- $4.\ Brush \ salmon \ with \ remaining olive oil and season with pepper.$
- 5. Cut 4 sheets of aluminum foil (large enough to wrap each fillet).
- 6. Place each fillet, oil side down, on each cut piece of foil.
- 7. Evenly divide tomato mixture over the salmon fillets.
- 8. Fold and seal the foil to make packets around the salmon. Place packets on baking sheet.
- 9. Bake for 20-25 minutes, or until cooked through.



Nutrition Label

Salmon Baked In Foil Amount Per Serving **Calories** 204 % Daily Value* Total Fat 8.7g 13% Saturated Fat 1.4g <u>7%</u> Trans Fat 0g Cholesterol 52.1mg **17**% Sodium 91.5mg 4% **Total Carbohydrates** 6.9g 2% Dietary Fiber 1.8g **7**% Total Sugar 3.6g Protein 24.4g Vitamin D 493.2IU 82% 3% Calcium 34.8mg Iron 1.3mg **7**% Potassium 692.1mg * 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.



Shopping List

Accompaniments

honey 7 Tbsp

Cereal & Grain Products

porridge oats 400 grams

Dairy & Egg

egg 3 large

Fats & Oils

extra virgin olive oil	0.25 Tbsp
olive oil	1 Tbsp

Finfish & Shellfish

salmon	2 fillet
whitefish	150 gm

Fruits & Juices

apple	2 large
avocado	2 avocado
lemon juice	1.5 Tbsp
raisins	210 gm

Legumes & Beans

black beans	75 gm
hummus	2 Tbsp

Nuts & Seeds

almond butter	7 Tbsp
almonds	80 almond

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cashews 80 gm

Poultry	
british minced turkey breast	1 serving
	150 gm
chicken breast	14 breast
skinless chicken breast	4 oz (112 grams)

Snacks

rice cake, unsalted 2 cake

Spices & Herbs	
black pepper	0.03 tsp
oregano, dried	0.25 tsp
thyme, dried	0.25 tsp

Sports & Diet Nutritionals

whey protein powder 15 Scoop

fish salmon pink raw fresh food tesco organic raw bunched beetroot by tesco fresh food tuna steaks by tesco green beans hard boiled eggs onions sweet raw original almond milk(unsweetened) 4 oz (112 grams) 100 gram 6 tune fresh food tuna steaks by tesco 1 steak 6 Cup(s) (1440 ml) 3 serving 1 serving

Vegetables	
asparagus	10 spear, medium
baby spinach	250 gm
cauliflower	150 gm
garlic	1 clove
green, red or yellow bell peppers	1 medium
mushrooms	100 gm
onion	1 medium

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potato	100 gm
	2 small
shallots	0.5 oz (14 grams)
sweet corn kernels	350 gm
sweet potato	450 gm
tomatoes	9.5 large
	0.5 Cup(s) (120 ml)



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











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

Matchbox

Deck of Cards 3 oz muffin or biscuit 1 oz serving of meat 3 oz of chicken, meat, or fish

This Paperback **Book** 8 oz serving of meat

Thumb 1 tsp





Shot Glass 1 oz / 2 tbsp



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 baseball1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse

1 slice of bread = CD 3 cups of popcorn = 3 baseballs

Dairy & Cheese

1 1/2 oz cheese = stacked dice

1 cup yogurt = baseball



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 cards2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24

pistachios



Fats & Oils

1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1/2 cup ice cream = computer mouse 1 tbsp oil or mayonnaise = poker



Sweets & Treats

1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox

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