



Eating right, simplified.

# Balanced Health

Prepared by: Evolution Nutrition

Created: 03-23-2022

## DAY 1

### Breakfast

7:00 AM

egg (poached)	1 large	72 cal
whole grain rolled oats	1 Cup(s)	299 cal
raisins	1/4 Cup(s)	123 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 494 cal / **Carbs** 88 g (73%) / **Protein** 8 g (6%) / **Fat** 11 g (21%) / **Fluid** 18 fl oz

**NOTES:**

### Snack

10:00 AM

apple	1 small	55 cal
smooth peanut butter, no added salt	2 Tbsp	188 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 243 cal / **Carbs** 21 g (32%) / **Protein** 8 g (13%) / **Fat** 16 g (55%) / **Fluid** 19 fl oz

**NOTES:**

### Lunch

12:00 PM

whole wheat tortilla	2 tortilla	254 cal
turkey breast (cooked)	4 oz	154 cal
romaine lettuce	4 leaf	4 cal
hummus, lower sodium	2 Tbsp	52 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 465 cal / **Carbs** 43 g (37%) / **Protein** 44 g (37%) / **Fat** 13 g (26%) / **Fluid** 21 fl oz

**NOTES:**

### Dinner

6:00 PM

yellowfin tuna (cooked)	3 oz	111 cal
wild rice (cooked)	1 Cup(s)	166 cal
lentils (boiled)	1/2 Cup(s)	115 cal
cauliflower (boiled)	1 Cup(s)	29 cal
extra virgin olive oil	1/2 Tbsp	60 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 480 cal / **Carbs** 60 g (49%) / **Protein** 43 g (35%) / **Fat** 9 g (16%) / **Fluid** 28 fl oz

**NOTES:**

**DAY 1 TOTAL: Calories** 1,682 cal / **Carbs** 212 g (50%) / **Protein** 103 g (24%) / **Fat** 50 g (26%) / **Fluid** 86 fl oz

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## DAY 2

<b>Breakfast</b> 7:00 AM	egg (poached)	1 large	72 cal
	multi-grain cheerios cereal	2 Cup(s)	240 cal
	skim milk, calcium added	16 fl oz	173 cal
	drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 484 cal / **Carbs** 74 g (63%) / **Protein** 27 g (23%) / **Fat** 8 g (14%) / **Fluid** 32 fl oz

### NOTES:

<b>Snack</b> 10:00 AM	nut and raisin granola bar	1 bar	127 cal
	orange	2 fruit	137 cal
	drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 264 cal / **Carbs** 53 g (74%) / **Protein** 5 g (7%) / **Fat** 6 g (19%) / **Fluid** 24 fl oz

### NOTES:

<b>Lunch</b> 12:00 PM	whole wheat pita bread	2 small	149 cal
	boneless chicken (cooked)	2 oz	95 cal
	avocado	1/4 avocado	80 cal
	tomatoes	1/2 Cup(s)	16 cal
	light olive oil mayonnaise	2 tsp	33 cal
	apple	1 small	55 cal
	iced green tea	16 fl oz	0 cal

**MEAL TOTAL: Calories** 428 cal / **Carbs** 54 g (48%) / **Protein** 22 g (19%) / **Fat** 16 g (33%) / **Fluid** 25 fl oz

### NOTES:

<b>Dinner</b> 6:00 PM	beef t-bone (broiled)	3 oz	161 cal
	yam (baked)	1 Cup(s)	158 cal
	green snap beans (boiled)	1 1/2 Cup(s)	66 cal
	whole wheat dinner roll	1 roll	74 cal
	unsalted butter	1/2 Tbsp	51 cal
	drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 510 cal / **Carbs** 66 g (51%) / **Protein** 30 g (23%) / **Fat** 15 g (26%) / **Fluid** 27 fl oz

### NOTES:

**DAY 2 TOTAL: Calories** 1,687 cal / **Carbs** 248 g (58%) / **Protein** 84 g (19%) / **Fat** 45 g (23%) / **Fluid** 109 fl oz



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## DAY 3

### Breakfast

7:00 AM

whole wheat mini bagel	2 bagel	200 cal
smooth peanut butter, no added salt	2 Tbsp	188 cal
skim milk, calcium added	8 fl oz	86 cal
drinking water	8 fl oz	0 cal

**MEAL TOTAL: Calories** 475 cal / **Carbs** 58 g (48%) / **Protein** 24 g (20%) / **Fat** 18 g (32%) / **Fluid** 16 fl oz

#### NOTES:

### Snack

10:00 AM

nut and raisin granola bar	1 bar	127 cal
lowfat cottage cheese, 1%	1/2 Cup(s)	81 cal
banana	1 small	90 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 298 cal / **Carbs** 44 g (57%) / **Protein** 17 g (22%) / **Fat** 7 g (21%) / **Fluid** 22 fl oz

#### NOTES:

### Lunch

12:00 PM

whole wheat tortilla	2 tortilla	254 cal
canned tuna fish in water, very low sodium	4 oz	112 cal
romaine lettuce	4 leaf	4 cal
light olive oil mayonnaise	2 tsp	33 cal
apple	1 small	55 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 458 cal / **Carbs** 54 g (46%) / **Protein** 34 g (29%) / **Fat** 13 g (25%) / **Fluid** 21 fl oz

#### NOTES:

### Dinner

6:00 PM

 italian spiced pork chops	1 serving	210 cal
macaroni (cooked)	1 1/2 Cup(s)	260 cal
marinara spaghetti sauce	3/4 Cup(s)	92 cal
green snap beans (boiled)	1 1/2 Cup(s)	66 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 627 cal / **Carbs** 86 g (53%) / **Protein** 35 g (21%) / **Fat** 19 g (26%) / **Fluid** 32 fl oz

#### NOTES:

**DAY 3 TOTAL: Calories** 1,858 cal / **Carbs** 242 g (50%) / **Protein** 111 g (23%) / **Fat** 57 g (27%) / **Fluid** 90 fl oz



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## DAY 4

### Breakfast

7:00 AM

egg (poached)	1 large	72 cal
whole grain rolled oats	1 Cup(s)	299 cal
banana	1 small	90 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 461 cal / **Carbs** 79 g (70%) / **Protein** 7 g (7%) / **Fat** 11 g (23%) / **Fluid** 20 fl oz

#### NOTES:

### Snack

10:00 AM

dry roasted peanuts, no added salt	3/4 oz	124 cal
wheat thin crackers	10 crackers	80 cal
orange	1 fruit	69 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 273 cal / **Carbs** 36 g (49%) / **Protein** 7 g (10%) / **Fat** 13 g (41%) / **Fluid** 20 fl oz

#### NOTES:

### Lunch

12:00 PM

 italian spiced pork chops	2 serving	419 cal
romaine lettuce	2 Cup(s)	16 cal
avocado	1/4 avocado	80 cal
tomatoes	1/4 Cup(s)	8 cal
extra virgin olive oil	1 Tbsp	120 cal
balsamic vinegar	1/2 Tbsp	7 cal
whole wheat dinner roll	1 roll	74 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 725 cal / **Carbs** 28 g (15%) / **Protein** 40 g (21%) / **Fat** 53 g (64%) / **Fluid** 23 fl oz

#### NOTES:

### Dinner

6:00 PM

beef t-bone (broiled)	3 oz	161 cal
wild rice (cooked)	1 Cup(s)	166 cal
asparagus (boiled)	12 spears	40 cal
whole wheat pita bread	1 small	74 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 440 cal / **Carbs** 58 g (51%) / **Protein** 36 g (31%) / **Fat** 9 g (18%) / **Fluid** 28 fl oz

#### NOTES:

**DAY 4 TOTAL: Calories** 1,899 cal / **Carbs** 201 g (41%) / **Protein** 90 g (19%) / **Fat** 87 g (40%) / **Fluid** 91 fl oz

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## DAY 5

### Breakfast

7:00 AM

egg (poached)	1 large	72 cal
multi-grain cheerios cereal	2 Cup(s)	240 cal
skim milk, calcium added	16 fl oz	173 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 484 cal / **Carbs** 74 g (63%) / **Protein** 27 g (23%) / **Fat** 8 g (14%) / **Fluid** 32 fl oz

NOTES:

### Snack

10:00 AM

apple	1 small	55 cal
smooth peanut butter, no added salt	2 Tbsp	188 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 243 cal / **Carbs** 21 g (32%) / **Protein** 8 g (13%) / **Fat** 16 g (55%) / **Fluid** 19 fl oz

NOTES:

### Lunch

12:00 PM

whole wheat pita bread	2 small	149 cal
turkey breast (cooked)	4 oz	154 cal
avocado	1/4 avocado	80 cal
tomatoes	1/4 Cup(s)	8 cal
hummus, lower sodium	2 Tbsp	52 cal
wheat thin crackers	10 crackers	80 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 524 cal / **Carbs** 55 g (41%) / **Protein** 44 g (32%) / **Fat** 17 g (27%) / **Fluid** 23 fl oz

NOTES:

### Dinner

6:00 PM

 mediterranean chicken	1 serving	186 cal
wild rice (cooked)	1 1/2 Cup(s)	248 cal
cauliflower (boiled)	1 Cup(s)	29 cal
whole wheat dinner roll	1 roll	74 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 537 cal / **Carbs** 73 g (52%) / **Protein** 38 g (27%) / **Fat** 13 g (21%) / **Fluid** 30 fl oz

NOTES:

**DAY 5 TOTAL: Calories** 1,789 cal / **Carbs** 223 g (49%) / **Protein** 117 g (25%) / **Fat** 54 g (26%) / **Fluid** 104 fl oz

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## DAY 6

### Breakfast

7:00 AM

whole wheat mini bagel	2 bagel	200 cal
smooth peanut butter, no added salt	2 Tbsp	188 cal
skim milk, calcium added	8 fl oz	86 cal
drinking water	8 fl oz	0 cal

**MEAL TOTAL: Calories** 475 cal / **Carbs** 58 g (48%) / **Protein** 24 g (20%) / **Fat** 18 g (32%) / **Fluid** 16 fl oz

#### NOTES:

### Snack

10:00 AM


lowfat cottage cheese, 1%	1 1/2 Cup(s)	244 cal
raisins	1/4 Cup(s)	123 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 367 cal / **Carbs** 42 g (45%) / **Protein** 43 g (46%) / **Fat** 4 g (9%) / **Fluid** 26 fl oz

#### NOTES:

### Lunch

12:00 PM

 mediterranean chicken	1 serving	186 cal
wild rice (cooked)	1 Cup(s)	166 cal
green snap beans (boiled)	1 1/2 Cup(s)	66 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 417 cal / **Carbs** 51 g (47%) / **Protein** 33 g (30%) / **Fat** 11 g (23%) / **Fluid** 29 fl oz

#### NOTES:

### Dinner

6:00 PM

salmon (cooked)	3 oz	130 cal
macaroni (cooked)	1 1/4 Cup(s)	217 cal
marinara spaghetti sauce	3/4 Cup(s)	92 cal
asparagus (boiled)	18 spears	59 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 498 cal / **Carbs** 72 g (55%) / **Protein** 39 g (30%) / **Fat** 9 g (15%) / **Fluid** 36 fl oz

#### NOTES:

**DAY 6 TOTAL: Calories** 1,757 cal / **Carbs** 223 g (49%) / **Protein** 140 g (31%) / **Fat** 41 g (20%) / **Fluid** 106 fl oz



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## DAY 7

### Breakfast

7:00 AM

egg (poached)	1 large	72 cal
whole wheat mini bagel	2 bagel	200 cal
skim milk, calcium added	8 fl oz	86 cal
drinking water	8 fl oz	0 cal

**MEAL TOTAL: Calories** 358 cal / **Carbs** 52 g (59%) / **Protein** 23 g (25%) / **Fat** 6 g (16%) / **Fluid** 17 fl oz

#### NOTES:

### Snack

10:00 AM

wheat thin crackers	10 crackers	80 cal
celery	10 medium stalk	64 cal
smooth peanut butter, no added salt	2 Tbsp	188 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 332 cal / **Carbs** 32 g (37%) / **Protein** 12 g (13%) / **Fat** 19 g (50%) / **Fluid** 29 fl oz

#### NOTES:

### Lunch

12:00 PM

whole wheat tortilla	2 tortilla	254 cal
extra lean sliced ham, low sodium	3 oz	111 cal
romaine lettuce	4 leaf	4 cal
tomatoes	1/2 Cup(s)	16 cal
light olive oil mayonnaise	2 tsp	33 cal
apple	1 small	55 cal
iced green tea	16 fl oz	0 cal

**MEAL TOTAL: Calories** 474 cal / **Carbs** 58 g (50%) / **Protein** 24 g (21%) / **Fat** 15 g (29%) / **Fluid** 26 fl oz

#### NOTES:

### Dinner

6:00 PM

boneless chicken (cooked)	3 oz	142 cal
yam (baked)	1 Cup(s)	158 cal
green snap beans (boiled)	1 1/2 Cup(s)	66 cal
extra virgin olive oil	1/2 Tbsp	60 cal
whole wheat dinner roll	1 roll	74 cal
drinking water	16 fl oz	0 cal

**MEAL TOTAL: Calories** 500 cal / **Carbs** 66 g (51%) / **Protein** 29 g (23%) / **Fat** 15 g (26%) / **Fluid** 27 fl oz

#### NOTES:

**DAY 7 TOTAL: Calories** 1,664 cal / **Carbs** 209 g (50%) / **Protein** 88 g (21%) / **Fat** 55 g (29%) / **Fluid** 99 fl oz

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2 Servings

# italian spiced pork chops

## Ingredients

black pepper	1/4 tsp
paprika	1/4 tsp
sage, ground	1/4 tsp
boneless pork chops	6 oz
lard	2 tsp
onion	1/4 medium

## Nutrition Totals

**Calories** 419 / **Carbs** 3 g / **Protein** 35 g / **Fat** 30 g / **Fluid** 1 fl oz

## Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 20-30 minutes (timing depends on size/thickness), or until pork juices run clear and pork is cooked through (145 degrees F).

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# Nutrition Label

Italian Spiced Pork Chops		
Amount Per Serving		
Calories		210
% Daily Value*		
Total Fat	14.8g	23%
Saturated Fat	1.7g	9%
Trans Fat	0g	
Cholesterol	4mg	1%
Sodium	0.7mg	0%
Total Carbohydrates	1.6g	1%
Dietary Fiber	0.4g	2%
Total Sugar	0.6g	
Protein	17.4g	
Vitamin D	4.3IU	1%
Calcium	6.3mg	1%
Iron	0.1mg	1%
Potassium	30.4mg	
* 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.		

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4 Servings

# mediterranean chicken

## Ingredients

garlic	1 clove
boneless skinless chicken breast (uncooked)	16 oz
olive oil	2 Tbsp
lemon juice	3 Tbsp

## Nutrition Totals

**Calories** 743 / **Carbs** 4 g / **Protein** 93 g / **Fat** 41 g / **Fluid** 13 fl oz

## Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
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).



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# Nutrition Label

Mediterranean Chicken		
Amount Per Serving		
Calories		186
% Daily Value*		
Total Fat	10.1g	16%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	196.5mg	8%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Total Sugar	0.2g	
Protein	23.1g	
Vitamin D	2.2IU	0%
Calcium	7.7mg	1%
Iron	0.4mg	2%
Potassium	391.4mg	
* 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.		

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# Shopping List

Prepared by: Evolution Nutrition

Created: 03-23-2022

## Accompaniments

light olive oil mayonnaise	6 tsp
marinara spaghetti sauce	1.5 Cup(s)

## Beef

beef t-bone	6 oz
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## Beverages

drinking water	392 fl oz
iced green tea	32 fl oz

## Bread

whole wheat dinner roll	4 roll
whole wheat mini bagel	6 bagel
whole wheat pita bread	5 small
whole wheat tortilla	6 tortilla

## Cereal & Grain Products

macaroni	2.75 Cup(s)
multi-grain cheerios cereal	4 Cup(s)
whole grain rolled oats	2 Cup(s)
wild rice	4.5 Cup(s)

## Cookies & Crackers

wheat thin crackers	30 crackers
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## Dairy & Egg

egg	5 large
lowfat cottage cheese, 1%	2 Cup(s)
skim milk, calcium added	56 fl oz
unsalted butter	0.5 Tbsp

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## Fats & Oils

extra virgin olive oil	2 Tbsp
olive oil	1 Tbsp

## Finfish & Shellfish

canned tuna fish in water, very low sodium	4 oz
salmon	3 oz
yellowfin tuna	3 oz

## Fruits & Juices

apple	5 small
avocado	0.75 avocado
banana	2 small
lemon juice	1.5 Tbsp
orange	3 fruit
raisins	0.5 Cup(s)

## Ingredients

balsamic vinegar	0.5 Tbsp
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## Legumes & Beans

green snap beans	6 Cup(s)
hummus, lower sodium	4 Tbsp
lentils	0.5 Cup(s)

## Nuts & Seeds

dry roasted peanuts, no added salt	0.75 oz
smooth peanut butter, no added salt	10 Tbsp

## Poultry

boneless chicken	5 oz
boneless skinless chicken breast (uncooked)	8 oz
turkey breast (cooked)	8 oz

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## Sausages & Meats

extra lean sliced ham, low sodium

3 oz

## Snacks

nut and raisin granola bar

2 bar

## Spices & Herbs

black pepper

0.38 tsp

paprika

0.38 tsp

sage, ground

0.38 tsp

## Uncategorized

boneless pork chops

9 oz

lard

3 tsp

## Vegetables

asparagus

30 spears

cauliflower

2 Cup(s)

celery

10 medium stalk

garlic

0.5 clove

onion

0.38 medium

romaine lettuce

12 leaf

2 Cup(s)

tomatoes

1.5 Cup(s)

yam

2 Cup(s)



# 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

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

## Useful Examples

		
<b>Bread &amp; Grains</b> 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	<b>Fruits &amp; Vegetables</b> 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	<b>Meats, Fish &amp; Nuts</b> 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
		
<b>Dairy &amp; Cheese</b> 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	<b>Fats &amp; Oils</b> 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	<b>Sweets &amp; Treats</b> 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox