

EVOLVED

MEAL IDEA 1,200 CALORIE DAY

Personal Training

Breakfast

Option 1)

- 1 *think Protein + 150 Calorie Bar*
- 1 *Dannon Light & Fit Yogurt*



Calories: 230 | 28 g Carbohydrates | 5 g Fat | 22 g Protein

Option 2)

- 1 *Super Green Smoothie* (Use Recipe R:1)
- 1 Boiled Egg

Calories: 230 | 40 g Carbohydrates | 6 g Fat | 9.5 g Protein

Option 3)

- Waffle Sandwich with Banana and Strawberries* (Use Recipe R:2)

Calories: 270 | 37 g Carbohydrates | 10 g Fat | 8 g Protein

Option 4)

- Veggie Cup Scramble* (Recipe R:6)
- 1 packet Instant Quinoa and Oats
- ¾ Cup Fresh Berries

Calories: 233 | 30 g Carbohydrates | 6 g Fat | 15 g Protein

Snack 1

Option 1)

- 1 *Philadelphia Bagel Chips and Cream Cheese Dip*

Calories: 220 | 22 g Carbohydrates | 12 g Fat | 6 g Protein



Option 2)

- 1 *Minute Mug Cake*
- 1 Scoop *Chocolate Protein*
- 4 g *Sugar Free Chocolate Pudding Mix*
- 30 g *Pumpkin*
- ½ tsp *Baking Powder*
- 1 tsp *Walden Farms Chocolate Syrup*
- Mix completely in a microwave safe bowl.
- (It might seem like you need to add water, but don't. Keep mixing.)
- Microwave for 1 minute, let cool. Top with *Sugar-Free Ice-Cream*.



Calories: 200 | 21 g Carbohydrates | 4 g Fat | 24 g Protein



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Lunch

Option 1)

Spicy Chicken Salad (Use Recipe R:3)

Calories: 270 | 9 g Carbohydrates | 5 g Fat | 44 g Protein

Option 2)

3 oz. Cooked (or) Baked Chicken
7 oz. *Veggie Spiral Butternut Squash*, cooked
2 tbsp *Low-Fat Shredded Mozzarella Cheese*
2 tbsp *Bolthouse Farms Ranch Dressing*
½ tsp *Garlic Ranch Seasoning*
¾ Cup *Steamfresh Broccoli, Cauliflower & Carrots*
Combine all ingredients (cooked) in a bowl, stir and enjoy!



Calories: 291 | 31 g Carbohydrates | 7 g Fat | 25 g Protein

Option 3)

1 *Healthy Choice Power Bowl* (Your Choice)

Calories: 210 | 10 g Carbohydrates | 10 g Fat | 19 g Protein

Snack 2

Option 1)

3 Pieces *Enjoy Life Protein Bites*

Calories: 170 | 17 g Carbohydrates | 11 g Fat | 6 g Protein

Option 2)

1 Protein Shake (less than 150 calories)
8 oz. of Unsweetened Almond Milk (or) 8 oz. Water



Dinner

Option 1)

Light Lasagna (Use Recipe R:4)

Calories: 339 | 30 g Carbohydrates | 13 g Fat | 29 g Protein

Option 2)

Asian Fish Tacos (Use Recipe R:5)

Calories: 341 | 36 g Carbohydrates | 5 g Fat | 35 g Protein



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Option 3)

- 4 oz. Boneless, Skinless Grilled or Baked Chicken
- 1/2 Cup Sugar Snap Peas, cooked
- 1/2 Cup Carrots, cooked
- 1/2 Cup Coconut Jasmine Rice

Calories: 360 | 47 g Carbohydrates | 7 g Fat | 28 g Protein

Option 4)

Chicken and Bean Burrito (Recipe R:7)

Calories: 320 | 44 g Carbohydrates | 6 g Fat | 33 g Protein

Recipes:

R:1

Super Green Smoothie

- 1 1/4 Cup Chopped Kale Leaves
 - 1 1/4 Cup Frozen Cubed Mango
 - 2 Medium Celery Ribbs, chopped
 - 1 Cup Fresh *Pulp Free* Orange Juice
 - 1/4 Cup Flat-Leaf Parsley, chopped
 - 1/4 Cup Fresh Mint, chopped
- Combine all ingredients in blender.
Puree until smooth.

Pour mixture into 2 glasses.

Serves 2 | (per serving)

Calories: 160 | 39 g Carbohydrates | 1 g Fat | 3.5 g Protein



R:2

Waffle Sandwich with Banana and Strawberries

- 1 Frozen Whole Grain Waffle, toasted
 - 1 tsp Natural Peanut Butter
 - 2 tbsp Part-Skim Ricotta Cheese
 - 1/2 Small Banana, sliced
 - 1/3 Cup Fresh Strawberries, sliced
 - 1/2 tsp Honey
- Spread waffle with peanut butter and then ricotta.



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Top with banana and strawberry slices.

Drizzle with honey.

Serves 1 | (per serving)

Calories: 270 | 37 g Carbohydrates | 10 g Fat | 8 g Protein

R:3

Spicy Chicken Salad

1 Cup Roasted Boneless, Skinless Chicken Breast, cubed

1 tbsp Fresh Lemon Juice

4 tsp Dijon Mustard

½ Jalapeno Pepper, diced

½ Medium Celery Stalk, chopped

Dash of Pepper

1 Cup Baby Spinach

Combine the first 6 ingredients and serve on a bed of spinach.

Calories: 270 | 9 g Carbohydrates | 5 g Fat | 44 g Protein

R:4

Light Lasagna

½ Cup Whole Wheat Spaghetti, cooked

¼ Cup Part-Skim Ricotta Cheese

1/3 Cup Tomato Sauce

½ tsp Crushed Red Chili Flakes

1 Italian-Flavored Chicken Sausage Link, cooked

2 Cups Spinach

Combine pasta, ricotta, sauce and chili flakes, then crumble sausage on top.

Add spinach and let wilt.

Serves 1 | (per serving)

Calories: 339 | 30 g Carbohydrates | 13 g Fat | 29 g Protein

R:5

Asian Fish Tacos

1/2lb. Napa Cabbage, shredded

1 Carrot, shredded

2 tbsp Fresh Lime Juice

2 tbsp Cilantro, chopped

1 tbsp Honey

2 tsp Ginger, finely grated

1 lb. Halibut Fillets

8 Corn Tortillas

1 tbsp Hoisin Sauce



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Toss together cabbage, carrot, lime juice, cilantro, honey, and ginger for slaw.

Broil fish until just cooked through, 5 minutes.

Divide fish among tortillas and top each with slaw and hoisin sauce.

Serves 4 | (per serving)

Calories: 341 | 36 g Carbohydrates | 5 g Fat | 35 g Protein

R:6

Veggie Cup Scramble

1 Large Egg

1 tbsp fat-free Milk

¼ Cup Asparagus (cut up)

2 tbsp fat-free Feta Cheese, crumbled

Spray microwavable mug with nonstick spray.

Add egg, milk and asparagus; mix well.

Microwave on high 30 seconds; stir. Microwave until egg is set, 30-45 seconds longer.

Sprinkle with feta cheese.

Serves 1 | (per serving)

Recommend serving with 1 packet Instant Quinoa and Oats and ¾ Cup Fresh Berries.



Calories: 233 | 30 g Carbohydrates | 6 g Fat | 15 g Protein

R:7

Chicken and Bean Burrito

½ Cup Pinto Beans, cooked

2 tsp Ms. Dash Taco Seasoning

2 tbsp Salsa

1 Whole Wheat Tortilla

3 oz. Chicken, cooked and diced

2 tbsp Low-Fat Cheddar Cheese

Blend beans, taco seasoning and salsa in food processor or blender.

Place bean mixture and chicken on tortilla. Sprinkle cheese on top.

Microwave for 15 seconds and serve.

Serves 1 | (per serving)



Calories: 320 | 44 g Carbohydrates | 6 g Fat | 33 g Protein

