

# EVOLVED

1,600 CALORIES (MEAL PLAN)

## Personal Training

### Breakfast

Option 1)

1 Serving “Berries and Granola Protein Parfait” (See recipe [R:1](#))

Option 2)

1 serving “Egg White Breakfast Sandwich” (See recipe [R:2](#))

Option 3)

1 “Breakfast Essentials” High Protein Shake

### Snack 1

Option 1)

1 can tuna w/ 4 saltine crackers

Option 2)

1 protein shake with water (less than 150cal)

Option 3)

1 cup Fruit and 20 almonds



### Lunch

Option 1)

1 serving “Grilled Pepper Jack Burgers” (See recipe [R:3](#))  
w/ ¾ cup fruit

Option2)

1 serving “Turkey and Cheese Panini” (See recipe [R:4](#))  
w/ 1 cup fruit

### Snack 2

Option 1)

1.5 cup mixed berries

Option 2)

2 medium orange or 1 cup baby carrots

Option 3)

1 serving Pina Colada frozen protein yogurt(See recipe [R:6](#))

### Dinner

Option1)

1 cup Beans (black, red, pinto)  
1/2 cup rice  
2 Tbsp. Sause (of choice)

Option 2)



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1 serving “Pulled Barbeque Chicken Sandwiches” (See recipe [R:5](#))  
w/ 6 oz baked sweet potato

Option 3)

2 serving Chicken Teriyaki Stir Fry(See recipe [R:7](#))

### Recipe List

#### **R:1 Berries and Granola Protein Parfait:**

Makes 1 Serving. Per Serving: 470 calories: 60g carbs: 52g protein: 4g Fat

1/2 cup granola

1 cup fat-free Greek yogurt

1 tsp stevia

½ cup blueberries

½ cup strawberries

Place yogurt, stevia, and granola into bowl and stir. Top with blueberries and strawberries.

#### **R:2 Egg White Breakfast Sandwich:**

Makes 1 Serving. Per Serving: 260 calories: 32g carbs: 25g protein: 3g Fat

2 slices whole wheat bread

½ cup egg whites

2 tbsp low-fat mozzarella cheese

1 tsp hot sauce

pinch salt

pinch pepper

Toast 2 slices of bread and set aside. Spray non-stick cooking spray on stove top pan using medium heat. Pour egg whites onto pan. Add seasonings, cheese, and hot sauce. Once cheese melts, place eggs onto toasted bread. Place other slice of bread to form sandwich.

#### **R:3 Grilled Pepper Jack Burgers:**

Makes 4 Serving. Per Serving: 220 calories: 5g carbs: 28g protein: 8g Fat

16oz 92% lean ground beef

4 slices pepper jack cheese

¼ cup whole wheat bread crumbs

2 tsp crushed red pepper

pinch salt

pinch pepper



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Tear pepper jack cheese slices into pieces and set aside. Add all ingredients into bowl and mix with hands. Portion ground beef into four equal parts and form into hamburgers. Grill 10 to 12 minutes, flipping half way.

### **R:4 Turkey and Cheese Panini:**

Makes 1 Serving. Per Serving: 270 calories: 28g carbs: 20g protein: 9g Fat

2 slices whole wheat bread  
2 oz slices turkey  
1 slice cheddar cheese  
2 sprays spray butter

Spray each slice of bread with butter. Place bread onto grill (burner side down). Place turkey on top of one slice of bread. Place slice of cheese on top of turkey. Place other slice of bread on top of cheese. Grill for 2-3 min.

### **R:5 Pulled Barbeque Chicken Sandwiches:**

Makes 6 Serving. Per Serving: 285 calories: 34g carbs: 18g protein: 4g Fat

12 oz chicken breasts  
¾ cup onion, chopped  
2 tsp paprika  
2 tsp chili powder  
1 tsp pepper  
2/3 cup barbecue sauce  
6 whole wheat hamburger buns(optional)

Place chicken, onion and spices into slow cooker. Cook for 6 hours on low or 4 hours on high heat. Pull chicken apart in container and mix in barbecue sauce. Toast whole wheat hamburger buns and add chicken.

### **R:6 Pina Colada frozen protein yogurt**

Makes 1 Servings. Per Serving: 250 calories: 25g carbs: 26g protein: 1g Fat

½ cup fat-free Greek yogurt  
¾ cup pineapple, frozen  
1 scoop vanilla whey protein  
2 tsp coconut extract

### **R:7 Chicken Teriyaki Stir Fry**

Makes 3 Servings. Per Serving: 315 calories: 40g carbs: 30g protein: 4g Fat

2 cups brown rice, cooked  
½ cups water  
4 cups frozen broccoli



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12 oz cooked chicken breast

2 tbsp soy sauce

4 tbsp teriyaki sauce

2 tsp garlic powder

1 tsp pepper

Spray non-stick cooking spray on stovetop pan using medium heat. Add water, frozen broccoli, and chicken to pan. Cover with lid for a few minutes. Mix in rice, soy sauce, teriyaki sauce, garlic powder, and pepper until heated through.

