

EVOLVED

Personal Training

2,000 CALORIES (MEAL IDEAS)

Breakfast

Option 1)

- 4 Slices Bacon
- 2 Medium Eggs (Cooked to your preference)
- 1 Cup Fresh Blueberries

Calories: 385



Option 2)

- $\frac{3}{4}$ Cup Granola Cereal
- 1 Cup *Unsweetened Almond Milk*
- 1 Piece of Fruit (ex.: apple, grapefruit, orange)

Calories: 390



Option 3)

Berry Green Smoothie

- 1 Cup Water
- $\frac{1}{2}$ Cup Raspberries
- $\frac{1}{2}$ Cup Shredded Kale
- $\frac{3}{4}$ Cup Cream Cheese
- 1 tbsp Coconut Oil
- 1 Scoop Vanilla Protein Powder

Put the water, raspberries, kale, cream cheese, coconut oil, and protein powder in a blender and blend until smooth. Pour into 2 glasses and serve immediately.

Calories: 676

Snack 1

Option 1)

- $\frac{1}{2}$ Cup Nutrition Packed Trail Mix (Your choice)
- 1 Banana

Calories: 390



Option 2)

- 3 oz. Beef Jerky (Your choice)
- 2 Oranges

Calories: 363



Lunch

Option 1)

- Tuna Salad Sandwich*
- 1 (5-ounce) Can Tuna



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Option

Layered Beef Salad On-the-Go

- 6 oz. Lean Beef, cooked and sliced
- 3 Cups Mixed Salad Greens, chopped
- ½ Cup Assorted Vegetables
(**Shredded Carrots, Sliced Cucumber, Grape Tomatoes**)
- ¼ Cup Chickpeas, rinsed and drained
- 4 tbsp *Walden Farms* Chipotle Ranch

Combine all ingredients into a bowl or container and serve.
Serves 1 | (per serving)

Calories: 570



Option 3)

Turkey-Cheddar Roll-Ups

- Roll Up 3 slices of deli turkey with 3 slices of cheese
- ½ Avocado, sliced
- 1 Medium Cucumber, sliced
- 1 Cup Blueberries
- 1 Serving of Unsalted Almonds

Calories: 712

Snack 2

Option 1)

Bagel Gone Bananas

- 1 Whole Wheat Bagel
- 1 tbsp Natural Peanut Butter
- ½ tsp Honey
- 1 Banana, sliced



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Eat 1 half of a bagel, spread peanut butter and honey onto bagel. Add banana slices. Serve.

Calories: 325

Option 2)

1 Scoop Protein (30 grams of protein or higher per serving) with Water
3 tbsp *Flaxseeds*

Calories: 330



Dinner

Option 1)

Pepperoni Picnic Box

12 Pepperoni Slices
½ Avocado, pitted and diced
2 Fresh Celery Sticks, cut into 2-inch sticks
2 tbsp French Onion Dip
¼ Cup Cheddar Cheese, cubed

Calories: 375

Option 2)

8 oz Chicken
1 cup Green Beans
½ Cup Rosemary Potatoes

Calories: 320

Option 3)

Chicken Bacon Burgers

1 lb. Ground Chicken
8 Bacon Slices, chopped
¼ Cup Ground Almonds
1 tsp Chopped Fresh Basil
¼ tsp Sea Salt
Pinch of Ground Black Pepper
2 tbsp Coconut Oil
4 Large Lettuce Leaves
1 Avocado, peeled, pitted, and sliced
Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside.



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In a medium bowl, combine the chicken, bacon, ground almonds, basil, salt and pepper until well mixed.

Form the mixture into 6 equal patties.

Place a large skillet over medium-high heat and add the coconut oil.

Pan sear the chicken patties until brown on both sides, about 6 minutes in total.

Place the browned patties on the baking sheet and bake until completely cooked through, about 15 minutes.

Serve on the lettuce leaves, topped with avocado slices.

Makes 6 servings. (per serving)

Calories: 374

