

Goal oriented diet plans & eating habits for your health & wellbeing

NUTRITION AIMED TO LOSE FAT & MAINTAIN TARGET WEIGHT

NUTRITION
FOR YOUR
EVOLUTION



ARUGULA
ASPARAGUS
BROCCOLI
BROTH
BRUSSEL SPROUTS
CABBAGE
LETTUCE
BEETS
CAULIFLOWER
COFFEE
GRAPEFRUIT
MUSHROOMS
TOMATOES
TURNIPS
WATERCRESS
ZUCCHINI
SPINACH
LEMONS AND LIMES
KALE
GARLIC
PAPAYA
LEEK
KIWI FRUIT

PEPPERS
ONIONS
PUMPKIN
RADISHES
TEA
FENNEL
CELERY
BERRIES
CARROTS
ORANGES
WATERMELON
APPLES
APRICOTS
TANGERINES
LEAFY GREENS
KELP
GREEN BEANS
CHICORY
CANTALOUPE
MANGO
PINEAPPLE
HONEYDEW
GUAVA

EAT HIGH FILLING AND "LOW CALORIES-DENSITY" FOOD



Oatmeal



Eggs



Soups



Fish



Vegetables



Meat



Popcorn



Nuts



Coconut Oil



Quinoa



Legumes



CONTROL SERVINGS SIZE

<p>Cooked Meat</p>  <p>1 SERVING SIZE = 3 OUNCES — 127-230 calories —</p>	<p>Oil, Butter, or Margarine</p>  <p>1 SERVING SIZE = 1 TEASPOON — 34 calories —</p>	<p>Cereal or Rice</p>  <p>1 SERVING SIZE = 3/4 CUP — 120-160 calories —</p>
<p>Peanut Butter</p>  <p>1 SERVING SIZE = 2 TABLESPOONS — 70-190 calories —</p>	<p>Cooked Pasta</p>  <p>1 SERVING SIZE = 1 CUP — 220 calories —</p>	<p>Dried Fruit & Nuts</p>  <p>1 SERVING SIZE = 1/4 CUP — 110-200 calories —</p>
<p>Cheese</p>  <p>1 SERVING SIZE = 1.5 OUNCES — 120-170 calories —</p>	<p>Fruit</p>  <p>1 SERVING SIZE = 1/2 CUP — 24-42 calories —</p>	<p>Vegetables</p>  <p>1 SERVING SIZE = 1 CUP — 7-30 calories —</p>

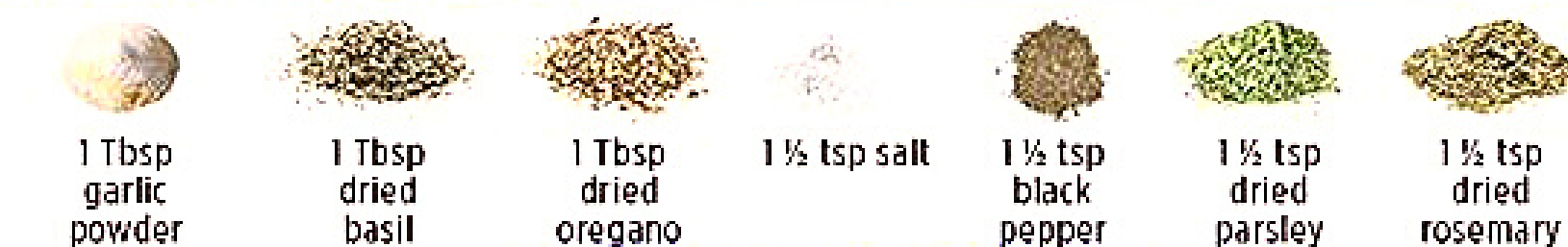
<p>TOMATO</p>  <p>3g S 17 cal</p>	<p>LIME</p>  <p>3g S 19 cal</p>	<p>LEMON</p>  <p>3g S 20 cal</p>	<p>CANTALOUPE</p>  <p>4g S 22 cal</p>	<p>STRAWBERRIES</p>  <p>6g S 30 cal</p>
<p>RASPBERRIES</p>  <p>4g S 31 cal</p>	<p>H'DEW MELON</p>  <p>7g S 31 cal</p>	<p>BLACKBERRIES</p>  <p>4g S 32 cal</p>	<p>WATERMELON</p>  <p>7g S 32 cal</p>	<p>APRICOT</p>  <p>7g S 37 cal</p>
<p>PASSION FRUIT</p>  <p>6g S 43 cal</p>	<p>TANGERINE</p>  <p>10g S 46 cal</p>	<p>PINEAPPLE</p>  <p>10g S 46 cal</p>	<p>CHERRIES</p>  <p>8g S 50 cal</p>	<p>KIWI</p>  <p>10g S 55 cal</p>
<p>APPLE</p>  <p>12g S 55 cal</p>	<p>MANGO</p>  <p>14g S 66 cal</p>	<p>GRAPES</p>  <p>15g S 66 cal</p>	<p>PEACH</p>  <p>15g S 68 cal</p>	<p>BLUEBERRIES</p>  <p>10g S 70 cal</p>
<p>PERSIMMON</p>  <p>19g S 82 cal</p>	<p>BANANA</p>  <p>21g S 95 cal</p>	<p>OLIVES</p>  <p>0g S 138 cal</p>	<p>AVOCADO</p>  <p>200 cal</p>	<p>DATE</p>  <p>70 cal</p>

USE SPICES FOR FLAVOUR

CAJUN SPICE BLEND



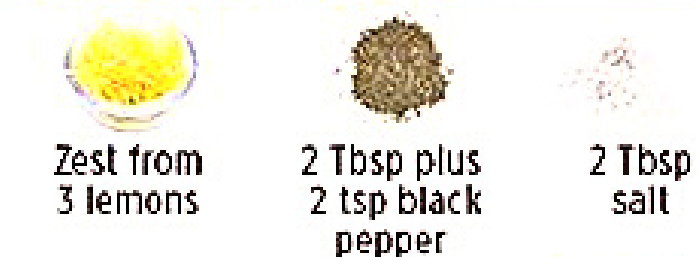
GREEK SPICE BLEND



PUMPKIN PIE SPICE BLEND



LEMON PEPPER

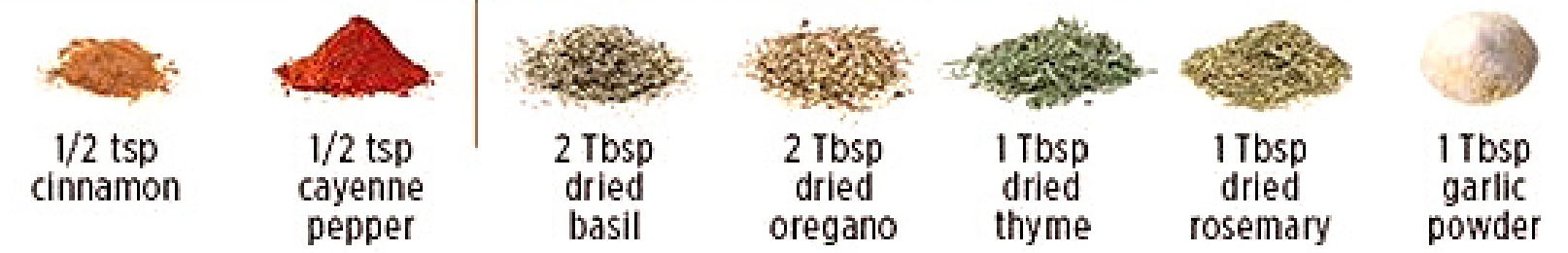


CURRY BLEND



ITALIAN SPICE BLEND

continued



CHILI SEASONING

continued



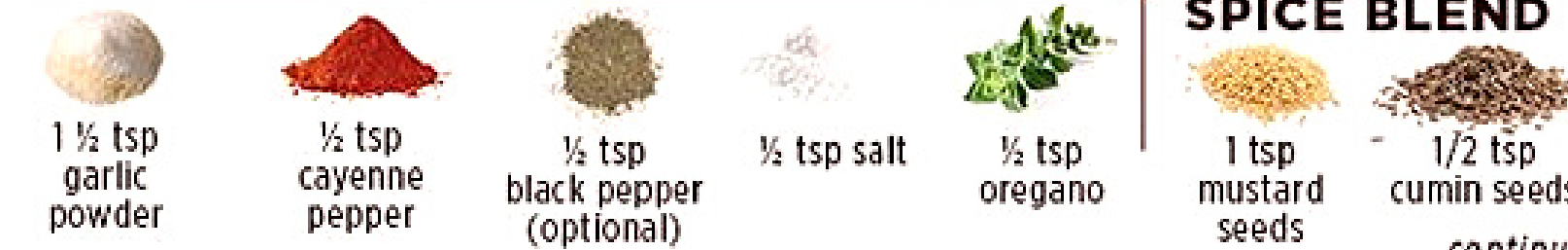
TACO SEASONING

continued



INDIAN SWEET SPICE BLEND

continued



.... RATHER THAN OILS, BUTTER, DRESSINGS, SUGAR

SWAP HIGH-CALORIES....

1 Stick
Butter



1 Cup
Pasta



½ Stick Butter + ¼
Cup Mashed Avocado



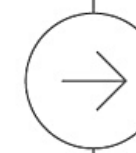
1 Cup
Zucchini Noodles



2 Tablespoons
Mayonnaise



½ Cup Italian
Style Breadcrumbs



2 Tablespoons
Hummus




½ Cup Old-
Fashioned Oats
(coarsely ground) + pinch of
Italian seasoning



..... **WITH LOW-CALORIES COOKING INGREDIENTS**



LET'S DO THIS!



THIS COURSE IS FOR EDUCATIONAL PURPOSES. PLEASE CONSULT YOUR PHYSICIAN TO VERIFY IF THE SUGGESTED DIET, EXERCISE, AND/OR LIFESTYLE CHANGES THAT WE PROPOSE ARE SUITABLE TO YOU, CONSIDERING YOUR HEALTH HISTORY AND PERSONAL CIRCUMSTANCES.




Evolution
NUTRITION