

### PRODUCE - 3 Servings/ Day

Instead of 'Cups,' vegetables are now 'Servings.' The amount listed = **1 serving**. Measure **raw & chopped** (unless otherwise noted), then cook as desired.

(\*\*) means you may choose a larger serving if you're hungry but still count it as one serving.

- Asparagus (1 cup)
- Artichoke Hearts (1/3 cup/3 hearts)
- Bamboo Shoots (1 cup)
- Bean Sprouts (1/2 cup)
- Beans, Green (fresh, cooked or canned) (1 cup)
- Bell Peppers - Green (1 cup)
- Bell Peppers - Red (2/3 cup)
- Bok Choy (1 cup)
- Broccoli (1 cup)
- Cauliflower (1 cup)

#### [Smart Baking Co.](#)

- SmartBuns (1 bun) (+1.5 oz Pro)

#### [Outer Aisle](#)

- Cauliflower Sandwich Thins (2 thins) (+1.5 oz Pro)
- Cauliflower Pizza Crust (1 crust) (+1.5 oz Pro)

- Cabbage (1 cup)
- \*\*Celery (1 - 3 cups)
- Chayote (1 cup)
- \*\*Cucumbers (1 - 3 cups)
- \*\*Dill Pickles (1 - 3 cups)
- Eggplant, raw, cubed (1 cup)
- Heart of Palm (1 cup)
- [Palmini](#) - Hearts of Palm 'Pastas' or 'Rice' (1 cup)

- Kale (1 cup)
- Kohlrabi (1 cup)
- Mushrooms (1 cup)
- [Miracle Noodle](#) - Shiritaki (Konjak) 'Noodles' (4 oz)
- [Miracle Noodle](#) - Shiritaki (Konjak) 'Rice' (3 oz)
- Olives - black, medium (20 olives) (+1/2 FAT)
- Onions -raw, lightly cooked (1/3 cup)
- Onions, green - minced (1/2 cup)
- Radish (1 cup)
- Rhubarb (1 cup)
- Sauerkraut (1 cup)
- Tomatoes - Raw, chopped (1/2 cup)
- Tomatoes - Canned Crushed or Diced (1/4 cup)
- Spinach, Cooked (1 cup)
- Swiss Chard (1 cup)
- Yellow Summer Squash (1 cup)
- Zucchini (1 cup)

### KEY

**ONE** or **TWO PER DAY** foods: Slightly higher in carb. OK to have specified amount from every category in same day, PLUS one **Limited** food.

**Orange** = **Limited** - (a.k.a. 'Restricted!') **ONLY ONE Limited** food allowed each day, including **E180 Limited** products.

**Green** = **'Free' Add-On**. Count these toward your daily servings, or add them in addition if you're hungry!

**Combo Foods** - Some foods must be counted in more than one category. A food with **extra fat** is labeled: **(+1 FAT)**  
A food w/ BOTH **protein & fat** is labeled: **(+1 oz Pro), (+1 FAT)**

**Brand Names** = In many cases, we have noted a **brand** and **flavor** that meets our nutritional targets. **No Substitutions!**

### LEAFY GREENS

Add as many of these as you want! You may **either** count them toward your 3 servings, or add them in addition.

- Arugula
- Chicory greens
- Collard greens
- Gai Lan (Chinese Kale)
- Kale
- Lettuces (all)
- Parsley
- Spinach, Raw
- Watercress
- Roasted Seaweed Snacks (.5 oz) 1-3 Svgs/day  
[Kirkland Organic](#) or [Trader Joe's](#)

### ONE PER DAY

#### **ONE PER DAY**

- Tomatillo (fresh, chopped) (1/2 cup)
- Tomato Sauce - [Hunt's](#), or <4g carb/svg (1/2 cup)
- Tomato Basil Sauce - [Rao's Homemade](#) (1/2 cup)
- Blackberries (1/2 cup)
- Raspberries (1/2 cup)
- Strawberries (1/3 cup)

# Evolve180 Vegetarian Protocol

## ALLOWED FOODS

### YOUR OWN PROTEIN - 6-8 OZ

Our bodies absorb almost **100%** of **egg** and **milk** protein, but only **60-70%** of **plant proteins** --though isolated, concentrated and blends are more absorbable. \*We recommend that **4 oz per day** of "Your Own Protein" come from **protein powders**. Below are brands we have vetted for bioavailability. If you choose a Protein Powder outside of our list, it must contain **2g or less net carb** per serving.

\*See **Store-Bought List** for additional meat substitutes. **If its NOT on one of our lists, DO NOT use it!** We have reviewed **hundreds** of products for inclusion. Most of them contain too many carbs or too little absorbable protein for our program.

#### Milk-Based Proteins

[Dymatize](#) Iso100 Whey Isolate Protein Powder (1 scoop) = 4 oz Pro

[Optimum Nutrition](#) Gold Stand. Casein Protein Powder (1 scoop) = 4 oz Pro

[Elite Casein](#) 100% Micellar Casein Protein Powder (2 scoops) = 4 oz Pro

**Fresh Dairy (MAX 1 Per Day)** - Each of these servings = 2 oz Pro

- Parmesan, Cheddar (2 oz)
- Mozzarella String Cheese (Full Fat) (2 sticks/2 oz)
- Feta - [Valbreso](#) (Sheep's Milk) (4 oz)
- Goat Cheese (3 oz)
- Mozzarella, Fresh (not Burratta) (3 oz)
- Paneer (2 oz)
- [:Ratio](#) Yogurt (any flavor) (1 Container)
- [YQ by Yoplait](#) Yogurt (Plain ONLY) (1 container)
- **Greek Yogurt Two Good** - (1 Container/5.3oz)
- **Cottage Cheese Friendship Dairies** Keto Friendly (1/2 cup)
- **Cottage Cheese Good Culture** 2% Keto Certified (1/2 cup)

#### Egg-Based Proteins

["It's Just"](#) Egg White Protein Powder - (2 svgs) = 4 oz Pro

[Quorn](#) Meatless Protein (Mycoprotein + Egg)

- [Filets](#) (Plain) (1 filet) = 1 oz Pro
- [Pieces](#) (Plain) (1/2 cup) = 1 oz Pro
- [Strips](#) (Plain) (1 cup) = 2 oz Pro

#### Plant-Based Proteins (Vegan)

[Isopure](#) Nature's Best Plant-Based Protein Powder (Pea & Rice) (1 svg) = 2 oz Pro

[Vega®](#) Essentials - Plant-Based Protein Powder (1 scoop) = 2 oz Pro

[Quorn](#) Vegan Meatless Fillets (plain) (1 Filet) = 1 oz Pro

[Franz](#) Keto Bread - (2 Slices) = 1 oz Pro

[Franz](#) Keto Hamburger Bun - (1 Bun) = 1 oz Pro

Edamame - shelled - **MAX 1 Svg Per Day** - (1/2 cup) = 1 oz Pro

Tofu Firm or Silken (3.5 oz) = 1 oz Pro

[Eden](#) Organic Black Soy Beans (1/2 cup) = 1 oz Pro

Seitan (1/4 cup) = 1.5 oz Pro

**Pistachios**, raw or roasted (1/4 cup) = 1 oz Pro

**Almonds**, raw or roasted (22 almonds/28g) = 1 oz Pro

**Peanuts**, raw or roasted (1/4 cup) = 1 oz Pro

**Almond Butter** (no sugars) (2 TBS) = 1 oz Pro

**Peanut Butter** (no sugars) (2 TBS) = 1 oz Pro

\*See **Store Bought List** for more **specific products** from [Beyond Meat](#), [Boca Burger](#) and other lines.

# Evolve180 Vegetarian Protocol

## ALLOWED FOODS

### HEALTHY FATS & OILS - 1-2 / DAY

Each of these food servings **counts as 1 FAT Svg** unless otherwise noted. **Pay attention to Serving Size.** Fat contained in other categories must also be included in daily total - indicated as **(+1 FAT)**.

Avocado, fresh, cubed **(1/2 Cup)**

Coconut Cream **(1.5 TBS)**

Dairy Cream - Heavy **(2 TBS)**

Ghee **(1 TBS)**

Oil **(1 TBS)**

(Olive, Avocado, Grapeseed, Coconut or Sunflower)

Mayonnaise or Aioli **(1 TBS)**

Salad Dressings - Homemade **(2 TBS)**

Salad Dressings **\*Allowed Store-Bought (2 TBS)**

### SALAD DRESSINGS, MAYO & AIOLI

Walden Farms Salad Dressings (any flavor) **(+ 0 FAT)**

Homemade Salad Dressings - (0g Carb) **(2 TBS)**

Commercial Salad Dressings - (0g Carb) **(2 TBS)**

No Sugar Added Ketchup Heinz or G Hughes **(1 TBS)**

*\*See suggestions below. If you choose your own, make sure it's carb-free.*

#### G Hughes Sugar Free Brand

- Sweet Vinaigrette Salad Dressing **(2 TBS) (1/2 FAT)**
- Italian Dressing **(2 TBS) (1/2 FAT)**
- Honey Dijon Dressing **(2 TBS) (1/2 FAT)**

#### Primal Kitchen

- Dreamy Italian Salad Dressing **(2 TBS)**
- Avocado Oil Mayo **(1 TBS)**
- Garlic Aioli **(1 TBS)**
- Pesto Aioli **(1 TBS)**

#### Chosen Foods

- Avocado Oil Mayo **(1 TBS)**
- Roasted Garlic Avocado Oil Mayo **(1 TBS)**
- Lime Avocado Mayo **(1 TBS)**
- Classic Organic Mayo **(1 TBS)**

## BEVERAGES

### UNLIMITED

**Water! Minimum of 64+ oz/day!**

**Tea (Iced/Hot)**

**Coffee/Decaf**

**Sparkling Water / Club Soda / Seltzer Water**

### ONE PER DAY

*Do not exceed 1/2 Cup per day of milk substitutes. Great to use on cereal.*

**Milk Substitutes - (1/2 cup)**

Unsweetened Almond Milk, Hemp Milk, Cashew Milk

### TWO PER DAY

*Do not exceed 2 Svgs per day Coffee Creamers. Use these ONLY if you didn't choose Cream or Half & Half ALSO. When **brand names** are specified, use only that **brand - no exceptions!** See **Allowed Store Bought** for add'l options.*

**Coffee Creamers (<1 g carb / Svg)**

- So Delicious Organic Original (Unflavored ONLY) **(2 TBS)**
- Milkadamia Unsweet. Macadamia Creamer **(2 TBS)**
- Nut Pods Original Unsweet. Almond+Coconut **(2 TBS)**

### SEASONINGS, SPICES & CONDIMENTS

\*See [Allowed Store-Bought](#) for more choices. When [brand names](#) or [flavors](#) are specified, use only that brand - **NO substitutions!**

#### NO LIMIT

Basil (fresh or dried)  
Capers  
Cilantro  
Cinnamon  
Coriander  
Dill Weed  
Ginger  
Horseradish  
Hot Sauce - Frank's or other Allowed  
Lemon/Lime Juice  
Marjoram  
Mint  
Mustard - Yellow or Dijon  
Parsley  
Rosemary  
Saffron  
Salt/Pepper  
Tabasco Sauce  
Tarragon  
Thyme  
Vinegars (zero carb)  
Walden Farms Products

#### TWO PER DAY

Anise (1 Tsp)  
Cardamom (1 Tsp)  
Cocoa or Cacao Powder (1 TBS)  
Chili Powder (1 Tsp)  
Chives (1 TBS)  
Cloves (1 Tsp)  
Cumin Powder (1 TBS)  
Curry Powder (1 TBS)  
Fennel (1 Tsp)  
Garlic, fresh (1 clove)  
Garlic granules (1 Tsp)  
Hot Peppers (Jalapenos, etc) (1 TBS)  
Mustard seed (ground) (1 Tsp)  
Nutmeg (1 Tsp)  
Onion Powder (1 Tsp)  
Orange Peel (1 Tsp)  
Oregano (1 Tsp)  
Paprika (1 Tsp)  
Pepperoncini (1 TBS)  
Poultry Seasoning (1 TBS)  
Sage (1 TBS)  
Soy Sauce (2 TBS)  
Salsa (red) < 2g Carb — (1 TBS)  
Salsa (verde) <2g Carb — (1 TBS)  
Tamarind (1/2 Tsp)  
Turmeric Powder (1 Tsp)

### SWEETENERS

Stevia - liquid

- [Trader Joe's](#) Organic Liquid Stevia (4 drops)
- [Safeway](#) Select Liquid Stevia (4 drops)
- [Sweet Drops](#) Liquid Stevia (4 drops)
- [Stur](#) Water Enhancers (stevia-sweetened) (1-second squeeze)

Erythritol

- [Lakanto](#) (blend of erythritol & monk fruit) (2 TBS)

Splenda - liquid

- Safeway Select Liquid Sucralose (4 drops)
- [Dasani](#) Water Enhancers (sucralose) (1-second squeeze)

100% Xylitol Gums, Mints

- [Spry](#)
- [Pur](#)
- [Epic](#)

# Evolve180 Vegetarian Protocol

## NOT ALLOWED

If something is **NOT** listed on the **ALLOWED** list, don't eat it. The **NOT ALLOWED** list is a guide to the most common foods we receive questions about, not an exhaustive list of things not to eat. **Please ask your coach before you eat something that is NOT on the ALLOWED List.**

If an item allows **\*some\*** specific items, it will be labeled with an asterisk (\*). **'LC'** = low carb. **BOLD = NEW**

### PRODUCE/STARCH/GRAINS

Acorn Squash  
\*Artichoke leaves (hearts OK, see qty)  
Bell Peppers (Yellow or Orange)  
Beets  
Butternut Squash  
Brussels Sprouts  
Carrots  
Caramelized Onions  
Celeriac (Celery Root)  
Coconut or Coconut Products  
\*except oil  
Fennel  
**Jicama**  
**Okra**  
**Peas (including Snow Peas)**  
Potatoes (all)  
Pumpkin  
Parsnips  
**Rutabaga**  
**Spaghetti Squash**  
**Turnip**  
Water Chestnuts  
Winter Squash  
Yams  
Quinoa  
Corn / Sweet Corn  
Beans / Legumes  
Lentils  
**Bread (including LC bread)**  
Flour / Sugar  
**Tortillas (including LC tortillas)**  
Crackers  
Pasta  
Rice

### FRUITS, NUTS

All Fruits, Berries, Nuts & Seeds  
(unless specifically listed on  
ALLOWED list.)

### YOUR OWN PROTEIN

Ham  
Jerky (except sugar-free, as noted)  
Meatballs  
Meatloaf  
\*Milk and other Dairy (w/exceptions)  
\*Cheese (w/exceptions)  
Meat w/unknown sauces, gravies,  
rubs  
Cured Meats (bacon, hard sausage,  
pepperoni)  
Deli Meats

### FATS & OILS

**\*Saturated Fat (except as noted)**  
Partially Hydrogenated fats  
Non-Dairy Creamers (powdered)  
Salad Dressings with any carbs.  
\*Milk & Dairy products not on  
Allowed list.

### DRESSINGS, SAUCES, SEASONINGS & SWEETENERS

Agave  
Artificial Sweeteners (*unless on  
Allowed list*)  
Balsamic or other Vinegars with sugar  
Seasoned Rice Vinegar (plain is ok)  
Red or White Wine Vinegar  
(unless zero carb)  
Honey  
Ketchup (*unless LISTED, No Sugar  
Added*)  
Maple Syrup  
Sauces not on Allowed list (*i.e. BBQ  
Sauce, Honey Mustard, Teriyaki Sauce,  
Sriracha*)

### BEVERAGES

#### Alcohol

Soda Pop (diet or regular)  
Sports Drinks  
Fruit Juices  
Coconut Water or Milk  
Cow Milk / Sweetened Alternative  
Milks  
\*Powdered drink mixes  
Vitamin Water  
Energy Drinks

### OTHER

Asian Restaurant Food unless it is  
specifically sugar-free. (Thai, Chinese,  
Pho are usually full of sugar even  
when they taste savory).

MSG & Equivalentents (Avoid if Sensitive)  
(*These cause water retention and  
cravings.*)

- Hydrolyzed protein
- Carrageenan
- "Ultra Pasteurized"
- Natural Flavors

Cough Drops (unless 100% xylitol  
sweetened)

Liquid / Powdered Cold Medicines  
unless labeled 'Safe for Diabetics.'

Gum and Mints (except 100% xylitol  
sweetened, in allowed qty.) NOTE: this  
applies even if they say "Sugar Free"