



evolve180

transformative results • for life

VEGETARIAN PROTOCOL

Protein



3 Evolve180 Proteins
- NO **LIMITED** Items

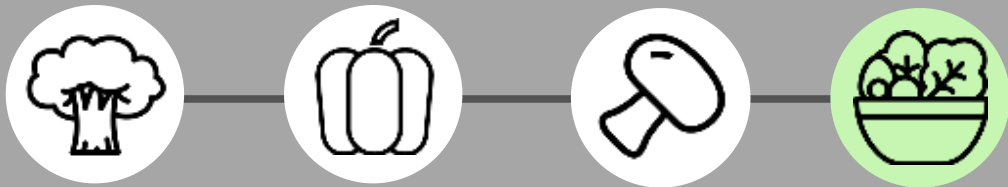
Up to 2 add'l if directed



6-8oz Your Own Protein

Veggies

3 Servings +
Unlimited Greens

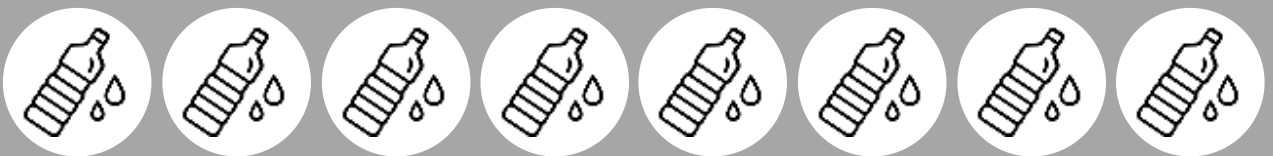


Fat/Oil

1-2 Svgs



Water



Details

- **NO Limited** Evolve180 Foods. Only ONE **LIMITED** food of other types per day.
- **Supplements** are extra important for Vegetarians/Vegans!
- Choose foods from the **Allowed Vegetarian List** ONLY.
- **Brands:** When brand is specified, use that one ONLY. No substitutions.
- **Timing:** Eat meals in any order you choose. Try for every 3-4 hours.
- **Adjust:** If weight loss slows, reduce **FAT** by 1 serving/day & consult your coach.

Consult your doctor with any questions about supplements beyond our general recommendations.

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Supplements

REQUIRED unless otherwise noted by Coach

Sea Salt: 1/2 tsp (min) /day (Sample in Start Bag)

BCAAs (Branched Chain Amino Acids) **2 Svgs/day**

LEF Capsules or **Store-Bought** powders ([see list](#))

Water: 64 - 80 Oz - the more the better!

IMPORTANT, unless otherwise noted by Coach

High Quality Multi Vitamin

Potassium Citrate (99mg/day)

Cal/Mag (1000/500 mgs/day)

Omega EFAs (3000-4000 mgs/day)

Vitamin D (2000-5000 IU/day)

If Exercising: + 1 svg BCAAs, Powdered Electrolytes