

# Evolve180 Vegetarian Protocol

## Sample Week 1 Meal Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	E180 Maple Oatmeal with ½ c strawberries	E180 Cocoa Cereal with ½ c unsweet almond milk	:Ratio Yogurt with 2/3 c Raspberries	E180 Chocolate Powder Bottle	E180 Blueberry Pancake +WF Syrup	E180 Honey Nut with ½ c unsweet almond milk	E180 Multi-grain Bread with Goat Cheese+ Avocado+ arugula
<b>Totals</b>	<b>1 E180, 1 Veg</b>	<b>1 E180, 1 One Per Day Bev</b>	<b>2oz Pro, 1 Fat, 1 Veg</b>	<b>1 E180</b>	<b>1 E180</b>	<b>1 E180, 1 One Per Day Bev</b>	<b>1 E180, 1 Fat, 1oz Pro, 1 Veg</b>
<b>Lunch</b>	E180 Vegetable Chili with 1 cup Riced cauliflower, 1 TBS Avocado oil.	E180 Nacho Chips with 1/2 cup guacamole	Sloppy Joe with Miracle Noodles	E180 Lemonade Drink with Brussel Sprout Chips	E180 Berry Delicious Smoothie with ½ c blackberries	E180 Pineapple Fruit Drink with Turmeric Cauliflower Rice	Baked Zucchini Dessert
<b>Totals</b>	<b>1 E180, 1 Veg, 1 Fat</b>	<b>1 E180, 1 Fat</b>	<b>1 E180, 1 Veg</b>	<b>1 E180, 1 Veg, ½ Fat</b>	<b>E180, 1 Veg</b>	<b>1 E180, 2 Veg</b>	<b>1 E180, 2 Veg</b>
<b>Snack</b>	E180 Sea Salt & Vinegar Chips	E180 Vanilla Cappuccino with TJ's Seaweed Snacks	E180 Ranch Crisps	E180 Raspberry Gelatin + 22 almonds	E180 Double Chocolate Pudding	E180 Ranch Chips	E180 Vanilla RTD
<b>Totals</b>	<b>1 E180</b>	<b>1 E180, 1 Unl Veg</b>	<b>1 E180</b>	<b>1 E180, 1 oz Pro</b>	<b>1 E180</b>	<b>1 E180</b>	<b>1 E180</b>
<b>Dinner</b>	6- 8 oz Beyond Sausage Links with Roasted Cabbage	Crispy Tofu with Black Pepper Sauce	Easy Palak Paneer	Beyond Hamburger Patty with Indian Cucumber Peanut Salad (2 Servings)	No Egg Breakfast Bake or Skillet	Tofu with Spinach Stuffed Portobello Mushrooms	Quorn Pieces with Palmini Pasta with Whole Foods Pesto
<b>Totals</b>	<b>7 oz Pro, ½ Fat, 1 Veg, 1 TPD Seasoning</b>	<b>6 oz Pro, 2 Veg, 1 Fat</b>	<b>4 oz Pro, 1 Fat, 1 Veg, 1 Unl Veg</b>	<b>6 oz Pro, 2 Veg, 2 Fat</b>	<b>6 oz Pro, 1 Veg, 2 Fat</b>	<b>6-7 oz Pro, 1 Fat, 1 Veg</b>	<b>5-6 oz Pro, 1 Veg, 1 Fat</b>
<b>Snack (Optional)</b>			Marshmallow Hot Chocolate			Keto Strawberry Ice Cream Bar	¼ c Pistachios
<b>Totals</b>			<b>1 E180</b>			<b>.5 oz Pro, 1.5 Fat</b>	<b>1 oz Pro, 1 Fat</b>

\*\*\* RECIPES FOUND ON OUR WEBSITE\*\*\*