

BEGINNER Nutrition Plan

As with any diet, consult your physician or licensed qualified health care professional before starting.
The Body Evolution does not guarantee or claim any health effects from the following RECOMMENDED diet.

TIME PERIOD: 6 DAYS A WEEK/1 FULL FREE CHEAT DAY

7 am (Breakfast, Hard Food)

OPTION ONE:

MAN: 2 egg whites, 1 full egg and ½ cup oatmeal or 100% bran or grain cereal with honey or 100% jam.

WOMAN: 1 egg whites, 1 full egg and ¼ cup oatmeal or 100% bran or grain cereal with honey or 100% jam.

OPTION TWO:

MAN: ¾ cup 100% fat free cottage cheese and ½ cup of 100% fat free yogurt.

WOMAN: ½ cup 100% fat free cottage cheese and ¼ cup of 100% fat free yogurt.

Carbohydrates can also consist of 100% whole wheat bread, fruits or vegetables. With every meal you should be drinking 2 cups water (8oz.)

NOTE: IF YOUR WORKOUT IS IN THE MORNING, MAKE SURE AND DRINK A EVOLVE MEAL REPLACEMENT OR A BLENDED WHEY PROTEIN SHAKE DIRECTLY AFTER YOUR WORKOUT.

10 am

EVOLVE MEAL REPLACEMENT shake/Drink 1 cup water (8oz.).

12:30 pm – 1 pm (Lunch)

OPTION ONE: Chicken, fish, turkey, lean beef, lean ham with oatmeal, brown rice, sweet potato, potato or whole wheat breads or tortillas or 100% grain pastas. (pastas available in spinach, whole wheat or multi-grain) Serving of raw or cooked vegetables. 2 cups water (8oz.).

3 – 3:30 pm

EVOLVE MEAL REPLACEMENT shake/Drink 1 cup water (8oz.).

6:30 pm (Dinner)

OPTION ONE: Chicken, fish, turkey, lean beef, lean ham with oatmeal, brown rice, sweet potato, potato or whole wheat breads or tortillas or 100% grain pastas. (pastas available in spinach, whole wheat or multi-grain) Serving of raw or cooked vegetables. 2 cups water (8oz.)

NOTE: IF YOUR WORKOUT IS IN THE AFTERNOON OR EVENING, MAKE SURE AND DRINK A EVOLVE MEAL REPLACEMENT OR A EVOLVE BLENDED WHEY PROTEIN SHAKE DIRECTLY AFTER YOUR WORKOUT.

9 pm – 10 pm

2 cups of water / no food.

BEGINNER Daily Food Diary

7 AM (BREAKFAST Hard Food — Evolve Meal Replacement or Blended Whey Protein after workout)

Food Group	Food name and amount
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	

10 AM (Evolve Meal Replacement)

Notes	
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12:30 – 1 PM (LUNCH)

Food Group	Food name and amount
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	

3 – 3:30 PM (Evolve Meal Replacement)

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6:30 PM (DINNER — Evolve Meal Replacement or Blended Whey Protein after workout)

Food Group	Food name and amount
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	