

SOCCKER MOM 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: 5 DAYS A WEEK/1 FULL FREE CHEAT WEEKEND

7 am (Breakfast, Hard Food)

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

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

OPTION THREE: Choice of Meat: chicken, lean beef, turkey, lean ham, hash browns cooked with olive oil and sea salt.

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

10 am

EVOLVE MEAL REPLACEMENT shakewith your choice of a fruit, vegetable, 100% whole wheat bread, oatmeal or 100% natural granola bar. 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.).

OPTION TWO: ½ cup 100% fat free cottage cheese and ¼ cup of 100% fat free yogurt or fruit.

OPTION THREE: EVOLVE MEAL REPLACEMENT shake with your choice of a fruit, vegetable, 100% whole wheat bread, oatmeal or 100% natural granola bar. Drink 1 cup water (8oz.).

3 – 3:30 pm

EVOLVE MEAL REPLACEMENT shake with your choice of a fruit, vegetable, 100% whole wheat bread, oatmeal or 100% natural granola bar. 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.).

OPTION TWO: ½ cup 100% fat free cottage cheese and ¼ cup of 100% fat free yogurt or fruit.

OPTION THREE: EVOLVE MEAL REPLACEMENT shake with your choice of a fruit, vegetable, 100% whole wheat bread, oatmeal or 100% natural granola bar. Drink 1 cup water (8oz.).

SOCCER MOM Daily Food Diary

7 AM (BREAKFAST Hard Food)

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)

Notes	
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6:30 PM (DINNER)

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