

# 5 meals/day - Anti-Inflammatory 1761 (B)

## DAY 1

<b>Breakfast</b> 7:00 AM	egg	1 large	91 cal
	extra virgin olive oil	1 Tbsp	120 cal
	garlic	2 clove	9 cal
	red pepper	1 Cup(s)	46 cal
	chamomile tea (brewed)	16 fl oz	5 cal
	raspberries	1 Cup(s)	64 cal
	oat bran bread	1 slice	71 cal

**MEAL TOTAL: Calories** 405 cal / **Carbs** 40 g (38%) / **Protein** 13 g (12%) / **Fat** 23 g (50%) / **Fluid** 26 fl oz

### NOTES:

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1 oz	183 cal
	tangerine	2 large	104 cal

**MEAL TOTAL: Calories** 287 cal / **Carbs** 30 g (38%) / **Protein** 6 g (7%) / **Fat** 19 g (55%) / **Fluid** 22 fl oz

### NOTES:

<b>Lunch</b> 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	tomatoes	1/4 Cup(s)	7 cal
	drinking water	16 fl oz	0 cal
	avocado	1/2 avocado	161 cal
	celery	4 medium stalk	26 cal
	eggplant (boiled)	1 Cup(s)	35 cal
	extra virgin olive oil	1 Tbsp	120 cal
	rice noodles (cooked)	1/2 Cup(s)	95 cal

**MEAL TOTAL: Calories** 451 cal / **Carbs** 46 g (39%) / **Protein** 6 g (5%) / **Fat** 30 g (56%) / **Fluid** 32 fl oz

### NOTES:

<b>Snack</b> 3:00 PM	whole wheat crackers, low sodium	4 cracker, square	71 cal
	iced green tea	16 fl oz	0 cal
	soft goat cheese	1 oz	76 cal
	cherries	1 Cup(s)	74 cal

**MEAL TOTAL: Calories** 221 cal / **Carbs** 30 g (51%) / **Protein** 8 g (14%) / **Fat** 9 g (35%) / **Fluid** 20 fl oz

### NOTES:

**Dinner**  
6:00 PM

drinking water	16 fl oz	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
cod fish (cooked)	3 oz	89 cal
red lentils	1/2 Cup(s)	75 cal
couscous (cooked)	1/2 Cup(s)	88 cal
collard greens (boiled)	1 Cup(s)	49 cal

**MEAL TOTAL: Calories** 362 cal / **Carbs** 41 g (44%) / **Protein** 32 g (35%) / **Fat** 9 g (21%) / **Fluid** 26 fl oz**NOTES:****DAY 1 TOTAL: Calories** 1,725 cal / **Carbs** 186 g (41%) / **Protein** 65 g (14%) / **Fat** 89 g (45%) / **Fluid** 125 fl oz

**DAY 2**

<b>Breakfast</b> 7:00 AM	chamomile tea (brewed)	16 fl oz	5 cal
	cashew butter, no added salt	1 1/2 Tbsp	141 cal
	plain soy yogurt	4 oz	100 cal
	strawberries	1 Cup(s)	46 cal
	oat bran bread	2 slice	142 cal

**MEAL TOTAL: Calories** 433 cal / **Carbs** 55 g (49%) / **Protein** 17 g (15%) / **Fat** 18 g (36%) / **Fluid** 21 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	almonds	3/4 oz	122 cal
	mango	1 fruit	124 cal

**MEAL TOTAL: Calories** 246 cal / **Carbs** 36 g (53%) / **Protein** 6 g (9%) / **Fat** 11 g (38%) / **Fluid** 22 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	balsamic vinegar	1 Tbsp	14 cal
	extra virgin olive oil	1 Tbsp	120 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	16 fl oz	0 cal
	canned tuna in water	3 oz	73 cal
	tomatoes	1 Cup(s)	27 cal
	oat bran bread	1 slice	71 cal
	red lentils	3/4 Cup(s)	113 cal

**MEAL TOTAL: Calories** 433 cal / **Carbs** 44 g (39%) / **Protein** 30 g (27%) / **Fat** 17 g (34%) / **Fluid** 27 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	egg (hard boiled)	1 large	78 cal
	drinking water	16 fl oz	0 cal
	tangerine	2 large	104 cal
	whole wheat crackers, low sodium	4 cracker, square	71 cal

**MEAL TOTAL: Calories** 252 cal / **Carbs** 38 g (57%) / **Protein** 9 g (14%) / **Fat** 9 g (29%) / **Fluid** 23 fl oz

**NOTES:**

**Dinner**  
6:00 PM

	iced green tea	16 fl oz	0 cal
	ginger tempeh lettuce wraps	1 serving	196 cal
	rice noodles (cooked)	1 Cup(s)	190 cal
	cauliflower (boiled)	1 Cup(s)	29 cal

**MEAL TOTAL: Calories** 415 cal / **Carbs** 64 g (62%) / **Protein** 18 g (17%) / **Fat** 10 g (21%) / **Fluid** 27 fl oz

**NOTES:**

**DAY 2 TOTAL: Calories** 1,780 cal / **Carbs** 236 g (51%) / **Protein** 81 g (18%) / **Fat** 64 g (31%) / **Fluid** 120 fl oz

**DAY 3**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	oat bran bread	2 slice	142 cal
	plain soy yogurt	4 oz	100 cal
	cashew butter, no added salt	1 1/2 Tbsp	141 cal
	strawberries	1 Cup(s)	46 cal

**MEAL TOTAL: Calories** 429 cal / **Carbs** 54 g (49%) / **Protein** 17 g (15%) / **Fat** 18 g (36%) / **Fluid** 21 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	walnuts	1/2 oz	92 cal
	mango	1 fruit	124 cal
	chamomile tea (brewed)	16 fl oz	5 cal

**MEAL TOTAL: Calories** 220 cal / **Carbs** 34 g (57%) / **Protein** 4 g (6%) / **Fat** 10 g (37%) / **Fluid** 22 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	shrimp (cooked)	3 oz	101 cal
	extra virgin olive oil	1 Tbsp	120 cal
	rice noodles (cooked)	3/4 Cup(s)	143 cal
	eggplant (boiled)	1 Cup(s)	35 cal
cauliflower (boiled)	1 Cup(s)	29 cal	

**MEAL TOTAL: Calories** 427 cal / **Carbs** 47 g (43%) / **Protein** 25 g (23%) / **Fat** 16 g (34%) / **Fluid** 28 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz	0 cal
	hummus, lower sodium	3 Tbsp	78 cal
	whole wheat crackers, low sodium	6 cracker, square	106 cal
	red pepper	1 Cup(s)	46 cal
	celery	5 medium stalk	32 cal

**MEAL TOTAL: Calories** 263 cal / **Carbs** 38 g (56%) / **Protein** 9 g (13%) / **Fat** 9 g (31%) / **Fluid** 28 fl oz

**NOTES:**

**Dinner**  
6:00 PM

	drinking water	16 fl oz	0 cal
	ginger tempeh lettuce wraps	1 serving	196 cal
	rice noodles (cooked)	1 Cup(s)	190 cal
	mushrooms (boiled)	1 Cup(s)	29 cal

**MEAL TOTAL: Calories** 415 cal / **Carbs** 65 g (62%) / **Protein** 18 g (17%) / **Fat** 10 g (21%) / **Fluid** 26 fl oz**NOTES:****DAY 3 TOTAL: Calories** 1,754 cal / **Carbs** 237 g (52%) / **Protein** 72 g (16%) / **Fat** 63 g (32%) / **Fluid** 126 fl oz

**DAY 4**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	almonds	1 oz	162 cal
	📄 chia and mango overnight oats	1/2 serving	242 cal

**MEAL TOTAL: Calories** 404 cal / **Carbs** 46 g (44%) / **Protein** 14 g (14%) / **Fat** 20 g (42%) / **Fluid** 20 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1/2 oz	92 cal
	tangerine	2 large	104 cal
	cherries	1/2 Cup(s)	37 cal

**MEAL TOTAL: Calories** 232 cal / **Carbs** 37 g (58%) / **Protein** 4 g (7%) / **Fat** 10 g (35%) / **Fluid** 23 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	iced green tea	16 fl oz	0 cal
	whole grain tortilla	1 tortilla	170 cal
	salsa	2 Tbsp	10 cal
	black beans (boiled)	1/2 Cup(s)	114 cal
	boneless skinless chicken breast (uncooked)	3 oz	92 cal

**MEAL TOTAL: Calories** 393 cal / **Carbs** 51 g (51%) / **Protein** 32 g (31%) / **Fat** 8 g (18%) / **Fluid** 23 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz	0 cal
	hummus, lower sodium	3 Tbsp	78 cal
	red pepper	1 Cup(s)	46 cal
	whole wheat crackers, low sodium	8 cracker, square	142 cal

**MEAL TOTAL: Calories** 266 cal / **Carbs** 38 g (54%) / **Protein** 8 g (12%) / **Fat** 10 g (34%) / **Fluid** 22 fl oz

**NOTES:**

<b>Dinner</b> 6:00 PM	salmon (cooked)	3 oz	130 cal
	black tea (brewed)	16 fl oz	28 cal
	red lentils	3/4 Cup(s)	113 cal
	couscous (cooked)	3/4 Cup(s)	132 cal
	collard greens (boiled)	1 Cup(s)	49 cal

**MEAL TOTAL: Calories** 452 cal / **Carbs** 58 g (54%) / **Protein** 38 g (35%) / **Fat** 5 g (11%) / **Fluid** 27 fl oz

**NOTES:**



Eating right, simplified.

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**DAY 4 TOTAL: Calories** 1,748 cal / **Carbs** 231 g (51%) / **Protein** 96 g (22%) / **Fat** 54 g (27%) / **Fluid** 115 fl oz

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**DAY 5**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	chia and mango overnight oats	1/2 serving	242 cal
	cashew butter, no added salt	1 1/2 Tbsp	141 cal
	oat bran bread	1 slice	71 cal

**MEAL TOTAL: Calories** 454 cal / **Carbs** 59 g (51%) / **Protein** 16 g (13%) / **Fat** 19 g (36%) / **Fluid** 21 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	almonds	1 oz	162 cal
	tangerine	2 large	104 cal

**MEAL TOTAL: Calories** 266 cal / **Carbs** 32 g (44%) / **Protein** 8 g (10%) / **Fat** 15 g (46%) / **Fluid** 22 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	romaine lettuce	1 Cup(s)	8 cal
	boneless skinless chicken breast (uncooked)	4 oz	122 cal
	hummus, lower sodium	2 Tbsp	52 cal
	oat bran bread	2 slice	142 cal

**MEAL TOTAL: Calories** 351 cal / **Carbs** 36 g (39%) / **Protein** 34 g (37%) / **Fat** 10 g (24%) / **Fluid** 27 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz	0 cal
	walnuts	3/4 oz	137 cal
	plain soy yogurt	4 oz	100 cal
	strawberries	1 Cup(s)	46 cal

**MEAL TOTAL: Calories** 283 cal / **Carbs** 27 g (36%) / **Protein** 9 g (13%) / **Fat** 17 g (51%) / **Fluid** 20 fl oz

**NOTES:**

**Dinner**  
6:00 PM

extra virgin olive oil	1/2 Tbsp	60 cal
iced green tea	16 fl oz	0 cal
cauliflower (boiled)	1 Cup(s)	29 cal
lean pork tenderloin (cooked)	3 oz	122 cal
mushrooms (boiled)	1 Cup(s)	29 cal
sweet potato (baked)	1 Cup(s)	180 cal

**MEAL TOTAL: Calories** 419 cal / **Carbs** 52 g (48%) / **Protein** 31 g (28%) / **Fat** 11 g (24%) / **Fluid** 30 fl oz**NOTES:****DAY 5 TOTAL: Calories** 1,774 cal / **Carbs** 205 g (44%) / **Protein** 97 g (21%) / **Fat** 72 g (35%) / **Fluid** 120 fl oz

**DAY 6**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	ground flaxseed	1 Tbsp	70 cal
	cashew butter, no added salt	1 Tbsp	94 cal
	plain soy yogurt	3 oz	75 cal
	strawberries	1 Cup(s)	46 cal
	oat bran bread	2 slice	142 cal

**MEAL TOTAL: Calories** 427 cal / **Carbs** 53 g (47%) / **Protein** 17 g (15%) / **Fat** 19 g (38%) / **Fluid** 21 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	3/4 oz	137 cal
	tangerine	2 large	104 cal

**MEAL TOTAL: Calories** 241 cal / **Carbs** 29 g (44%) / **Protein** 5 g (7%) / **Fat** 14 g (49%) / **Fluid** 22 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	romaine lettuce	2 Cup(s)	16 cal
	balsamic vinegar	1 Tbsp	14 cal
	lean pork tenderloin (cooked)	3 oz	122 cal
	sweet potato (baked)	3/4 Cup(s)	135 cal
	extra virgin olive oil	1 Tbsp	120 cal

**MEAL TOTAL: Calories** 433 cal / **Carbs** 43 g (39%) / **Protein** 28 g (25%) / **Fat** 18 g (36%) / **Fluid** 30 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	iced green tea	16 fl oz	0 cal
	cashew butter, no added salt	1 1/2 Tbsp	141 cal
	whole wheat crackers, low sodium	4 cracker, square	71 cal
	celery	5 medium stalk	32 cal

**MEAL TOTAL: Calories** 244 cal / **Carbs** 24 g (37%) / **Protein** 7 g (11%) / **Fat** 15 g (52%) / **Fluid** 22 fl oz

**NOTES:**

**Dinner**

6:00 PM

	drinking water	16 fl oz	0 cal
	cod fish (cooked)	2 oz	60 cal
📄	mexican bean stew	1/2 serving	172 cal
	whole grain tortilla	1 tortilla	170 cal
	collard greens (boiled)	1 Cup(s)	49 cal

**MEAL TOTAL: Calories** 451 cal / **Carbs** 66 g (56%) / **Protein** 30 g (26%) / **Fat** 9 g (18%) / **Fluid** 26 fl oz**NOTES:****DAY 6 TOTAL: Calories** 1,796 cal / **Carbs** 214 g (46%) / **Protein** 87 g (18%) / **Fat** 76 g (36%) / **Fluid** 122 fl oz

**DAY 7**

<b>Breakfast</b> 7:00 AM	egg (hard boiled)	1 large	78 cal
	drinking water	16 fl oz	0 cal
	ground flaxseed	2 Tbsp	140 cal
	plain soy yogurt	4 oz	100 cal
	strawberries	1 Cup(s)	46 cal
	oat bran bread	1 slice	71 cal

**MEAL TOTAL: Calories** 434 cal / **Carbs** 44 g (38%) / **Protein** 22 g (19%) / **Fat** 22 g (43%) / **Fluid** 22 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	hummus, lower sodium	2 Tbsp	52 cal
	celery	6 medium stalk	38 cal
	whole wheat crackers, low sodium	6 cracker, square	106 cal

**MEAL TOTAL: Calories** 224 cal / **Carbs** 34 g (57%) / **Protein** 8 g (13%) / **Fat** 8 g (30%) / **Fluid** 29 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	rice noodles (cooked)	3/4 Cup(s)	143 cal
	sesame oil	1/2 Tbsp	60 cal
	mushrooms (boiled)	1 Cup(s)	29 cal
	garden veggie tempeh	3 oz	188 cal

**MEAL TOTAL: Calories** 420 cal / **Carbs** 50 g (48%) / **Protein** 21 g (20%) / **Fat** 15 g (32%) / **Fluid** 23 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	walnuts	3/4 oz	137 cal
	iced green tea	16 fl oz	0 cal
	mango	1 fruit	124 cal

**MEAL TOTAL: Calories** 262 cal / **Carbs** 34 g (47%) / **Protein** 5 g (7%) / **Fat** 14 g (46%) / **Fluid** 22 fl oz

**NOTES:**

**Dinner**

6:00 PM

	drinking water	16 fl oz	0 cal
	boneless skinless chicken breast (uncooked)	2 oz	61 cal
🍽	mexican bean stew	1/2 serving	172 cal
	cauliflower (boiled)	1 Cup(s)	29 cal
	whole grain tortilla	1 tortilla	170 cal

**MEAL TOTAL: Calories** 432 cal / **Carbs** 62 g (55%) / **Protein** 27 g (24%) / **Fat** 10 g (21%) / **Fluid** 24 fl oz**NOTES:****DAY 7 TOTAL: Calories** 1,771 cal / **Carbs** 224 g (48%) / **Protein** 82 g (18%) / **Fat** 70 g (34%) / **Fluid** 120 fl oz



4 Servings

# ginger tempah lettuce wraps

## Ingredients

lemon juice	2 Tbsp
soy sauce, low-sodium	2 Tbsp
sesame oil	1/2 tsp
sweetener syrup agave	1 Tbsp
sriracha, hot chili sauce	2 tsp
ginger root	2 Tbsp
garlic	4 clove
garden veggie tempah	8 oz
extra virgin olive oil	2 tsp
carrots	2 medium
green leaf lettuce	4 outer leaf
green onion	2 medium
sesame seeds	2 tsp

## Nutrition Totals

**Calories** 785 / **Carbs** 67 g / **Protein** 51 g / **Fat** 35 g / **Fluid** 9 fl oz

## Instructions

1. In a small bowl, combine lemon juice, soy sauce, sesame oil, agave, and chili sauce to make the marinade.
2. Mince ginger and garlic and add to marinade.
3. Cube tempah into bite-sized pieces.
4. Add cubed tempah to the marinade and coat well. Set aside and allow to marinate for at least 30 minutes.
5. In a medium skillet, heat olive oil over medium-high heat. Add cubed tempah and residual marinade.
6. Stir-fry tempah cubes until lightly browned.
7. Peel and cut carrots into matchstick slices. Add to tempah and cook until slightly tender.
8. Thinly slice scallions.
9. Place 1/4 of tempah mixture onto each lettuce leaf and garnish with scallions and sesame seeds.

# Nutrition Label

<b>Ginger Tempeh Lettuce Wraps</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>196</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8.8g	<b>14%</b>
Saturated Fat 0.9g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 393.6mg	<b>16%</b>
<b>Total Carbohydrates</b> 16.7g	<b>6%</b>
Dietary Fiber 8.7g	<b>35%</b>
Total Sugar 3.1g	
<b>Protein</b> 12.8g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 45mg	<b>5%</b>
<b>Iron</b> 0.7mg	<b>4%</b>
<b>Potassium</b> 344.7mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





2 Servings

# chia and mango overnight oats

## Ingredients

oats	1 Cup(s)
pure vanilla extract	1 tsp
almond beverage, calcium added	1 Cup(s)
chia seeds	1 oz
almond beverage, calcium added	1/4 Cup(s)
mango	1 fruit

## Nutrition Totals

**Calories** 968 / **Carbs** 161 g / **Protein** 34 g / **Fat** 23 g / **Fluid** 16 fl oz

## Instructions

1. In a medium bowl, combine oats, vanilla and 1 cup of almond milk.
2. In a separate small bowl, mix the chia seeds with ¼ cup of almond milk. Set aside.
3. Chop mango into small pieces.
4. In 2 jars, alternate layers of oats, mango and chia.
5. Place the jars in the refrigerator and enjoy the next morning.

# Nutrition Label

<b>Chia And Mango Overnight Oats</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>484</b>
	<b>% Daily Value*</b>	
<b>Total Fat</b> 11.6g		<b>18%</b>
Saturated Fat 1.5g		<b>8%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 61.3mg		<b>3%</b>
<b>Total Carbohydrates</b> 80.3g		<b>27%</b>
Dietary Fiber 14.8g		<b>59%</b>
Total Sugar 18.7g		
<b>Protein</b> 16.9g		
<b>Vitamin D</b> 0IU		<b>0%</b>
<b>Calcium</b> 424.4mg		<b>42%</b>
<b>Iron</b> 5.1mg		<b>29%</b>
<b>Potassium</b> 591.2mg		

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



4 Servings

# mexican bean stew

## Ingredients

extra virgin olive oil	1 Tbsp
onion	1 medium
garlic	4 clove
cumin ground	1 tsp
pinto beans (boiled)	1 Cup(s)
black beans (boiled)	1 Cup(s)
garbanzo beans (boiled)	1 Cup(s)
crushed tomatoes, no salt	2 Cup(s)
corn sweet yellow raw	2 Cup(s)
ground cinnamon	1/2 tsp
black pepper	1/2 tsp
cayenne pepper	1/8 tsp
fresh cilantro leaves	4 Tbsp

## Nutrition Totals

**Calories** 1374 / **Carbs** 239 g / **Protein** 58 g / **Fat** 25 g / **Fluid** 22 fl oz

## Instructions

1. Heat olive oil in a large saucepan over medium heat.
2. Chop onions and mince garlic and add to hot oil. Sauté until tender.
3. Stir in cumin and sauté for one additional minute.
4. Add in cooked beans (including desired amount of cooking water), crushed tomatoes, corn, cinnamon, pepper and cayenne. Add salt to taste.
5. Simmer for 20 minutes.
6. Garnish with fresh cilantro prior to serving.

# Nutrition Label

<b>Mexican Bean Stew</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>344</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6.2g	<b>10%</b>
Saturated Fat 0.9g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 31.2mg	<b>1%</b>
<b>Total Carbohydrates</b> 59.8g	<b>20%</b>
Dietary Fiber 15.8g	<b>63%</b>
Total Sugar 11.9g	
<b>Protein</b> 14.4g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 69mg	<b>7%</b>
<b>Iron</b> 4.9mg	<b>27%</b>
<b>Potassium</b> 1068.2mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Shopping List

## Accompaniments

salsa	2 Tbsp
soy sauce, low-sodium	1 Tbsp
sriracha, hot chili sauce	1 tsp
sweetener syrup agave	0.5 Tbsp

## Beverages

almond beverage, calcium added	0.62 Cup(s)
black tea (brewed)	16 fl oz
chamomile tea	48 fl oz
drinking water	400 fl oz
iced green tea	96 fl oz

## Bread

whole grain tortilla	3 tortilla
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## Cereal & Grain Products

couscous	1.25 Cup(s)
oats	0.5 Cup(s)
rice noodles	4 Cup(s)

## Cookies & Crackers

whole wheat crackers, low sodium	32 cracker, square
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## Dairy & Egg

egg	3 large
soft goat cheese	1 oz

## Desserts

plain soy yogurt	19 oz
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## Fats & Oils

extra virgin olive oil	6.26 Tbsp
	1 tsp
sesame oil	0.26 tsp
	0.5 Tbsp

## Finfish & Shellfish

canned tuna in water	3 oz
cod fish	5 oz
salmon	3 oz
shrimp	3 oz

## Fruits & Juices

avocado	0.5 avocado
cherries	1.5 Cup(s)
lemon juice	1 Tbsp
mango	3.5 fruit
raspberries	1 Cup(s)
strawberries	5 Cup(s)
tangerine	10 large

## Ingredients

balsamic vinegar	2 Tbsp
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## Legumes & Beans

black beans	0.76 Cup(s)
garbanzo beans	0.26 Cup(s)
hummus, lower sodium	10 Tbsp
pinto beans	0.26 Cup(s)
red lentils	2 Cup(s)

## Nuts & Seeds

almonds	2.75 oz
ground flaxseed	3 Tbsp
sesame seeds	1 tsp
walnuts	4.25 oz

## Pork

lean pork tenderloin

6 oz

## Poultry

boneless skinless chicken breast (uncooked)

9 oz

## Spices & Herbs

black pepper

0.12 tsp

cayenne pepper

0.04 tsp

cumin ground

0.26 tsp

ground cinnamon

0.12 tsp

## Uncategorized

chia seeds

0.5 oz

corn sweet yellow raw

0.5 Cup(s)

oat bran bread

12 slice

pure vanilla extract

0.5 tsp

## Vegetables

carrots

1 medium

cashew butter, no added salt

7 Tbsp

cauliflower

4 Cup(s)

celery

20 medium stalk

collard greens

3 Cup(s)

crushed tomatoes, no salt

0.5 Cup(s)

eggplant

2 Cup(s)

fresh cilantro leaves

1 Tbsp

garlic

5 clove

ginger root

1 Tbsp

green leaf lettuce

2 outer leaf

green onion

1 medium

mushrooms

3 Cup(s)

onion

0.26 medium

red pepper

3 Cup(s)

romaine lettuce

7 Cup(s)

sweet potato

1.75 Cup(s)

tomatoes

4.25 Cup(s)

## Vegetarian Products









garden veggie tempeh

7 oz







# Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

## Basic Guidelines

				
<b>Golf Ball</b> 1/4 cup / 1 oz / 2 tbsp	<b>Tennis Ball</b> 1 cup	<b>Computer Mouse</b> 1/2 cup	<b>Baseball</b> 1 cup	<b>Rounded Handful</b> 1/2 cup 1 oz dried goods
				
<b>Hockey Puck</b> 3 oz muffin or biscuit	<b>Matchbox</b> 1 oz serving of meat	<b>Deck of Cards</b> 3 oz of chicken, meat, or fish	<b>This Paperback Book</b> 8 oz serving of meat	<b>Thumb</b> 1 tsp
				
<b>Poker Chip</b> 1 tbsp	<b>Shot Glass</b> 1 oz / 2 tbsp	<b>CD</b> 1 slice of bread 1 oz lunch meat	<b>3 Dice</b> 1 1/2 oz cheese	<b>Kids' Milk Carton</b> 8 oz drink

## Useful Examples

		
<b>Bread &amp; Grains</b> 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	<b>Fruits &amp; Vegetables</b> 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	<b>Meats, Fish &amp; Nuts</b> 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
		
<b>Dairy &amp; Cheese</b> 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	<b>Fats &amp; Oils</b> 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	<b>Sweets &amp; Treats</b> 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox