



EVOLVED & BALANCED

NUTRITION PLAN

WELCOME TO YOUR EVOLVED & BALANCED NUTRITION PLAN

THIS CUSTOMIZED MEAL GUIDE IS CRAFTED TO SUPPORT YOUR HEALTH, ENERGY, AND PERFORMANCE GOALS WITH BALANCE, FLEXIBILITY, AND VARIETY. OVER THE NEXT MONTH, THIS PLAN WILL GUIDE YOU THROUGH NUTRIENT-RICH MEAL COMBINATIONS, PORTION-CONTROLLED OPTIONS, AND SUSTAINABLE EATING HABITS DESIGNED SPECIFICALLY FOR LIFESTYLE AND WORK DEMANDS. FOR BEST RESULTS, FOLLOW THE MEAL INSTRUCTIONS CLOSELY, STAY HYDRATED, AND REACH OUT FOR SUPPORT WHENEVER NEEDED.

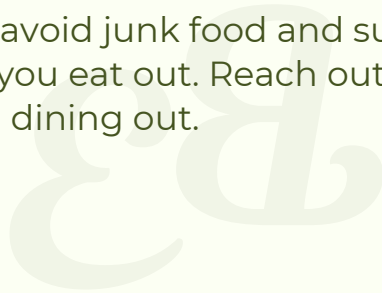
PLAN DURATION: 1 MONTH

ISSUED AT 09-09-2025

INSTRUCTIONS

How to use this plan

- Choose 1 option from each food category to build up your meal.
- You can choose more than 1 option from the same category, but take half the serving of each option chosen.
- The  "once per day / once per week" option can be used from any category. Don't choose more than one of these per day — it's there as a reference for variety.
- When shopping, check nutrition labels and focus on whole foods, low-fat and fat-free products, and natural ingredients and herbs. Reach out directly if you need help reading a label.
- While dining outside, avoid junk food and sugary beverages, and try to limit how often you eat out. Reach out directly for help choosing meals when dining out.



CLIENT-FOCUSED INSTRUCTIONS

Part 1 of 1

Servings & meals

- All servings are calculated raw & cooked.
- Meal structure: 2 main meals + 2 snacks.

Hydration

- Minimum daily water intake: 3 L/day.

Sugar & sweeteners

- Use stevia or any calorie-free sugar alternative.

Foods to avoid

- Completely cut out: fast food, junk food, sweets, and sugary beverages.
- Avoid eating out as much as possible — focus on home cooking.

Anti-grazing checklist

- Don't skip meals.
- Stick to consistent meal timing.
- Drink water first — thirst can feel like hunger.
- Avoid extreme restriction — allow balanced flexibility.

Focus & energy

- To improve energy levels, you can use ginseng or coenzyme Q10.
- Prioritize consistent sleep and stress management to support focus and mood.

References

1 cup ≈ 25 g

1 tbsp ≈ 12 g

1 tsp ≈ 5 g

BEVERAGES & EXTRAS

Free additions — any meal, in moderation

Beverages

- Electrolytes (sugar-free)
- Lemon water
- Mineral water
- Anise tea
- Chamomile
- Coffee
- Espresso
- Green tea (2 cups if possible)
- Hibiscus
- Energy drinks (sugar-free)

Extras — Flavorings & Ingredients

3-5 servings per meal, excluding spices

- Beef broth
- Bone broth
- Chicken broth
- Bell pepper (1/2 pc)
- Carrot (1/2 pc)
- Mushroom (3 pcs)
- Tomato (1 pc)
- Chili pepper
- Garlic (2 cloves)
- Jalapeno pepper
- Onion (1 pc)
- Lemon
- Cooking spray
- Baking powder
- Apple cider
- Tomato paste (1 tbsp)
- Tomato puree (1 tbsp)
- Vanilla extract
- Vinegar
- Pickles (3 pcs)
- Olives (3 pcs)
- Spices & seasonings
- Gravy
- Mustard
- Salsa sauce
- Soy sauce
- Tabasco sauce

SAMPLE DAY

One way to build a full day on this plan

Breakfast

- Egg - serving: 4 + Milk (skimmed) - cup: 250 mL
- Oats / Protein oats - 40g
- Banana - piece: 1
- Kiwifruit - piece: 1
- Grape - serving: 70g
- Almond / Cashew / Peanut / Pistachio - serving: 25g

Mid day snack

- Rice cake - piece: 3
- Dark chocolate (70%) - square: 2

Lunch

- Chicken breast - serving: raw 290g / cooked 210g
- Rice - serving: raw 95g / cooked 270g
- Mixed green salad - serving: 400g
- Butter - tbsp: 1
- Sweet chili - tbsp: 2

Dinner

- Chicken breast slices - 2 slices (about 60g)
- Toast (whole wheat) - slice: 2
- Mozzarella cheese - serving: 45g
- Pomegranate - serving: 60g
- Honey - tbsp: 1
- Greek yogurt (skimmed) - cup: 1

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