



EVOLUTION NUTRITION MEAL PLANS

Great Vibrations offers access to a robust meal planning tool called Evolution Nutrition. We have worked with many clients on customizing meal plans that are specific to your goals that you want to achieve. We are able to customize a plan in Evolution Nutrition based upon your data from the InBody Report, your individual goals as well as any special diet requests such as vegan, Keto, etc.

We are offering this service for \$50.00 for a one month plan (normally \$99.99). You will receive a login to the Evolution Nutrition website. Your meals will be planned for you daily and include the nutrient information for better tracking including calories, protein, carbs, etc. Our clients have the ability to modify any of the daily meal items with the drop down menu to replace it with a different choice - for example chicken instead of fish for lunch.

Meal Planning | Program Overview

Program: **Rollag Meal Pal** | [Edit Program](#)
 Type: Automated | Created: 05-25-2019

Help ?

Select Meal Plan View Client Likes Only View My Database Only

Recommended: CAL: 1812 | Carbs: 249g (55%) | Protein: 104g (23%) | Fat: 44g (22%) | Fluid: 96oz

Narrow Results Sort By | Name (alphabetical) New Search:

By Label

- Balanced (9)
- Carb Focused (8)
- Gluten & Lactose Free (8)
- Gluten & Soy Free (8)
- Gluten Free (8)
- Gluten, Lactose, & Soy Free (6)
- Holistic Nutrition (8)
- Lactose Free (8)
- Low Carb (3)
- Low Glycemic (8)
- Paleo (8)
- Protein Focused (8)
- Teen Friendly (8)
- Vegan (8)

We found 113 plans

Plan	Label(s)	
Balanced Nutrition 1750 (A) * Calories: 1756.17 Carbs: 217.35 Protein: 85.91 Fat: 43.27 Fluid: 22	Balanced	Select Preview
Balanced Nutrition 1750 (B) * Calories: 1755.87 Carbs: 238.05 Protein: 99.43 Fat: 45.51 Fluid: 33	Balanced	Select Preview
Balanced Nutrition 1750 (C) * Calories: 1777.82 Carbs: 226.64 Protein: 93.22 Fat: 41.90 Fluid: 37	Balanced	Select Preview
Balanced Nutrition 1750 (D) * Calories: 1752.59 Carbs: 215.24 Protein: 97.27 Fat: 41.09 Fluid: 23	Balanced	Select Preview
Balanced Nutrition 2000 (A)	Balanced	Select Preview

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My Clients | **Anmarie's Profile** | Anmarie's Programs

Meal Planning | Program Overview

Program: **Rollag Meal Pal** | [Edit Program](#) | Plan: **Balanced Nutrition 1750 (B)** | [Select other Meal Plan](#)
 Type: Automated | Created: 05-25-2019 | Label: **Balanced**

Help ?

DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7

Delete | Delete | Delete | Delete | Delete | Delete | Delete

Day 1 Meals Add Meal Copy Day Clear Data for Day

	Meal Time	Meal Label	Calories	Meal Items
			225	3/4 cups OATS, ROLLED, QUICK (OATMEAL)
Edit / Delete Copy Meal	7:00 am	Breakfast	46	1 tablespoons RAISIN
			101	1 large EGG, CHICKEN, SCRAMBLED