

EVEXIA

SIMPLE 2,000 CALORIE EXAMPLE DAY

REAL FOOD. REAL LIFE. REAL RESULTS.

A realistic, high-protein day using convenient foods you can grab at any grocery store.

MEAL	FOOD	DETAILS	CALORIES & MACROS
 <p>BREAKFAST High Protein Convenience Breakfast</p> <p>🕒 2 MINUTE PREP</p>	<ul style="list-style-type: none"> Purely Elizabeth Protein Oatmeal 1 cup Fairlife Fat Free Milk (light blue) 2 tangerines 	Simple, filling breakfast packed with protein and fiber to start your day.	<p>~440 CALORIES</p> <hr/> <p>PROTEIN 33g CARBS 56g FAT 8g FIBER 9g</p>
 <p>POST-WORKOUT Recovery Support</p>	<ul style="list-style-type: none"> 1 scoop whey protein in water 	Quick and easy protein to support muscle recovery.	<p>~120 CALORIES</p> <hr/> <p>PROTEIN 25g CARBS 2g FAT 1g</p>
 <p>LUNCH Mediterranean Convenience Bowl</p> <p>ZERO COOKING</p>	<ul style="list-style-type: none"> 5-6 oz rotisserie chicken breast 1 microwave jasmine rice cup Cucumber Cherry tomatoes 2 tbsp premade hummus 1 oz feta Drizzle olive oil 	Balanced meal with lean protein, complex carbs, and healthy fats to keep you full and satisfied.	<p>~580 CALORIES</p> <hr/> <p>PROTEIN 48g CARBS 46g FAT 21g FIBER 7g</p>
 <p>SNACK High Protein Convenience Snack</p>	<ul style="list-style-type: none"> 1 Oikos Pro Yogurt 1 pear ½ MrBeast Feastables Milk Chocolate Bar 	High protein snack with fiber and a little treat.	<p>~340 CALORIES</p> <hr/> <p>PROTEIN 22g CARBS 38g FAT 10g FIBER 7g</p>
 <p>DINNER Ultra Easy Protein Dinner</p> <p>5 MINUTES OR LESS</p>	<ul style="list-style-type: none"> 4 eggs 2 slices sourdough bread (70 cal per slice) ½ avocado 1 cup strawberries Add sea salt to eggs Use 0-cal avocado spray 	Quick, simple and satisfying dinner to end your day the right way.	<p>~600 CALORIES</p> <hr/> <p>PROTEIN 32g CARBS 34g FAT 22g FIBER 6g</p>

DAILY TOTAL
~2,030 CALORIES

A balanced day with high-quality protein, fiber, and real foods to keep you full and satisfied.



PROTEIN
168g



CARBS
174g



FAT
71g



FIBER
36g