



Eating right, simplified.

1,300 Calorie Plan (Paleo) 4meal/day

DAY 1

Breakfast

7:00 AM

chicken, beef, and pork sausage, skinless, smoked	1 link	181 cal
omega 3 eggs	1 egg	70 cal
coconut vegetable oil	1/3 Tbsp	39 cal
peaches	1 large	61 cal
drinking water	2 Cup(s)	0 cal
swiss chard, no salt, boiled	2 cup	70 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 37 g (33%) / **Protein** 25 g (23%) / **Fat** 22 g (44%) / **Fluid** 33

NOTES:

Snack

10:00 AM

almonds	1/2 oz	81 cal
blueberries	2/3 Cup(s)	55 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 182 cal / **Carbs** 26 g (53%) / **Protein** 5 g (11%) / **Fat** 8 g (36%) / **Fluid** 10

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	4 oz	112 cal
avocados	1/4 avocado	80 cal
sweet green peppers	1 1/2 Cup(s)	45 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	1/2 Tbsp	7 cal
asparagus, boiled	12 spears	40 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 25 g (31%) / **Protein** 34 g (42%) / **Fat** 10 g (27%) / **Fluid** 33

NOTES:

Dinner

6:00 PM

shrimp stuffed avocado (paleo)	1 serving	235 cal
drinking water	1 Cup(s)	0 cal
winter corn squash, no salt, baked	1/2 cup	57 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal

MEAL TOTAL: **Calories** 402 cal / **Carbs** 47 g (43%) / **Protein** 36 g (34%) / **Fat** 11 g (23%) / **Fluid** 27

NOTES:

DAY 1 TOTAL: Calories 1,299 cal / **Carbs** 136 g (38%) / **Protein** 101 g (29%) / **Fat** 51 g (33%) / **Fluid** 103

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DAY 2

Breakfast

7:00 AM

bacon, low-sodium, cooked	2 slice cooked	87 cal
strawberries	1 Cup(s)	46 cal
okra, no salt, boiled	2 cup	23 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
egg whites, cooked	4 large	69 cal
coconut vegetable oil	1 Tbsp	116 cal

MEAL TOTAL: **Calories** 445 cal / **Carbs** 34 g (29%) / **Protein** 25 g (22%) / **Fat** 25 g (49%) / **Fluid** 24

NOTES:

Snack

10:00 AM

broccoli flower clusters	2 cup	40 cal
ground turkey, cooked	1 oz	58 cal
cashews, no salt, dry-roasted	1/4 oz	41 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 184 cal / **Carbs** 19 g (37%) / **Protein** 15 g (30%) / **Fat** 7 g (33%) / **Fluid** 13

NOTES:

Lunch

12:00 PM

yams, no salt, boiled or baked	1/2 Cup(s)	79 cal
cherry tomatoes	10 tomatoes	20 cal
sliced ham, extra lean, low-sodium	3 slices	83 cal
cauliflower, no salt, boiled	2 Cup(s)	57 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 238 cal / **Carbs** 34 g (57%) / **Protein** 17 g (29%) / **Fat** 4 g (14%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

italian style venison pot roast (paleo)	1 serving	319 cal
green leaf lettuce	2 cup	11 cal
avocados	1/4 avocado	80 cal
onions	1/2 cup	23 cal
balsamic vinegar	1 1/2 Tbsp	21 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 454 cal / **Carbs** 20 g (17%) / **Protein** 55 g (50%) / **Fat** 16 g (33%) / **Fluid** 28

NOTES:

DAY 2 TOTAL: Calories 1,321 cal / **Carbs** 106 g (32%) / **Protein** 112 g (33%) / **Fat** 52 g (35%) / **Fluid** 91



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

peaches	1 large	61 cal
chicken, beef, and pork sausage, skinless, smoked	1 link	181 cal
drinking water	2 Cup(s)	0 cal
swiss chard, no salt, boiled	1 cup	35 cal
omega 3 eggs	1 egg	70 cal
coconut vegetable oil	1/3 Tbsp	39 cal

MEAL TOTAL: **Calories** 386 cal / **Carbs** 30 g (29%) / **Protein** 22 g (22%) / **Fat** 22 g (49%) / **Fluid** 28

NOTES:

Snack

10:00 AM

almonds	1 oz	162 cal
sliced ham, extra lean, low-sodium	2 slices	55 cal
coconut water	1 Cup(s)	46 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 304 cal / **Carbs** 26 g (33%) / **Protein** 15 g (20%) / **Fat** 16 g (47%) / **Fluid** 11

NOTES:

Lunch

12:00 PM

asparagus, boiled	10 spears	33 cal
coho salmon fish, cooked	4 oz	158 cal
green leaf lettuce	2 cup	11 cal
olive oil	1/2 Tbsp	60 cal
drinking water	2 Cup(s)	0 cal
sweet green peppers	1 1/2 Cup(s)	45 cal
balsamic vinegar	1 1/2 Tbsp	21 cal

MEAL TOTAL: **Calories** 327 cal / **Carbs** 23 g (27%) / **Protein** 33 g (40%) / **Fat** 12 g (33%) / **Fluid** 33

NOTES:

Dinner

6:00 PM

pepper steak (paleo)	1/2 serving	130 cal
broccoli, no salt, boiled	3 Cup(s)	164 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 43 g (52%) / **Protein** 21 g (25%) / **Fat** 8 g (23%) / **Fluid** 35

NOTES:

DAY 3 TOTAL: Calories 1,311 cal / **Carbs** 121 g (35%) / **Protein** 91 g (26%) / **Fat** 59 g (39%) / **Fluid** 107



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

egg whites, cooked	3 large	51 cal
strawberries	1 Cup(s)	46 cal
okra, no salt, boiled	1 cup	12 cal
coconut vegetable oil	1/2 Tbsp	58 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 31 g (34%) / **Protein** 20 g (22%) / **Fat** 18 g (44%) / **Fluid** 21

NOTES:

Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
broccoli flower clusters	2 cup	40 cal
sliced ham, extra lean, low-sodium	2 slices	55 cal

MEAL TOTAL: **Calories** 140 cal / **Carbs** 17 g (47%) / **Protein** 13 g (37%) / **Fat** 2 g (16%) / **Fluid** 13

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
cauliflower, no salt, boiled	10 flowerets	41 cal
turkey breast, roasted	3 oz	116 cal
cherry tomatoes	10 tomatoes	20 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal

MEAL TOTAL: **Calories** 335 cal / **Carbs** 49 g (56%) / **Protein** 31 g (36%) / **Fat** 3 g (8%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

lamb patties (paleo)	1 serving	321 cal
onions	1/4 cup	12 cal
avocados	1/4 avocado	80 cal
drinking water	2 Cup(s)	0 cal
balsamic vinegar	1 Tbsp	14 cal
butternut squash, no salt, boiled	1/2 cup	41 cal
green leaf lettuce	1 cup	5 cal

MEAL TOTAL: **Calories** 473 cal / **Carbs** 22 g (18%) / **Protein** 31 g (26%) / **Fat** 30 g (56%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,307 cal / **Carbs** 119 g (35%) / **Protein** 96 g (29%) / **Fat** 53 g (36%) / **Fluid** 85



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DAY 5

Breakfast

7:00 AM

swiss chard, no salt, boiled	1 cup	35 cal
plums	2 fruit	61 cal
drinking water	2 Cup(s)	0 cal
sliced ham, extra lean, low-sodium	1 slices	28 cal
omega 3 eggs	2 egg	140 cal
coconut vegetable oil	1/3 Tbsp	39 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 25 g (31%) / **Protein** 20 g (25%) / **Fat** 16 g (44%) / **Fluid** 26

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
almonds	1 oz	162 cal
cherry tomatoes	10 tomatoes	20 cal

MEAL TOTAL: **Calories** 273 cal / **Carbs** 29 g (39%) / **Protein** 10 g (14%) / **Fat** 15 g (47%) / **Fluid** 15

NOTES:

Lunch

12:00 PM

green leaf lettuce	2 cup	11 cal
balsamic vinegar	1/2 Tbsp	7 cal
avocados	1/4 avocado	80 cal
drinking water	2 Cup(s)	0 cal
asparagus, boiled	12 spears	40 cal
sweet green peppers	1 1/2 Cup(s)	45 cal
turkey breast, roasted	3 oz	116 cal
olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 25 g (26%) / **Protein** 33 g (35%) / **Fat** 17 g (39%) / **Fluid** 34

NOTES:

Dinner

6:00 PM

garlic-lime spinach (paleo)	1 serving	111 cal
winter corn squash, no salt, baked	1 cup	115 cal
turkey breast, roasted	2 oz	77 cal
drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 51 g (51%) / **Protein** 28 g (28%) / **Fat** 10 g (21%) / **Fluid** 34

NOTES:

DAY 5 TOTAL: Calories 1,291 cal / **Carbs** 130 g (37%) / **Protein** 91 g (26%) / **Fat** 57 g (37%) / **Fluid** 110



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

bacon, low-sodium, cooked	1 slice cooked	43 cal
egg whites, cooked	6 large	103 cal
coconut vegetable oil	1/3 Tbsp	39 cal
strawberries	1 Cup(s)	46 cal
almond beverage with calcium	1 Cup(s)	69 cal
okra, no salt, boiled	1 cup	12 cal

MEAL TOTAL: **Calories** 312 cal / **Carbs** 26 g (33%) / **Protein** 28 g (35%) / **Fat** 11 g (32%) / **Fluid** 20

NOTES:

Snack

10:00 AM

chicken, boneless, roasted	1 oz	47 cal
cashews, no salt, dry-roasted	1/2 oz	81 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 174 cal / **Carbs** 14 g (30%) / **Protein** 11 g (25%) / **Fat** 9 g (45%) / **Fluid** 8

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	4 oz	112 cal
drinking water	2 Cup(s)	0 cal
cherry tomatoes	10 tomatoes	20 cal
cauliflower, no salt, boiled	10 flowerets	41 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal

MEAL TOTAL: **Calories** 331 cal / **Carbs** 49 g (57%) / **Protein** 32 g (36%) / **Fat** 3 g (7%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
green leaf lettuce	1 cup	5 cal
onions	1/2 cup	23 cal
olive oil	1/2 Tbsp	60 cal
avocados	1/4 avocado	80 cal
balsamic vinegar	1/2 Tbsp	7 cal
butternut squash, no salt, boiled	1/2 cup	41 cal
italian chicken	1 serving	261 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 24 g (20%) / **Protein** 29 g (23%) / **Fat** 31 g (57%) / **Fluid** 25

NOTES:

DAY 6 TOTAL: Calories 1,295 cal / **Carbs** 113 g (34%) / **Protein** 99 g (30%) / **Fat** 54 g (36%) / **Fluid** 78



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

honeydew melon	1/2 cup	32 cal
omega 3 eggs	1 egg	70 cal
coconut vegetable oil	1/3 Tbsp	39 cal
drinking water	2 Cup(s)	0 cal
shrimp, cooked	2 oz	67 cal

MEAL TOTAL: **Calories** 208 cal / **Carbs** 10 g (19%) / **Protein** 19 g (37%) / **Fat** 11 g (44%) / **Fluid** 20

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
almonds	1/4 oz	41 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 173 cal / **Carbs** 30 g (65%) / **Protein** 5 g (12%) / **Fat** 5 g (23%) / **Fluid** 17

NOTES:

Lunch

12:00 PM

winter corn squash, no salt, baked	1 cup	115 cal
chicken, beef, and pork sausage, skinless, smoked	1 link	181 cal
asparagus, boiled	10 spears	33 cal
sweet green peppers	1 1/2 Cup(s)	45 cal
green leaf lettuce	2 cup	11 cal
avocados	1/4 avocado	80 cal
drinking water	2 Cup(s)	0 cal
balsamic vinegar	1 1/2 Tbsp	21 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 64 g (49%) / **Protein** 21 g (16%) / **Fat** 20 g (35%) / **Fluid** 39

NOTES:

Dinner

6:00 PM

chicken, orange & avocado salad	1 serving	472 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 29 g (23%) / **Protein** 33 g (27%) / **Fat** 27 g (50%) / **Fluid** 27

NOTES:

DAY 7 TOTAL: Calories 1,340 cal / **Carbs** 132 g (37%) / **Protein** 80 g (23%) / **Fat** 63 g (40%) / **Fluid** 104



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2 Servings

shrimp stuffed avocado (paleo)

Ingredients

shrimp, cooked
8 oz

avocados
1/2 avocado

red peppers
1/2 cup

celery
1 cup

Nutrition Totals

Calories 470 / **Carbs** 20 g / **Protein** 55 g / **Fat** 19 g / **Fluid** 14 fl oz

Instructions

Chop shrimp in half, if desired keep a few to garnish. In a medium bowl, combine diced onions, bell pepper, celery (diced), shrimp, 1/2 of the lime juice; mix well. Taste and salt and pepper if necessary. Drizzle remaining lime juice over avocados, this help keep them from darkening too quickly. Use a spoon to stuff avocados with shrimp salad filling. Add any garnishes and serve immediately.



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Nutrition Label

Shrimp Stuffed Avocado (Paleo)		
Amount Per Serving		
Calories		235
		% Daily Value*
Total Fat	9.4g	15%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	239.2mg	80%
Sodium	297.4mg	12%
Total Carbohydrates	9.7g	3%
Dietary Fiber	4.9g	20%
Total Sugar	2.8g	
Protein	27.5g	
Vitamin D	4.5IU	1%
Calcium	132mg	13%
Iron	0.9mg	5%
Potassium	646.3mg	
* 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.		

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4 Servings

italian style venison pot roast (paleo)

Ingredients

celery

1 cup

onions

1 medium

black pepper

1/2 tsp

olive oil

1 Tbsp

deer/venison meat, lean, cooked

2 lb

garlic

1 clove

beef stock

4 fl. oz.

Nutrition Totals

Calories 1275 / **Carbs** 15 g / **Protein** 211 g / **Fat** 36 g / **Fluid** 29 fl oz

Instructions

1. In Dutch oven, heat olive oil over medium heat.
2. Add venison roast and brown roast on all sides.
3. Season with black pepper..
4. Crush garlic.
5. Add garlic to the combined remaining ingredients.
6. Pour over pot roast.
7. Cover and bake for 3 to 4 hours at 300 degrees.



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Nutrition Label

Italian Style Venison Pot Roast (Paleo)	
Amount Per Serving	
Calories	319
% Daily Value*	
Total Fat 8.9g	14%
Saturated Fat 2.6g	13%
Trans Fat 0g	
Cholesterol 192.7mg	64%
Sodium 137.2mg	6%
Total Carbohydrates 3.7g	1%
Dietary Fiber 0.9g	4%
Total Sugar 1.6g	
Protein 52.6g	
Vitamin D 0IU	0%
Calcium 30.3mg	3%
Iron 7.8mg	44%
Potassium 833.5mg	
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2 Servings

pepper steak (paleo)

Ingredients

olive oil
1/2 Tbsp

sweet green peppers
3/4 Cup(s)

drinking water
1/4 Cup(s)

carrots
2 cup

beef top sirloin, lean
6 oz

onions
1 small

Nutrition Totals

Calories 519 / **Carbs** 36 g / **Protein** 38 g / **Fat** 26 g / **Fluid** 19 fl oz

Instructions

Cut meat in half lengthwise with a sharp knife, then crosswise into thin slices. Brown meat in hot oil, then add onion and pepper; cook 1 to 2 minutes. Stir in water, and sprinkle on garlic, and cook about 5 minutes, stirring constantly. Serve on a bed of shredded carrots.



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Nutrition Label

Pepper Steak (Paleo)	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3.9g	20%
Trans Fat 0.5g	
Cholesterol 57.8mg	19%
Sodium 157.8mg	7%
Total Carbohydrates 18.1g	6%
Dietary Fiber 5.1g	21%
Total Sugar 8.8g	
Protein 19.1g	
Vitamin D 4.2IU	1%
Calcium 61.8mg	6%
Iron 2.9mg	17%
Potassium 846.8mg	
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1 Servings

lamb patties (paleo)

Ingredients

lemon herb seasoning
1/4 tsp

lamb meat, ground, cooked
4 oz

Nutrition Totals

Calories 321 / **Carbs** 1 g / **Protein** 28 g / **Fat** 22 g / **Fluid** 2 fl oz

Instructions

1. Form meat into a patty. Season each side with sea salt (optional) and lemon pepper.
2. Add oil/spray to a medium skillet over medium-high heat.
3. Add patties and cook, turning often.
4. 1/2 inch patties are done after 3 minutes per side at 160 degrees, but cook to your desired level of "done-ness".



Eating right, simplified.

Nutrition Label

Lamb Patties (Paleo)		
Amount Per Serving		
Calories		321
		% Daily Value*
Total Fat	22.2g	34%
Saturated Fat	9.2g	46%
Trans Fat	0g	
Cholesterol	109.9mg	37%
Sodium	151.8mg	6%
Total Carbohydrates	0.5g	0%
Dietary Fiber	0g	0%
Total Sugar	0g	
Protein	28.1g	
Vitamin D	2.2IU	0%
Calcium	24.9mg	2%
Iron	2mg	11%
Potassium	384.4mg	
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2 Servings

garlic-lime spinach (paleo)

Ingredients

olive oil

1 Tbsp

garlic

1 clove

spinach

1 bunch

black pepper

1 dash

limes

1 lime

Nutrition Totals

Calories 222 / **Carbs** 20 g / **Protein** 10 g / **Fat** 15 g / **Fluid** 13 fl oz

Instructions

In a large Dutch oven, heat the oil over medium-high heat until hot. Add the garlic and cook until golden brown, about 2 minutes. Add the spinach and cook, stirring constantly until wilted, about 4 minutes. Stir in lime zest, salt and pepper. Serve immediately.



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Nutrition Label

Garlic-Lime Spinach (Paleo)		
Amount Per Serving		
Calories		111
		% Daily Value*
Total Fat	7.4g	12%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	135.3mg	6%
Total Carbohydrates	10.2g	3%
Dietary Fiber	4.7g	19%
Total Sugar	1.2g	
Protein	5.1g	
Vitamin D	0IU	0%
Calcium	182.3mg	18%
Iron	4.8mg	27%
Potassium	989.5mg	
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1 Servings

italian chicken

Ingredients

garlic
1/2 clove

lemon juice
1 Tbsp

olive oil
1 Tbsp

chicken breast skinless
4 oz

Nutrition Totals

Calories 261 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3 fl oz

Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.



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Nutrition Label

Italian Chicken	
Amount Per Serving	
Calories	261
% Daily Value*	
Total Fat 16.5g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 82.7mg	28%
Sodium 51.7mg	2%
Total Carbohydrates 1.5g	1%
Dietary Fiber 0g	0%
Total Sugar 0.4g	
Protein 25.6g	
Vitamin D 1.1IU	0%
Calcium 9.4mg	1%
Iron 0.5mg	3%
Potassium 400.7mg	
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1 Servings

chicken, orange & avocado salad

Ingredients

spinach

2 Cup(s)

avocados

1/2 avocado

lemon herb seasoning

1/4 tsp

oranges

1 fruit

olive oil

1/3 Tbsp

chicken, boneless, roasted

4 oz

Nutrition Totals

Calories 472 / Carbs 29 g / Protein 33 g / Fat 27 g / Fluid 11 fl oz

Instructions

1. Prepare orange by cutting off the rind and outer membrane and slicing out the wedges of fruit between the segments. Do this over a bowl and set the remaining juice aside.
2. Top with oranges and avocados.
3. Add a drizzle of olive oil and any juice left over from the oranges. Season with sea salt and freshly ground black pepper to taste.
4. Add grilled chicken breast slices on top (optional, if served by itself).



Eating right, simplified.

Nutrition Label

Chicken, Orange & Avocado Salad		
Amount Per Serving		
Calories		472
		% Daily Value*
Total Fat	27.1g	42%
Saturated Fat	4.8g	24%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	200.9mg	8%
Total Carbohydrates	28.8g	10%
Dietary Fiber	11.1g	45%
Total Sugar	12.8g	
Protein	33.4g	
Vitamin D	0IU	0%
Calcium	145.3mg	15%
Iron	3.7mg	21%
Potassium	1314.3mg	
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Eating right, simplified.

Shopping List

Beef

beef top sirloin, lean
1.5 oz

Beverages

almond beverage with calcium
4 Cup(s)
coconut water
9 Cup(s)
drinking water
35.06 Cup(s)

Dairy & Egg

egg whites, cooked
13 large
omega 3 eggs
5 egg

Fats & Oils

coconut vegetable oil
3.15 Tbsp
olive oil
3.71 Tbsp

Finfish & Shellfish

coho salmon fish, cooked
4 oz
shrimp, cooked
6 oz
tuna fish, very low-sodium, in water
8 oz

Fruits & Juices

avocados
2.25 avocado
blueberries
1.67 Cup(s)
honeydew melon

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Eating right, simplified.

0.5 cup
lemon juice
1 Tbsp
limes
0.5 lime
oranges
1 fruit
peaches
2 large
plums
2 fruit
strawberries
3 Cup(s)

Ingredients

balsamic vinegar
7 Tbsp

Lamb, Veal, Game

deer/venison meat, lean, cooked
0.5 lb
lamb meat, ground, cooked
4 oz

Nuts & Seeds

almonds
2.75 oz
cashews, no salt, dry-roasted
0.75 oz

Pork

bacon, low-sodium, cooked
5 slice cooked

Poultry

chicken, boneless, roasted
5 oz
chicken breast skinless
4 oz
ground turkey, cooked
1 oz
turkey breast, roasted

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Eating right, simplified.

8 oz

Sausages & Meats

chicken, beef, and pork sausage, skinless, smoked

3 link

sliced ham, extra lean, low-sodium

8 slices

Soup

beef stock

1 fl. oz.

Spices & Herbs

black pepper

0.13 tsp

0.5 dash

lemon herb seasoning

0.5 tsp

Vegetables

asparagus, boiled

44 spears

broccoli, no salt, boiled

6 Cup(s)

broccoli flower clusters

4 cup

butternut squash, no salt, boiled

1 cup

carrots

0.5 cup

cauliflower, no salt, boiled

2 Cup(s)

20 flowerets

celery

0.75 cup

cherry tomatoes

40 tomatoes

garlic

1.25 clove

green leaf lettuce

12 cup

okra, no salt, boiled

4 cup

onions

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Eating right, simplified.

0.25 medium

1.25 cup

0.25 small

red peppers

0.25 cup

spinach

0.5 bunch

2 Cup(s)

sweet green peppers

6.19 Cup(s)

swiss chard, no salt, boiled

4 cup

winter corn squash, no salt, baked

2.5 cup

yams, no salt, boiled or baked

2.5 Cup(s)