



Eating right, simplified.

# 1,600 Calorie Plan (Paleo) 4 meals/day

## DAY 1

### Breakfast

7:00 AM

omega 3 eggs	2 egg	140 cal
coconut vegetable oil	1/3 Tbsp	39 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal
turkey breast, low-sodium, slices	2 slice, thick	188 cal
baby spinach	1 Cup(s)	10 cal
cantaloupe melon	1/2 cup	27 cal

MEAL TOTAL: **Calories** 484 cal / **Carbs** 21 g (17%) / **Protein** 52 g (41%) / **Fat** 23 g (42%) / **Fluid** 24

NOTES:

### Snack

10:00 AM

hazelnuts/filberts	1/2 oz	89 cal
coconut water	1 Cup(s)	46 cal
blueberries	1 1/2 Cup(s)	124 cal

MEAL TOTAL: **Calories** 259 cal / **Carbs** 43 g (61%) / **Protein** 5 g (8%) / **Fat** 10 g (31%) / **Fluid** 14

NOTES:

### Lunch

12:00 PM

artichoke hearts	1 Cup(s)	66 cal
kale	2 cup	66 cal
coho salmon fish, cooked	4 oz	158 cal
balsamic vinegar	1/2 Tbsp	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 29 g (30%) / **Protein** 37 g (38%) / **Fat** 13 g (32%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

almond-coconut crusted chicken breast (paleo)	1 serving	253 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal
mushrooms, no salt, boiled	2 Cup(s)	58 cal
drinking water	2 Cup(s)	0 cal
olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 36 g (29%) / **Protein** 39 g (32%) / **Fat** 21 g (39%) / **Fluid** 35

NOTES:

**DAY 1 TOTAL: Calories** 1,600 cal / **Carbs** 128 g (31%) / **Protein** 133 g (32%) / **Fat** 68 g (37%) / **Fluid** 96

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## DAY 2

### Breakfast

7:00 AM

egg whites, cooked	3 large	51 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal
coconut vegetable oil	1/3 Tbsp	39 cal
strawberries	1 1/2 Cup(s)	69 cal
sweet potato, no salt, baked	1/2 Cup(s)	90 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal

MEAL TOTAL: **Calories** 440 cal / **Carbs** 55 g (49%) / **Protein** 22 g (19%) / **Fat** 16 g (32%) / **Fluid** 24

NOTES:

### Snack

10:00 AM

macadamia nuts, no salt, dry roasted	1/2 oz	102 cal
broccoli flower clusters	2 cup	40 cal
coconut water	1 Cup(s)	46 cal
turkey breast, low-sodium, slices	2 slice, thick	188 cal

MEAL TOTAL: **Calories** 375 cal / **Carbs** 25 g (25%) / **Protein** 44 g (45%) / **Fat** 13 g (30%) / **Fluid** 16

NOTES:

### Lunch

12:00 PM

cabbage, no salt, cooked	2 cup	35 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	3 oz	116 cal

MEAL TOTAL: **Calories** 330 cal / **Carbs** 50 g (59%) / **Protein** 31 g (36%) / **Fat** 2 g (5%) / **Fluid** 28

NOTES:

### Dinner

6:00 PM

green leaf lettuce	2 cup	11 cal
olive oil	1/4 Tbsp	30 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
crab with fresh dill (paleo)	2 serving	293 cal

MEAL TOTAL: **Calories** 459 cal / **Carbs** 22 g (20%) / **Protein** 60 g (52%) / **Fat** 14 g (28%) / **Fluid** 30

NOTES:

**DAY 2 TOTAL: Calories** 1,604 cal / **Carbs** 152 g (37%) / **Protein** 157 g (38%) / **Fat** 45 g (25%) / **Fluid** 98



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## DAY 3

### Breakfast

7:00 AM

coconut vegetable oil	1/3 Tbsp	39 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
drinking water	2 Cup(s)	0 cal
cantaloupe melon	1 1/2 cup	82 cal
omega 3 eggs	2 egg	140 cal
turkey breast, low-sodium, slices	2 slice, thick	188 cal

MEAL TOTAL: **Calories** 490 cal / **Carbs** 35 g (27%) / **Protein** 56 g (44%) / **Fat** 17 g (29%) / **Fluid** 33

NOTES:

### Snack

10:00 AM

hazelnuts/filberts	2/3 oz	119 cal
blueberries	1 Cup(s)	83 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 247 cal / **Carbs** 33 g (50%) / **Protein** 6 g (8%) / **Fat** 12 g (42%) / **Fluid** 12

NOTES:

### Lunch

12:00 PM

ground turkey, cooked	5 oz	288 cal
kale	2 cup	66 cal
artichoke hearts	1 Cup(s)	66 cal
balsamic vinegar	1/2 Tbsp	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 29 g (22%) / **Protein** 49 g (38%) / **Fat** 23 g (40%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

ham and sweet potato soup (paleo)	1 serving	260 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 315 cal / **Carbs** 43 g (55%) / **Protein** 22 g (27%) / **Fat** 6 g (18%) / **Fluid** 33

NOTES:

**DAY 3 TOTAL: Calories** 1,559 cal / **Carbs** 140 g (34%) / **Protein** 133 g (33%) / **Fat** 59 g (33%) / **Fluid** 102



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## DAY 4

### Breakfast

7:00 AM

egg whites, cooked	3 large	51 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal
coconut vegetable oil	1/3 Tbsp	39 cal
oranges	1 fruit	69 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 42 g (41%) / **Protein** 25 g (24%) / **Fat** 16 g (35%) / **Fluid** 25

NOTES:

### Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
broccoli flower clusters	2 cup	40 cal
turkey jerky	1 oz	71 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 266 cal / **Carbs** 54 g (72%) / **Protein** 16 g (21%) / **Fat** 2 g (7%) / **Fluid** 18

NOTES:

### Lunch

12:00 PM

sweet potato, no salt, baked	1 Cup(s)	180 cal
cauliflower, no salt, boiled	10 flowerets	41 cal
drinking water	2 Cup(s)	0 cal
beef top sirloin, lean, broiled	3 oz	175 cal

MEAL TOTAL: **Calories** 397 cal / **Carbs** 49 g (49%) / **Protein** 33 g (32%) / **Fat** 9 g (19%) / **Fluid** 29

NOTES:

### Dinner

6:00 PM

green leaf lettuce	2 cup	11 cal
butternut squash, no salt, boiled	1/2 cup	41 cal
balsamic vinegar	1 Tbsp	14 cal
avocados	1/4 avocado	80 cal
drinking water	2 Cup(s)	0 cal
onions	1/4 cup	12 cal
baked pork chops (paleo)	2 serving	372 cal

MEAL TOTAL: **Calories** 530 cal / **Carbs** 24 g (18%) / **Protein** 51 g (38%) / **Fat** 26 g (44%) / **Fluid** 29

NOTES:

**DAY 4 TOTAL: Calories** 1,584 cal / **Carbs** 168 g (41%) / **Protein** 124 g (30%) / **Fat** 53 g (29%) / **Fluid** 100



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## DAY 5

### Breakfast

7:00 AM

omega 3 eggs	2 egg	140 cal
drinking water	2 Cup(s)	0 cal
coconut vegetable oil	1/3 Tbsp	39 cal
cantaloupe melon	1 1/2 cup	82 cal
baby spinach	2 Cup(s)	20 cal
turkey breast, low-sodium, slices	2 slice, thick	188 cal

MEAL TOTAL: **Calories** 468 cal / **Carbs** 31 g (26%) / **Protein** 53 g (44%) / **Fat** 16 g (30%) / **Fluid** 27

NOTES:

### Snack

10:00 AM

cherry tomatoes	10 tomatoes	20 cal
coconut water	2 Cup(s)	91 cal
hazelnuts/filberts	1 oz	178 cal

MEAL TOTAL: **Calories** 289 cal / **Carbs** 27 g (35%) / **Protein** 9 g (11%) / **Fat** 18 g (54%) / **Fluid** 15

NOTES:

### Lunch

12:00 PM

butternut squash, no salt, boiled	2 cup	164 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	4 oz	154 cal
cabbage, no salt, cooked	1 1/2 cup	26 cal
avocados	1/3 avocado	107 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 55 g (45%) / **Protein** 40 g (32%) / **Fat** 12 g (23%) / **Fluid** 36

NOTES:

### Dinner

6:00 PM

italian style veal with spaghetti squash (paleo)	1 serving	350 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 30 g (29%) / **Protein** 27 g (25%) / **Fat** 22 g (46%) / **Fluid** 35

NOTES:

**DAY 5 TOTAL: Calories** 1,614 cal / **Carbs** 144 g (34%) / **Protein** 128 g (30%) / **Fat** 69 g (36%) / **Fluid** 114



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## DAY 6

### Breakfast

7:00 AM

bacon, low-sodium, cooked	2 slice cooked	87 cal
egg whites, cooked	4 large	69 cal
coconut vegetable oil	1/3 Tbsp	39 cal
oranges	1 fruit	69 cal
spinach, no salt, boiled	1 1/2 Cup(s)	62 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 40 g (39%) / **Protein** 31 g (29%) / **Fat** 15 g (32%) / **Fluid** 24

NOTES:

### Snack

10:00 AM

turkey jerky	1 oz	71 cal
macadamia nuts, no salt, dry roasted	1/2 oz	102 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 218 cal / **Carbs** 19 g (32%) / **Protein** 12 g (20%) / **Fat** 12 g (48%) / **Fluid** 8

NOTES:

### Lunch

12:00 PM

artichoke hearts	1 Cup(s)	66 cal
kale	2 cup	66 cal
coho salmon fish, cooked	6 oz	236 cal
balsamic vinegar	2 Tbsp	28 cal
drinking water	2 Cup(s)	0 cal
avocados	1/3 avocado	107 cal

MEAL TOTAL: **Calories** 504 cal / **Carbs** 34 g (27%) / **Protein** 51 g (40%) / **Fat** 18 g (33%) / **Fluid** 26

NOTES:

### Dinner

6:00 PM

lettuce-wrapped turkey burgers (paleo)	1 serving	179 cal
sweet potato, no salt, baked	1 1/4 Cup(s)	225 cal
drinking water	2 Cup(s)	0 cal
onions	1/2 cup	23 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 507 cal / **Carbs** 63 g (48%) / **Protein** 30 g (23%) / **Fat** 17 g (29%) / **Fluid** 26

NOTES:

**DAY 6 TOTAL: Calories** 1,623 cal / **Carbs** 156 g (38%) / **Protein** 124 g (29%) / **Fat** 62 g (33%) / **Fluid** 84



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## DAY 7

### Breakfast

7:00 AM

omega 3 eggs	2 egg	140 cal
beet greens, no salt, boiled	1 Cup(s)	39 cal
cantaloupe melon	1 1/2 cup	82 cal
coconut vegetable oil	1/3 Tbsp	39 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	5 oz	193 cal

MEAL TOTAL: **Calories** 492 cal / **Carbs** 29 g (23%) / **Protein** 60 g (46%) / **Fat** 18 g (31%) / **Fluid** 31

NOTES:

### Snack

10:00 AM

hazelnuts/filberts	1 oz	178 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 261 cal / **Carbs** 26 g (36%) / **Protein** 5 g (7%) / **Fat** 18 g (57%) / **Fluid** 4

NOTES:

### Lunch

12:00 PM

avocados	1/2 avocado	161 cal
ham and sweet potato soup (paleo)	1 serving	260 cal
drinking water	2 Cup(s)	0 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	2 Tbsp	28 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 48 g (42%) / **Protein** 21 g (18%) / **Fat** 21 g (40%) / **Fluid** 34

NOTES:

### Dinner

6:00 PM

macadamia nut encrusted mahi mahi (paleo)	1 serving	311 cal
broccoli	2 cup	62 cal
mushrooms, no salt, boiled	1 1/2 Cup(s)	44 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 25 g (22%) / **Protein** 31 g (28%) / **Fat** 25 g (50%) / **Fluid** 29

NOTES:

**DAY 7 TOTAL: Calories** 1,630 cal / **Carbs** 128 g (30%) / **Protein** 117 g (27%) / **Fat** 81 g (43%) / **Fluid** 98



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4 Servings



# almond-coconut crusted chicken breast (paleo)

## Ingredients

almond flour

1/4 Cup(s)

coconut flakes, organic

1 1/2 oz

omega 3 eggs

1 egg

chicken breast, boneless skinless

16 oz

## Nutrition Totals

**Calories** 1011 / **Carbs** 10 g / **Protein** 107 g / **Fat** 48 g / **Fluid** 12 fl oz

## Instructions

1. In medium-sized bowl combine almond meal and shredded coconut.
2. In a separate medium-sized bowl, whisk egg.
3. Heat coconut oil (or preferred oil/spray) over medium heat in a large sauce pan.
4. Dip each chicken breast in egg mixture then almond meal/coconut mixture before placing in hot oil.
5. Cook in hot oil, turning each breast once, until chicken is cooked through.





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## Nutrition Label

<b>Almond-Coconut Crusted Chicken Breast (Paleo)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>253</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>19%</b>
Saturated Fat 7.3g	<b>37%</b>
Trans Fat 0g	
<b>Cholesterol</b> 121.3mg	<b>40%</b>
<b>Sodium</b> 217mg	<b>9%</b>
<b>Total Carbohydrates</b> 2.4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugar 1.1g	
<b>Protein</b> 26.6g	
<b>Vitamin D</b> 17.2IU	<b>3%</b>
<b>Calcium</b> 25.5mg	<b>3%</b>
<b>Iron</b> 1.1mg	<b>6%</b>
<b>Potassium</b> 376.4mg	
* 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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1 Servings

## crab with fresh dill (paleo)

### Ingredients

paprika  
1/4 tsp

### Nutrition Totals

**Calories** 147 / **Carbs** 3 g / **Protein** 29 g / **Fat** 2 g / **Fluid** 5 fl oz

### Instructions

1. Boil water in a medium-sized sauce pan; must be enough water to submerge crab.
2. Use tongs to place crab into boiling water. Partially cover.
3. Cook crab in boiling water for 7-8 minutes.
4. Carefully remove crab from water.
5. Once cool enough to handle, remove crab meat.
6. Combine crab meat with lime juice, paprika and dill.



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## Nutrition Label

Crab With Fresh Dill (Paleo)		
Amount Per Serving		
Calories		147
		% Daily Value*
Total Fat	1.6g	3%
Saturated Fat	0.2g	1%
Trans Fat	0g	
Cholesterol	96.1mg	32%
Sodium	240.6mg	10%
Total Carbohydrates	3.2g	1%
Dietary Fiber	0.6g	3%
Total Sugar	0.3g	
Protein	28.5g	
Vitamin D	0IU	0%
Calcium	81.7mg	8%
Iron	0.8mg	5%
Potassium	606mg	
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4 Servings

# ham and sweet potato soup (paleo)

## Ingredients

sliced ham, extra lean, low-sodium  
10 oz

onions  
2 medium

garlic  
2 clove

coriander/ cilantro/ chinese parsley  
1/2 tsp

coconut milk  
1 1/2 Cup(s)

sweet potato  
14 oz

chicken broth soup, low-sodium  
3 Cup(s)

bay leaf  
1/2 tsp

allspice, ground  
1 tsp

## Nutrition Totals

**Calories** 1041 / **Carbs** 128 g / **Protein** 72 g / **Fat** 23 g / **Fluid** 48 fl oz

## Instructions

1. Dice ham and brown in large Dutch oven over medium heat for 3 minutes.
2. Add in diced onions and cook for 5 to 7 minutes.
3. Mince garlic and add to pan.
4. Add in coriander and allspice and cook until fragrant, about 30 seconds.
5. Gradually stir in broth, scraping up any browned bits.
6. Stir in the coconut milk, diced sweet potatoes, and bay leaf and bring to a boil. 7. Reduce heat to a gentle simmer and cook until the potatoes are tender.
8. Season to taste with salt and pepper.



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## Nutrition Label

Ham And Sweet Potato Soup (Paleo)		
Amount Per Serving		
Calories		260
		% Daily Value*
Total Fat	5.6g	9%
Saturated Fat	1.1g	6%
Trans Fat	0g	
Cholesterol	29mg	10%
Sodium	415.4mg	17%
Total Carbohydrates	32g	11%
Dietary Fiber	4g	16%
Total Sugar	9.4g	
Protein	18g	
Vitamin D	19.8IU	3%
Calcium	60.5mg	6%
Iron	1.6mg	9%
Potassium	911.6mg	
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4 Servings

## baked pork chops (paleo)

### Ingredients

paprika  
1/2 tsp

sage, ground  
1/2 tsp

pork tenderloin  
16 oz

vegetable oil, canola  
2 Tbsp

### Nutrition Totals

**Calories** 745 / **Carbs** 3 g / **Protein** 96 g / **Fat** 37 g / **Fluid** 12 fl oz

### Instructions

1. Combine spices in small bowl.
2. Rub spice mixture onto each side of raw pork chop.
3. Heat canola oil over medium-high heat; add pork chops.
4. While pork chops are browning; preheat oven to 425 degrees F.
5. Once each side of the pork chops are browned (not cooked through), transfer to oven safe dish and cover with foil. Bake until cooked through.



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## Nutrition Label

Baked Pork Chops (Paleo)		
Amount Per Serving		
Calories		186
		% Daily Value*
Total Fat	9.2g	14%
Saturated Fat	1.3g	7%
Trans Fat	0g	
Cholesterol	73.7mg	25%
Sodium	60.5mg	3%
Total Carbohydrates	0.6g	0%
Dietary Fiber	0.3g	1%
Total Sugar	0g	
Protein	23.8g	
Vitamin D	9IU	2%
Calcium	16mg	2%
Iron	1.6mg	9%
Potassium	467.4mg	
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4 Servings



## italian style veal with spaghetti squash (paleo)

### Ingredients

veal breast meat, lean  
16 oz

vegetable oil, canola  
1 Tbsp

tomatoes  
5 Cup(s)

garlic  
2 clove

spaghetti squash, no salt, cooked  
4 Cup(s)

### Nutrition Totals

**Calories** 1401 / **Carbs** 77 g / **Protein** 92 g / **Fat** 84 g / **Fluid** 59 fl oz

### Instructions

1. Heat oil in a large saute pan over medium heat.
2. Season the 4, 4 oz veal breasts on each side with salt, pepper, and oregano.
3. Carefully add veal to hot oil and brown on both sides.
4. While veal is browning, mince garlic.
5. Reduce heat to low and add garlic; cook until garlic is browned.
6. Add canned tomatoes and parsley.
7. Cover with lid and reduce heat to low simmer until veal is tender (about 1 hour).
8. Serve over cooked spaghetti squash.





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## Nutrition Label

<b>Italian Style Veal With Spaghetti Squash (Paleo)</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>350</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	20.9g	<b>32%</b>
Saturated Fat	7g	<b>35%</b>
Trans Fat	0g	
<b>Cholesterol</b>	80.5mg	<b>27%</b>
<b>Sodium</b>	119.9mg	<b>5%</b>
<b>Total Carbohydrates</b>	19.2g	<b>6%</b>
Dietary Fiber	4.9g	<b>20%</b>
Total Sugar	9.8g	
<b>Protein</b>	22.9g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	65.7mg	<b>7%</b>
<b>Iron</b>	1.7mg	<b>10%</b>
<b>Potassium</b>	1044.9mg	
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4 Servings



# lettuce-wrapped turkey burgers (paleo)

## Ingredients

ground turkey, cooked  
12 oz

cilantro leaves raw, coriander  
1/2 Cup(s)

onions  
1/2 cup

garlic  
1/4 tsp

## Nutrition Totals

**Calories** 715 / **Carbs** 6 g / **Protein** 94 g / **Fat** 35 g / **Fluid** 7 fl oz

## Instructions

1. Heat grill, or turn the broiler on low.
2. Combine all ingredients, except lettuce, in a bowl and use a fork to mix well.
3. Divide turkey mixture into 4 patties.
4. Grill or broil until cooked through and juices run clear.
5. Wrap each patty in two lettuce leaves.



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## Nutrition Label

Lettuce-Wrapped Turkey Burgers (Paleo)		
Amount Per Serving		
Calories		179
		% Daily Value*
Total Fat	8.8g	14%
Saturated Fat	2.2g	11%
Trans Fat	0.1g	
Cholesterol	79mg	26%
Sodium	67.1mg	3%
Total Carbohydrates	1.4g	0%
Dietary Fiber	0.2g	1%
Total Sugar	0.6g	
Protein	23.4g	
Vitamin D	6.8IU	1%
Calcium	27.7mg	3%
Iron	1.3mg	7%
Potassium	274.3mg	
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4 Servings



# macadamia nut encrusted mahi mahi (paleo)

## Ingredients

omega 3 eggs  
1 egg  
almond beverage with calcium  
2 Tbsp  
mahi-mahi/dolphinfish  
2 fillet  
orange peel  
2 tsp  
parsley  
2 tsp  
black pepper  
1/4 tsp  
macadamia nuts  
4 oz

## Nutrition Totals

**Calories** 1245 / **Carbs** 19 g / **Protein** 91 g / **Fat** 94 g / **Fluid** 11 fl oz

## Instructions

1. Preheat oven to 400 degrees F.
2. Lightly grease 13x9" baking dish with olive oil.
3. Chop macadamia nuts.
4. In a medium bowl, lightly beat egg with almond milk and set aside.
5. In a separate bowl, combine chopped nuts, parsley, pepper, and orange zest.
6. Dip each mahi mahi fillet in egg mixture, then press halibut in nut mixture.
7. Place crusted fillets in prepared pan. Top with any remaining nut mixture.
8. Bake for 10-15 minutes (or until fish flakes apart easily with a fork).



Eating right, simplified.

## Nutrition Label

<b>Macadamia Nut Encrusted Mahi Mahi (Paleo)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>311</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 23.5g	<b>36%</b>
Saturated Fat 3.9g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 123.2mg	<b>41%</b>
<b>Sodium</b> 110.4mg	<b>5%</b>
<b>Total Carbohydrates</b> 4.8g	<b>2%</b>
Dietary Fiber 2.5g	<b>10%</b>
Total Sugar 1.5g	
<b>Protein</b> 22.6g	
<b>Vitamin D</b> 15IU	<b>3%</b>
<b>Calcium</b> 60.6mg	<b>6%</b>
<b>Iron</b> 2.5mg	<b>14%</b>
<b>Potassium</b> 537mg	
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Eating right, simplified.

## Shopping List

### Beef

beef top sirloin, lean, broiled  
3 oz

### Beverages

almond beverage with calcium  
4 Cup(s)  
0.5 Tbsp  
coconut milk  
0.76 Cup(s)  
coconut water  
7 Cup(s)  
drinking water  
36 Cup(s)

### Dairy & Egg

egg whites, cooked  
10 large  
omega 3 eggs  
8.5 egg

### Fats & Oils

coconut vegetable oil  
2.31 Tbsp  
olive oil  
0.75 Tbsp  
vegetable oil, canola  
1.25 Tbsp

### Finfish & Shellfish

coho salmon fish, cooked  
10 oz  
mahi-mahi/dolphinfish  
0.5 fillet

### Fruits & Juices

apples  
1 large

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Eating right, simplified.

avocados  
2.66 avocado  
blueberries  
3.5 Cup(s)  
cantaloupe melon  
5 cup  
orange peel  
0.5 tsp  
oranges  
2 fruit  
strawberries  
1.5 Cup(s)

## Ingredients

almond flour  
0.06 Cup(s)  
balsamic vinegar  
7.5 Tbsp  
coconut flakes, organic  
0.38 oz

## Lamb, Veal, Game

veal breast meat, lean  
4 oz

## Nuts & Seeds

hazelnuts/filberts  
3.17 oz  
macadamia nuts  
1 oz  
macadamia nuts, no salt, dry roasted  
1 oz

## Pork

bacon, low-sodium, cooked  
6 slice cooked  
pork tenderloin  
8 oz

## Poultry

chicken breast, boneless skinless  
4 oz

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Eating right, simplified.

ground turkey, cooked

8 oz

turkey breast, low-sodium, slices

8 slice, thick

turkey breast, roasted

12 oz

## Sausages & Meats

sliced ham, extra lean, low-sodium

5 oz

## Snacks

turkey jerky

2 oz

## Soup

chicken broth soup, low-sodium

1.5 Cup(s)

## Spices & Herbs

allspice, ground

0.5 tsp

bay leaf

0.26 tsp

black pepper

0.06 tsp

coriander/ cilantro/ chinese parsley

0.26 tsp

paprika

0.75 tsp

parsley

0.5 tsp

sage, ground

0.25 tsp

## Vegetables

artichoke hearts

3 Cup(s)

baby spinach

3 Cup(s)

beet greens, no salt, boiled

1 Cup(s)

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broccoli  
2 cup  
broccoli, no salt, boiled  
4 Cup(s)  
broccoli flower clusters  
4 cup  
butternut squash, no salt, boiled  
2.5 cup  
cabbage, no salt, cooked  
3.5 cup  
cauliflower, no salt, boiled  
10 flowerets  
cherry tomatoes  
10 tomatoes  
cilantro leaves raw, coriander  
0.13 Cup(s)  
garlic  
1.5 clove  
0.06 tsp  
green leaf lettuce  
6 cup  
kale  
6 cup  
mushrooms, no salt, boiled  
3.5 Cup(s)  
onions  
1.38 cup  
1 medium  
spaghetti squash, no salt, cooked  
1 Cup(s)  
spinach, no salt, boiled  
3.5 Cup(s)  
sweet potato  
7 oz  
sweet potato, no salt, baked  
3.75 Cup(s)  
tomatoes  
1.25 Cup(s)