



Eating right, simplified.

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

## DAY 1

<b>Breakfast</b> 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:

<b>Snack</b> 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:

<b>Lunch</b> 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:

<b>Dinner</b> 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**

<b>Breakfast</b> 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:

<b>Snack</b> 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:

<b>Lunch</b> 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:

<b>Dinner</b> 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

**DAY 3**

<b>Breakfast</b> 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:

<b>Snack</b> 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:

<b>Lunch</b> 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:

<b>Dinner</b> 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

**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

<b>Breakfast</b> 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:

<b>Snack</b> 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:

<b>Lunch</b> 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:

<b>Dinner</b> 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

<b>Breakfast</b> 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:

<b>Snack</b> 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:

<b>Lunch</b> 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:

<b>Dinner</b> 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**

<b>Breakfast</b> 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:

<b>Snack</b> 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:

<b>Lunch</b> 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:

<b>Dinner</b> 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

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.

# Nutrition Label

<b>Almond-Coconut Crusted Chicken Breast (Paleo)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>253</b>
% Daily Value*	
<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	
<small>* 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.</small>	



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.

## Nutrition Label

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

## Nutrition Label

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

## Nutrition Label

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

## 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.

## Nutrition Label

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

\* 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.

4 Servings



# macadamia nut encrusted mahi mahi (paleo)

## Ingredients

omega 3 eggs  
1 egg  
almond beverage with calcium  
2 Tbsp  
mahimahi/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).

# Nutrition Label

<b>Macadamia Nut Encrusted Mahi Mahi (Paleo)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>311</b>
% Daily Value*	
<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	

\* 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.



## 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



**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



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)



**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)**