



Eating right, simplified.

2,900 Calorie Plan (Paleo) 5meals/day

DAY 1

Breakfast

7:00 AM

omega 3 eggs	2 egg	140 cal
coconut vegetable oil	1/2 Tbsp	58 cal
drinking water	2 Cup(s)	0 cal
avocados	1/3 avocado	107 cal
turkey breast, low-sodium, slices	3 slice, thick	282 cal
baby spinach	2 Cup(s)	20 cal
cantaloupe melon	2 1/2 cup	136 cal

MEAL TOTAL: **Calories** 743 cal / **Carbs** 54 g (28%) / **Protein** 74 g (38%) / **Fat** 29 g (34%) / **Fluid** 36

NOTES:

Snack

10:00 AM

hazelnuts/filberts	1 1/2 oz	267 cal
coconut water	1 1/2 Cup(s)	68 cal
blueberries	1/2 Cup(s)	41 cal
turkey jerky	1 oz	71 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 39 g (32%) / **Protein** 19 g (15%) / **Fat** 28 g (53%) / **Fluid** 14

NOTES:

Lunch

12:00 PM

artichoke hearts	2 Cup(s)	132 cal
kale	1 cup	33 cal
coho salmon fish, cooked	6 oz	236 cal
balsamic vinegar	1/2 Tbsp	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 570 cal / **Carbs** 39 g (27%) / **Protein** 52 g (37%) / **Fat** 23 g (36%) / **Fluid** 25

NOTES:

Snack

3:00 PM

chicken, boneless, roasted	6 oz	284 cal
baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 36 g (33%) / **Protein** 45 g (42%) / **Fat** 12 g (25%) / **Fluid** 31

NOTES:



Eating right, simplified.

Dinner

6:00 PM

almond-coconut crusted chicken breast (paleo)	2 serving	506 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	1/4 Tbsp	30 cal

MEAL TOTAL: **Calories** 703 cal / **Carbs** 38 g (22%) / **Protein** 65 g (38%) / **Fat** 30 g (40%) / **Fluid** 38

NOTES:

DAY 1 TOTAL: **Calories** 2,895 cal / **Carbs** 206 g (28%) / **Protein** 256 g (35%) / **Fat** 121 g (37%) / **Fluid** 143



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

egg whites, cooked	4 large	69 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal
coconut vegetable oil	1/3 Tbsp	39 cal
strawberries	2 Cup(s)	92 cal
sweet potato, no salt, baked	1 1/2 Cup(s)	270 cal
almond beverage with calcium	2 Cup(s)	139 cal

MEAL TOTAL: **Calories** 695 cal / **Carbs** 107 g (61%) / **Protein** 30 g (17%) / **Fat** 18 g (22%) / **Fluid** 37

NOTES:

Snack

10:00 AM

macadamia nuts, no salt, dry roasted	1 oz	204 cal
broccoli flower clusters	2 cup	40 cal
coconut water	1 1/2 Cup(s)	68 cal
turkey breast, low-sodium, slices	2 slice, thick	188 cal

MEAL TOTAL: **Calories** 500 cal / **Carbs** 31 g (24%) / **Protein** 46 g (35%) / **Fat** 24 g (41%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

cabbage, no salt, cooked	2 cup	35 cal
sweet potato, no salt, baked	2 Cup(s)	360 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	7 oz	270 cal

MEAL TOTAL: **Calories** 664 cal / **Carbs** 91 g (54%) / **Protein** 69 g (40%) / **Fat** 5 g (6%) / **Fluid** 35

NOTES:

Snack

3:00 PM

apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
egg, hard boiled	1 large	78 cal
hazelnuts/filberts	1 oz	178 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 35 g (36%) / **Protein** 11 g (11%) / **Fat** 23 g (53%) / **Fluid** 23

NOTES:



Eating right, simplified.

Dinner

6:00 PM

green leaf lettuce	2 cup	11 cal
olive oil	1/2 Tbsp	60 cal
avocados	1/3 avocado	107 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
butternut squash, no salt, boiled	2 cup	164 cal

MEAL TOTAL: **Calories** 679 cal / **Carbs** 67 g (38%) / **Protein** 64 g (36%) / **Fat** 20 g (26%) / **Fluid** 43

NOTES:

DAY 2 TOTAL: **Calories** 2,904 cal / **Carbs** 331 g (44%) / **Protein** 220 g (29%) / **Fat** 90 g (27%) / **Fluid** 158



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

coconut vegetable oil	3/4 Tbsp	87 cal
spinach, no salt, boiled	2 1/2 Cup(s)	104 cal
drinking water	2 Cup(s)	0 cal
cantaloupe melon	2 cup	109 cal
omega 3 eggs	2 egg	140 cal
turkey breast, low-sodium, slices	3 slice, thick	282 cal

MEAL TOTAL: **Calories** 721 cal / **Carbs** 55 g (29%) / **Protein** 83 g (43%) / **Fat** 24 g (28%) / **Fluid** 46

NOTES:

Snack

10:00 AM

hazelnuts/filberts	1 oz	178 cal
blueberries	1 1/2 Cup(s)	124 cal
coconut water	1 Cup(s)	46 cal
turkey breast, roasted	3 oz	116 cal

MEAL TOTAL: **Calories** 463 cal / **Carbs** 45 g (36%) / **Protein** 33 g (27%) / **Fat** 20 g (37%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

ground turkey, cooked	7 oz	403 cal
kale	2 cup	66 cal
artichoke hearts	2 Cup(s)	132 cal
balsamic vinegar	2 Tbsp	28 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 710 cal / **Carbs** 44 g (25%) / **Protein** 69 g (38%) / **Fat** 29 g (37%) / **Fluid** 26

NOTES:

Snack

3:00 PM

egg whites, cooked	6 large	103 cal
drinking water	2 Cup(s)	0 cal
baby carrots	15 large	79 cal
oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 319 cal / **Carbs** 55 g (66%) / **Protein** 26 g (31%) / **Fat** 1 g (3%) / **Fluid** 37

NOTES:



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Dinner

6:00 PM

ham and sweet potato soup (paleo)	2 serving	520 cal
broccoli, no salt, boiled	3 Cup(s)	164 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 684 cal / **Carbs** 98 g (56%) / **Protein** 47 g (27%) / **Fat** 13 g (17%) / **Fluid** 54

NOTES:

DAY 3 TOTAL: **Calories** 2,898 cal / **Carbs** 297 g (40%) / **Protein** 258 g (34%) / **Fat** 88 g (26%) / **Fluid** 179

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DAY 4

Breakfast

7:00 AM

egg whites, cooked	6 large	103 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal
coconut vegetable oil	1/2 Tbsp	58 cal
oranges	2 fruit	137 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
almond beverage with calcium	2 Cup(s)	139 cal

MEAL TOTAL: **Calories** 606 cal / **Carbs** 72 g (45%) / **Protein** 43 g (27%) / **Fat** 20 g (28%) / **Fluid** 41

NOTES:

Snack

10:00 AM

coconut water	1 1/2 Cup(s)	68 cal
broccoli flower clusters	2 1/2 cup	50 cal
turkey jerky	1 oz	71 cal

MEAL TOTAL: **Calories** 189 cal / **Carbs** 31 g (58%) / **Protein** 17 g (32%) / **Fat** 2 g (10%) / **Fluid** 17

NOTES:

Lunch

12:00 PM

sweet potato, no salt, baked	2 Cup(s)	360 cal
cauliflower, no salt, boiled	10 flowerets	41 cal
drinking water	2 Cup(s)	0 cal
beef top sirloin, lean, broiled	8 1/2 oz	496 cal

MEAL TOTAL: **Calories** 898 cal / **Carbs** 90 g (40%) / **Protein** 83 g (37%) / **Fat** 23 g (23%) / **Fluid** 37

NOTES:

Snack

3:00 PM

apples	1 large	110 cal
egg, hard boiled	2 large	155 cal
hazelnuts/filberts	1 1/4 oz	223 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 488 cal / **Carbs** 36 g (28%) / **Protein** 18 g (14%) / **Fat** 32 g (58%) / **Fluid** 25

NOTES:



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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)	3 serving	559 cal

MEAL TOTAL: **Calories** 717 cal / **Carbs** 25 g (14%) / **Protein** 75 g (42%) / **Fat** 35 g (44%) / **Fluid** 32

NOTES:

DAY 4 TOTAL: **Calories** 2,897 cal / **Carbs** 254 g (34%) / **Protein** 236 g (32%) / **Fat** 113 g (34%) / **Fluid** 152



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

omega 3 eggs	2 egg	140 cal
drinking water	2 Cup(s)	0 cal
coconut vegetable oil	1/2 Tbsp	58 cal
cantaloupe melon	2 cup	109 cal
baby spinach	2 Cup(s)	20 cal
turkey breast, low-sodium, slices	3 slice, thick	282 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 712 cal / **Carbs** 43 g (24%) / **Protein** 94 g (51%) / **Fat** 20 g (25%) / **Fluid** 38

NOTES:

Snack

10:00 AM

cherry tomatoes	15 tomatoes	30 cal
coconut water	2 Cup(s)	91 cal
hazelnuts/filberts	1 1/2 oz	267 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 32 g (31%) / **Protein** 11 g (11%) / **Fat** 27 g (58%) / **Fluid** 16

NOTES:

Lunch

12:00 PM

butternut squash, no salt, boiled	2 cup	164 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	8 oz	308 cal
cabbage, no salt, cooked	2 cup	35 cal
avocados	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 668 cal / **Carbs** 60 g (34%) / **Protein** 75 g (41%) / **Fat** 20 g (25%) / **Fluid** 41

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	5 oz	237 cal
celery	3 medium stalk	19 cal
oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 393 cal / **Carbs** 39 g (38%) / **Protein** 39 g (39%) / **Fat** 10 g (23%) / **Fluid** 31

NOTES:

Dinner

6:00 PM

italian style veal with spaghetti squash (paleo)	2 serving	701 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 755 cal / **Carbs** 50 g (25%) / **Protein** 50 g (25%) / **Fat** 43 g (50%) / **Fluid** 50

NOTES:

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DAY 5 TOTAL: **Calories** 2,916 cal / **Carbs** 223 g (29%) / **Protein** 268 g (36%) / **Fat** 119 g (35%) / **Fluid** 175

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DAY 6

Breakfast

7:00 AM

bacon, low-sodium, cooked	2 slice cooked	87 cal
egg whites, cooked	6 large	103 cal
coconut vegetable oil	1/3 Tbsp	39 cal
oranges	2 fruit	137 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
almond beverage with calcium	2 Cup(s)	139 cal

MEAL TOTAL: **Calories** 587 cal / **Carbs** 72 g (46%) / **Protein** 43 g (28%) / **Fat** 18 g (26%) / **Fluid** 41

NOTES:

Snack

10:00 AM

turkey jerky	1 oz	71 cal
macadamia nuts, no salt, dry roasted	1 1/2 oz	305 cal
coconut water	1 Cup(s)	46 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 532 cal / **Carbs** 52 g (36%) / **Protein** 15 g (10%) / **Fat** 34 g (54%) / **Fluid** 14

NOTES:

Lunch

12:00 PM

artichoke hearts	2 Cup(s)	132 cal
kale	2 cup	66 cal
coho salmon fish, cooked	8 oz	315 cal
balsamic vinegar	2 Tbsp	28 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 702 cal / **Carbs** 48 g (28%) / **Protein** 69 g (39%) / **Fat** 26 g (33%) / **Fluid** 29

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
egg, hard boiled	2 large	155 cal
apples	1 large	110 cal
baby carrots	15 large	79 cal

MEAL TOTAL: **Calories** 344 cal / **Carbs** 49 g (55%) / **Protein** 15 g (16%) / **Fat** 11 g (29%) / **Fluid** 32

NOTES:



Eating right, simplified.

Dinner

6:00 PM

lettuce-wrapped turkey burgers (paleo)	2 serving	358 cal
sweet potato, no salt, baked	1 1/2 Cup(s)	270 cal
drinking water	2 Cup(s)	0 cal
onions	1/2 cup	23 cal
avocados	1/3 avocado	107 cal

MEAL TOTAL: **Calories** 758 cal / **Carbs** 76 g (39%) / **Protein** 55 g (28%) / **Fat** 28 g (33%) / **Fluid** 29

NOTES:

DAY 6 TOTAL: **Calories** 2,923 cal / **Carbs** 298 g (39%) / **Protein** 196 g (26%) / **Fat** 117 g (35%) / **Fluid** 144



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

omega 3 eggs	2 egg	140 cal
beet greens, no salt, boiled	2 Cup(s)	78 cal
cantaloupe melon	2 cup	109 cal
coconut vegetable oil	1/2 Tbsp	58 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	6 oz	231 cal

MEAL TOTAL: **Calories** 616 cal / **Carbs** 44 g (27%) / **Protein** 72 g (44%) / **Fat** 21 g (29%) / **Fluid** 38

NOTES:

Snack

10:00 AM

tomatoes juice, low-sodium	1 1/2 Cup(s)	80 cal
hazelnuts/filberts	1 1/2 oz	267 cal
blueberries	1 Cup(s)	83 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 540 cal / **Carbs** 74 g (51%) / **Protein** 10 g (7%) / **Fat** 27 g (42%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

avocados	1/3 avocado	107 cal
ham and sweet potato soup (paleo)	2 serving	520 cal
drinking water	2 Cup(s)	0 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	2 Tbsp	28 cal

MEAL TOTAL: **Calories** 667 cal / **Carbs** 77 g (47%) / **Protein** 39 g (24%) / **Fat** 21 g (29%) / **Fluid** 45

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	6 oz	284 cal
celery	5 medium stalk	32 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 385 cal / **Carbs** 23 g (25%) / **Protein** 45 g (47%) / **Fat** 12 g (28%) / **Fluid** 30

NOTES:



Eating right, simplified.

Dinner

6:00 PM

macadamia nut encrusted mahi mahi (paleo)	2 serving	623 cal
broccoli	1 cup	31 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 683 cal / Carbs 21 g (12%) / Protein 50 g (28%) / Fat 48 g (60%) / Fluid 27

NOTES:

DAY 7 TOTAL: Calories 2,890 cal / Carbs 240 g (32%) / Protein 216 g (29%) / Fat 129 g (39%) / Fluid 163



Eating right, simplified.

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.



Eating right, simplified.

Nutrition Label

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



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.



Eating right, simplified.

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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Eating right, simplified.



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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Eating right, simplified.



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.



Eating right, simplified.

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	
* 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.		



Eating right, simplified.

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.



Eating right, simplified.

Nutrition Label

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



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.



Eating right, simplified.

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

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

Shopping List

Beef

beef top sirloin, lean, broiled

8.5 oz

Beverages

almond beverage with calcium

6 Cup(s)

1 Tbsp

coconut milk

1.5 Cup(s)

coconut water

8.5 Cup(s)

drinking water

50 Cup(s)

tomatoes juice, low-sodium

1.5 Cup(s)

Dairy & Egg

egg, hard boiled

5 large

egg whites, cooked

28 large

omega 3 eggs

9 egg

Fats & Oils

coconut vegetable oil

3.41 Tbsp

olive oil

0.75 Tbsp

vegetable oil, canola

2 Tbsp

Finfish & Shellfish

coho salmon fish, cooked

14 oz

mahi-mahi/dolphinfish

1 fillet

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Eating right, simplified.

Fruits & Juices

apples
5 large
avocados
3.32 avocado
blueberries
3 Cup(s)
cantaloupe melon
8.5 cup
orange peel
1 tsp
oranges
10 fruit
strawberries
2 Cup(s)

Ingredients

almond flour
0.13 Cup(s)
balsamic vinegar
9 Tbsp
coconut flakes, organic
0.75 oz

Lamb, Veal, Game

veal breast meat, lean
8 oz

Nuts & Seeds

hazelnuts/filberts
7.75 oz
macadamia nuts
2 oz
macadamia nuts, no salt, dry roasted
2.5 oz

Pork

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



Eating right, simplified.

Poultry

chicken, boneless, roasted

17 oz

chicken breast, boneless skinless

8 oz

ground turkey, cooked

13 oz

turkey breast, low-sodium, slices

11 slice, thick

turkey breast, roasted

24 oz

Sausages & Meats

sliced ham, extra lean, low-sodium

10 oz

Snacks

turkey jerky

3 oz

Soup

chicken broth soup, low-sodium

3 Cup(s)

Spices & Herbs

allspice, ground

1 tsp

bay leaf

0.5 tsp

black pepper

0.13 tsp

coriander/ cilantro/ chinese parsley

0.5 tsp

paprika

0.88 tsp

parsley

1 tsp

sage, ground

0.38 tsp

Vegetables

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artichoke hearts

6 Cup(s)

baby carrots

45 large

baby spinach

4 Cup(s)

beet greens, no salt, boiled

2 Cup(s)

broccoli

1 cup

broccoli, no salt, boiled

6 Cup(s)

broccoli flower clusters

4.5 cup

butternut squash, no salt, boiled

4.5 cup

cabbage, no salt, cooked

4 cup

cauliflower, no salt, boiled

10 flowerets

celery

8 medium stalk

cherry tomatoes

15 tomatoes

cilantro leaves raw, coriander

0.25 Cup(s)

garlic

3 clove

0.13 tsp

green leaf lettuce

6 cup

kale

5 cup

mushrooms, no salt, boiled

3 Cup(s)

onions

1.5 cup

2 medium

spaghetti squash, no salt, cooked

2 Cup(s)

spinach, no salt, boiled

6.5 Cup(s)

sweet potato

14 oz

sweet potato, no salt, baked

7 Cup(s)

tomatoes

2.5 Cup(s)