



Eating right, simplified.

1,400 Calorie Plan (Paleo) 4meals/day

DAY 1

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
coconut vegetable oil	1/3 Tbsp	39 cal
omega 3 eggs	2 egg	140 cal
pork and beef sausage, cooked	1 oz	112 cal
cantaloupe melon	1 cup	54 cal
mixed vegetables, frozen no salt, boiled	3/4 Cup(s)	44 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 25 g (25%) / **Protein** 19 g (19%) / **Fat** 25 g (56%) / **Fluid** 23

ADDITIONAL NUTRIENTS: **Sodium** 267 mg / **Calcium** 74 mg

NOTES:

Snack

10:00 AM

almond butter	1 Tbsp	100 cal
coconut water	1 Cup(s)	46 cal
blueberries	3/4 Cup(s)	62 cal

MEAL TOTAL: **Calories** 208 cal / **Carbs** 28 g (53%) / **Protein** 6 g (10%) / **Fat** 9 g (37%) / **Fluid** 11

ADDITIONAL NUTRIENTS: **Sodium** 127 mg / **Calcium** 104 mg

NOTES:

Lunch

12:00 PM

salmon, cooked	3 oz	130 cal
avocados	1/3 avocado	107 cal
drinking water	2 Cup(s)	0 cal
balsamic vinegar	1 1/2 Tbsp	21 cal
kale	2 cup	66 cal
red peppers	1 cup	46 cal

MEAL TOTAL: **Calories** 370 cal / **Carbs** 31 g (32%) / **Protein** 30 g (31%) / **Fat** 16 g (37%) / **Fluid** 29

ADDITIONAL NUTRIENTS: **Sodium** 144 mg / **Calcium** 233 mg

NOTES:

Dinner

6:00 PM

sage & garlic roasted chicken (paleo)	1 serving	289 cal
summer squash, no salt, boiled	2 cup	72 cal
mushrooms, no salt, boiled	1 Cup(s)	29 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 390 cal / **Carbs** 25 g (24%) / **Protein** 35 g (34%) / **Fat** 20 g (42%) / **Fluid** 34

ADDITIONAL NUTRIENTS: **Sodium** 253 mg / **Calcium** 134 mg

NOTES:

DAY 1 TOTAL: Calories 1,358 cal / **Carbs** 108 g (30%) / **Protein** 89 g (25%) / **Fat** 70 g (45%) / **Fluid** 97

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ADDITIONAL NUTRIENTS: Sodium 791 mg / **Calcium** 545 mg

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DAY 2

Breakfast

7:00 AM

spinach, no salt, boiled	2 Cup(s)	83 cal
coconut vegetable oil	1/3 Tbsp	39 cal
almond beverage with calcium	1 Cup(s)	69 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal
oranges	1 fruit	69 cal
egg whites, cooked	2 large	34 cal

MEAL TOTAL: **Calories** 380 cal / **Carbs** 43 g (42%) / **Protein** 26 g (25%) / **Fat** 15 g (33%) / **Fluid** 25

ADDITIONAL NUTRIENTS: **Sodium** 561 mg / **Calcium** 1,006 mg

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
turkey jerky	1/2 oz	35 cal
broccoli flower clusters	1 1/2 cup	30 cal
pine nuts	1/2 oz	95 cal

MEAL TOTAL: **Calories** 252 cal / **Carbs** 29 g (43%) / **Protein** 13 g (19%) / **Fat** 12 g (38%) / **Fluid** 19

ADDITIONAL NUTRIENTS: **Sodium** 484 mg / **Calcium** 169 mg

NOTES:

Lunch

12:00 PM

turkey breast, roasted	6 oz	231 cal
drinking water	2 Cup(s)	0 cal
cabbage, no salt, cooked	2 cup	35 cal
delicata squash	2 Cup(s)	80 cal

MEAL TOTAL: **Calories** 346 cal / **Carbs** 27 g (30%) / **Protein** 55 g (61%) / **Fat** 3 g (9%) / **Fluid** 25

ADDITIONAL NUTRIENTS: **Sodium** 206 mg / **Calcium** 149 mg

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
red peppers	1/2 cup	23 cal
balsamic vinegar	1/2 Tbsp	7 cal
onions	1/2 cup	23 cal
green leaf lettuce	2 cup	11 cal
grilled swordfish with orange salad (paleo)	1 serving	387 cal

MEAL TOTAL: **Calories** 451 cal / **Carbs** 27 g (24%) / **Protein** 30 g (27%) / **Fat** 25 g (49%) / **Fluid** 27

ADDITIONAL NUTRIENTS: **Sodium** 228 mg / **Calcium** 93 mg

NOTES:

DAY 2 TOTAL: Calories 1,429 cal / **Carbs** 126 g (34%) / **Protein** 124 g (33%) / **Fat** 55 g (33%) / **Fluid** 95

ADDITIONAL NUTRIENTS: Sodium 1,478 mg / **Calcium** 1,417 mg



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

mushrooms, no salt, boiled	2 Cup(s)	58 cal
pork and beef sausage, cooked	2 oz	225 cal
coconut vegetable oil	1/3 Tbsp	39 cal
drinking water	2 Cup(s)	0 cal
cantaloupe melon	1 cup	54 cal
omega 3 eggs	1 egg	70 cal

MEAL TOTAL: **Calories** 446 cal / **Carbs** 27 g (23%) / **Protein** 20 g (17%) / **Fat** 31 g (60%) / **Fluid** 28

ADDITIONAL NUTRIENTS: **Sodium** 270 mg / **Calcium** 53 mg

NOTES:

Snack

10:00 AM

pine nuts	1/2 oz	95 cal
blueberries	1/2 Cup(s)	41 cal
coconut water	1 Cup(s)	46 cal
apples	1 small	55 cal

MEAL TOTAL: **Calories** 237 cal / **Carbs** 36 g (56%) / **Protein** 4 g (7%) / **Fat** 11 g (37%) / **Fluid** 13

ADDITIONAL NUTRIENTS: **Sodium** 128 mg / **Calcium** 71 mg

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
ground turkey, cooked	4 oz	230 cal
avocados	1/4 avocado	80 cal
balsamic vinegar	1/2 Tbsp	7 cal
summer squash, no salt, boiled	1 cup	36 cal

MEAL TOTAL: **Calories** 354 cal / **Carbs** 13 g (15%) / **Protein** 34 g (37%) / **Fat** 20 g (48%) / **Fluid** 26

ADDITIONAL NUTRIENTS: **Sodium** 96 mg / **Calcium** 89 mg

NOTES:

Dinner

6:00 PM

yams, no salt, boiled or baked	1/2 Cup(s)	79 cal
drinking water	2 Cup(s)	0 cal
kale salad with chicken (paleo)	1 serving	344 cal

MEAL TOTAL: **Calories** 423 cal / **Carbs** 37 g (33%) / **Protein** 33 g (29%) / **Fat** 19 g (38%) / **Fluid** 27

ADDITIONAL NUTRIENTS: **Sodium** 278 mg / **Calcium** 318 mg

NOTES:

DAY 3 TOTAL: Calories 1,460 cal / **Carbs** 113 g (29%) / **Protein** 91 g (24%) / **Fat** 81 g (47%) / **Fluid** 93

ADDITIONAL NUTRIENTS: Sodium 772 mg / **Calcium** 529 mg



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DAY 4

Breakfast

7:00 AM

mushrooms, no salt, boiled	2 Cup(s)	58 cal
oranges	1 fruit	69 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
egg whites, cooked	2 large	34 cal
coconut vegetable oil	1/3 Tbsp	39 cal
shrimp, cooked	2 oz	67 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 46 g (48%) / **Protein** 27 g (28%) / **Fat** 11 g (24%) / **Fluid** 26

ADDITIONAL NUTRIENTS: **Sodium** 319 mg / **Calcium** 804 mg

NOTES:

Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
spinach, no salt, boiled	1 1/2 Cup(s)	62 cal
turkey jerky	1/2 oz	35 cal

MEAL TOTAL: **Calories** 143 cal / **Carbs** 23 g (56%) / **Protein** 14 g (35%) / **Fat** 2 g (9%) / **Fluid** 16

ADDITIONAL NUTRIENTS: **Sodium** 517 mg / **Calcium** 425 mg

NOTES:

Lunch

12:00 PM

yams, no salt, boiled or baked	1/2 Cup(s)	79 cal
drinking water	2 Cup(s)	0 cal
beef top sirloin, lean, broiled	4 oz	234 cal
kale	2 cup	66 cal
cauliflower, no salt, boiled	10 flowerets	41 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 38 g (35%) / **Protein** 44 g (40%) / **Fat** 12 g (25%) / **Fluid** 29

ADDITIONAL NUTRIENTS: **Sodium** 155 mg / **Calcium** 267 mg

NOTES:

Dinner

6:00 PM

italian spiced pork chops (paleo)	1 serving	240 cal
delicata squash	1 Cup(s)	40 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	1 1/2 Tbsp	21 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal
onions	1/4 cup	12 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 28 g (28%) / **Protein** 46 g (45%) / **Fat** 12 g (27%) / **Fluid** 26

ADDITIONAL NUTRIENTS: **Sodium** 138 mg / **Calcium** 98 mg

NOTES:

DAY 4 TOTAL: Calories 1,338 cal / **Carbs** 135 g (39%) / **Protein** 131 g (38%) / **Fat** 36 g (23%) / **Fluid** 97

ADDITIONAL NUTRIENTS: Sodium 1,129 mg / **Calcium** 1,593 mg

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DAY 5

Breakfast

7:00 AM

omega 3 eggs	1 egg	70 cal
coconut vegetable oil	1/3 Tbsp	39 cal
mixed vegetables, frozen no salt, boiled	1/2 Cup(s)	30 cal
cantaloupe melon	1 cup	54 cal
pork and beef sausage, cooked	2 oz	225 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 22 g (20%) / **Protein** 16 g (15%) / **Fat** 30 g (65%) / **Fluid** 23

ADDITIONAL NUTRIENTS: **Sodium** 282 mg / **Calcium** 51 mg

NOTES:

Snack

10:00 AM

pine nuts	1/3 oz	64 cal
coconut water	2 Cup(s)	91 cal
cherry tomatoes	10 tomatoes	20 cal

MEAL TOTAL: **Calories** 175 cal / **Carbs** 24 g (51%) / **Protein** 6 g (12%) / **Fat** 8 g (37%) / **Fluid** 15

ADDITIONAL NUTRIENTS: **Sodium** 252 mg / **Calcium** 117 mg

NOTES:

Lunch

12:00 PM

yams, no salt, boiled or baked	1 Cup(s)	158 cal
drinking water	2 Cup(s)	0 cal
cabbage, no salt, cooked	2 cup	35 cal
avocados	1/4 avocado	80 cal
turkey breast, roasted	3 oz	116 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 50 g (49%) / **Protein** 30 g (30%) / **Fat** 9 g (21%) / **Fluid** 27

ADDITIONAL NUTRIENTS: **Sodium** 123 mg / **Calcium** 109 mg

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

ADDITIONAL NUTRIENTS: **Sodium** 184 mg / **Calcium** 128 mg

NOTES:

DAY 5 TOTAL: Calories 1,385 cal / **Carbs** 126 g (35%) / **Protein** 79 g (22%) / **Fat** 69 g (43%) / **Fluid** 101

ADDITIONAL NUTRIENTS: Sodium 841 mg / **Calcium** 405 mg



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

mushrooms, no salt, boiled	2 Cup(s)	58 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal
coconut vegetable oil	1/3 Tbsp	39 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
egg whites, cooked	4 large	69 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 46 g (42%) / **Protein** 28 g (25%) / **Fat** 16 g (33%) / **Fluid** 26

ADDITIONAL NUTRIENTS: **Sodium** 411 mg / **Calcium** 759 mg

NOTES:

Snack

10:00 AM

pine nuts	1 oz	191 cal
coconut water	1 Cup(s)	46 cal
turkey jerky	1/2 oz	35 cal

MEAL TOTAL: **Calories** 272 cal / **Carbs** 17 g (23%) / **Protein** 10 g (14%) / **Fat** 20 g (63%) / **Fluid** 8

ADDITIONAL NUTRIENTS: **Sodium** 329 mg / **Calcium** 62 mg

NOTES:

Lunch

12:00 PM

coho salmon fish, cooked	4 oz	158 cal
red peppers	1 cup	46 cal
kale	2 cup	66 cal
avocados	1/4 avocado	80 cal
balsamic vinegar	1 1/2 Tbsp	21 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 29 g (30%) / **Protein** 35 g (37%) / **Fat** 14 g (33%) / **Fluid** 29

ADDITIONAL NUTRIENTS: **Sodium** 132 mg / **Calcium** 275 mg

NOTES:

Dinner

6:00 PM

italian-style round steak (paleo)	1 serving	308 cal
yams, no salt, boiled or baked	3/4 Cup(s)	118 cal
onions	1/4 cup	12 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 43 g (39%) / **Protein** 32 g (29%) / **Fat** 16 g (32%) / **Fluid** 25

ADDITIONAL NUTRIENTS: **Sodium** 205 mg / **Calcium** 77 mg

NOTES:

DAY 6 TOTAL: Calories 1,506 cal / **Carbs** 135 g (35%) / **Protein** 104 g (27%) / **Fat** 67 g (38%) / **Fluid** 89

ADDITIONAL NUTRIENTS: Sodium 1,076 mg / **Calcium** 1,172 mg



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

omega 3 eggs	1 egg	70 cal
kale	2 cup	66 cal
blackberries	1 Cup(s)	62 cal
coconut vegetable oil	1/3 Tbsp	39 cal
turkey breast, roasted	3 oz	116 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 352 cal / **Carbs** 27 g (28%) / **Protein** 39 g (41%) / **Fat** 13 g (31%) / **Fluid** 26

ADDITIONAL NUTRIENTS: **Sodium** 214 mg / **Calcium** 275 mg

NOTES:

Snack

10:00 AM

tomatoes juice, low-sodium	1 1/2 Cup(s)	80 cal
blueberries	1 Cup(s)	83 cal
almond butter	2/3 Tbsp	67 cal

MEAL TOTAL: **Calories** 229 cal / **Carbs** 40 g (67%) / **Protein** 5 g (9%) / **Fat** 6 g (24%) / **Fluid** 16

ADDITIONAL NUTRIENTS: **Sodium** 256 mg / **Calcium** 75 mg

NOTES:

Lunch

12:00 PM

ham and sweet potato soup (paleo)	1 serving	260 cal
avocados	1/3 avocado	107 cal
balsamic vinegar	1 1/2 Tbsp	21 cal
green leaf lettuce	2 cup	11 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 399 cal / **Carbs** 44 g (44%) / **Protein** 21 g (21%) / **Fat** 16 g (35%) / **Fluid** 33

ADDITIONAL NUTRIENTS: **Sodium** 446 mg / **Calcium** 101 mg

NOTES:

Dinner

6:00 PM

halibut with dijon & almonds (paleo)	1 serving	341 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 395 cal / **Carbs** 11 g (12%) / **Protein** 46 g (48%) / **Fat** 17 g (40%) / **Fluid** 27

ADDITIONAL NUTRIENTS: **Sodium** 579 mg / **Calcium** 78 mg

NOTES:

DAY 7 TOTAL: Calories 1,376 cal / **Carbs** 121 g (34%) / **Protein** 110 g (32%) / **Fat** 52 g (34%) / **Fluid** 101

ADDITIONAL NUTRIENTS: Sodium 1,495 mg / **Calcium** 529 mg



Eating right, simplified.



1 Servings

sage & garlic roasted chicken (paleo)

Ingredients

sage, ground
1 tsp

olive oil
1 Tbsp

black pepper
1 tsp

garlic powder
1 tsp

chicken breast, boneless skinless
5 oz

Nutrition Totals

Calories 289 / **Carbs** 4 g / **Protein** 30 g / **Fat** 18 g / **Fluid** 4 fl oz

Instructions

Preheat oven to 375. Wash chicken inside and out, pat dry with paper towels. In a small bowl, whisk together sage, oil, garlic and pepper. Rub this mixture under the skin of the breast and on the skin all over the chicken. Place chicken, breast side down, on lightly greased pan. Roast for 30 minutes, then turn chicken breast side up and continue roasting until internal temperature reaches 180.



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Nutrition Label

Sage & Garlic Roasted Chicken (Paleo)		
Amount Per Serving		
Calories		289
		% Daily Value*
Total Fat	17.9g	28%
Saturated Fat	2.7g	14%
Trans Fat	0g	
Cholesterol	90.7mg	30%
Sodium	247.6mg	10%
Total Carbohydrates	3.8g	1%
Dietary Fiber	1g	4%
Total Sugar	0g	
Protein	29.5g	
Vitamin D	2.8IU	0%
Calcium	30.3mg	3%
Iron	1.1mg	6%
Potassium	539.5mg	
* 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



grilled swordfish with orange salad (paleo)

Ingredients

olive oil

1 Tbsp

lemon juice

1/4 fl. oz.

oranges

1/2 fruit

black olives

4 olives

mint (fresh)

1/4 tablespoon(s)

onions

1/4 Cup(s)

swordfish

1 piece

Nutrition Totals

Calories 387 / **Carbs** 14 g / **Protein** 28 g / **Fat** 24 g / **Fluid** 6 fl oz

Instructions

With a sharp knife, peel oranges, making sure to remove the white pith. Holding oranges over a medium bowl, remove sections by cutting along membranes with a small knife, letting sections fall into bowl. Stir in the olives, mint, onion, crushed pepper, 1 Tbsp of the oil and the lemon juice. Refrigerate. Heat grill to HIGH and brush with about 1/2 of the oil. Brush swordfish with the other half, and sprinkle with pepper. Grill fish 2-3 minutes on each side, or just until cooked thru. Transfer fish to serving plates, top with the orange/olive salad, and serve.



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Nutrition Label

Grilled Swordfish With Orange Salad (Paleo)		
Amount Per Serving		
Calories		387
		% Daily Value*
Total Fat	24.3g	37%
Saturated Fat	4.3g	22%
Trans Fat	0g	
Cholesterol	89.7mg	30%
Sodium	200.8mg	8%
Total Carbohydrates	13.8g	5%
Dietary Fiber	2.2g	9%
Total Sugar	7.8g	
Protein	27.9g	
Vitamin D	758.8IU	126%
Calcium	46.6mg	5%
Iron	1.6mg	9%
Potassium	751mg	
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Eating right, simplified.



1 Servings

kale salad with chicken (paleo)

Ingredients

kale
3 cup

olive oil
1 Tbsp

lemon juice
1 Tbsp

chicken breast, boneless skinless
4 oz

Nutrition Totals

Calories 344 / **Carbs** 19 g / **Protein** 32 g / **Fat** 19 g / **Fluid** 9 fl oz

Instructions

1. Wash kale and remove leaves from woody stems. Slice leaves thinly.
2. In a large bowl, combine kale, olive oil, lemon juice, sea salt (if desired) and freshly ground black pepper. Toss to coat leaves completely.
3. Top each salad with a cooked chicken breast to serve.



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Nutrition Label

Kale Salad With Chicken (Paleo)		
Amount Per Serving		
Calories		344
		% Daily Value*
Total Fat	18.8g	29%
Saturated Fat	2.6g	13%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	272.9mg	11%
Total Carbohydrates	18.6g	6%
Dietary Fiber	7.2g	29%
Total Sugar	4.9g	
Protein	31.6g	
Vitamin D	2.2IU	0%
Calcium	308.2mg	31%
Iron	3.4mg	19%
Potassium	1379.3mg	
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1 Servings

italian spiced pork chops (paleo)

Ingredients

pork tenderloin
7 oz

sage, ground
1/4 tsp

onions
1/2 cup

Nutrition Totals

Calories 240 / **Carbs** 5 g / **Protein** 42 g / **Fat** 4 g / **Fluid** 5 fl oz

Instructions

1. Preheat oven to 425°.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.



Eating right, simplified.

Nutrition Label

Italian Spiced Pork Chops (Paleo)		
Amount Per Serving		
Calories		240
		% Daily Value*
Total Fat	4.3g	7%
Saturated Fat	1.4g	7%
Trans Fat	0g	
Cholesterol	128.9mg	43%
Sodium	107.4mg	4%
Total Carbohydrates	5.4g	2%
Dietary Fiber	1g	4%
Total Sugar	2.4g	
Protein	42.2g	
Vitamin D	15.8IU	3%
Calcium	26mg	3%
Iron	2.1mg	12%
Potassium	877.6mg	
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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.



1 Servings

italian-style round steak (paleo)

Ingredients

garlic

1 clove

carrots

2 medium

beef top sirloin, lean

5 oz

Nutrition Totals

Calories 308 / **Carbs** 13 g / **Protein** 30 g / **Fat** 16 g / **Fluid** 7 fl oz

Instructions

1. Bring the steaks to room temperature. Rub the steaks with oil per side and generously season with oregano and garlic .
2. Preheat oven to 500 degrees F (260 degrees C) (a very hot oven produces a juicy interior). Place a 10-inch ovenproof skillet or cast-iron skillet in the oven as it preheats. When oven reaches 500 degrees F (260 degrees C), use a baking mitt to remove the pan from oven. Place the pan on the stovetop and turn the heat to high.
3. Immediately place steaks in the middle of the hot, dry pan. Cook 1 to 2 minutes without moving; turn steaks with tongs, and cook another 1 to 2 minutes.
4. Transfer the pan with the seared steaks to the hot oven. Roast in the center of the oven until the steaks are cooked to your liking, about 3 to 5 minutes.
5. Garnish with carrots and additional onions to liking



Eating right, simplified.

Nutrition Label

Italian-Style Round Steak (Paleo)	
Amount Per Serving	
Calories	308
% Daily Value*	
Total Fat 15.7g	24%
Saturated Fat 5.6g	28%
Trans Fat 0.9g	
Cholesterol 96.3mg	32%
Sodium 195.2mg	8%
Total Carbohydrates 12.6g	4%
Dietary Fiber 3.4g	14%
Total Sugar 5.8g	
Protein 29.8g	
Vitamin D 7IU	1%
Calcium 55.6mg	6%
Iron 4.3mg	24%
Potassium 882.9mg	
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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.



Eating right, simplified.

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.



1 Servings

halibut with dijon & almonds (paleo)

Ingredients

halibut fish

8 oz

olive oil

1 Tbsp

dijon mustard

1 Tbsp

Nutrition Totals

Calories 341 / **Carbs** 0 g / **Protein** 42 g / **Fat** 17 g / **Fluid** 6 fl oz

Instructions

1. Preheat the oven to 350 degrees F.
2. Lightly grease a baking sheet with olive or coconut oil.
3. Lay fish in the pan skin side down.
4. Spread Dijon mustard over fish and sprinkle with chopped almonds.
5. Bake for 12-15 minutes, or until fish flakes easily with a fork.



Eating right, simplified.

Nutrition Label

Halibut With Dijon & Almonds (Paleo)	
Amount Per Serving	
Calories	341
% Daily Value*	
Total Fat 16.5g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 111.1mg	37%
Sodium 514.8mg	21%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Total Sugar 0g	
Protein 42g	
Vitamin D 430.9IU	72%
Calcium 16mg	2%
Iron 0.4mg	2%
Potassium 986.6mg	
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Eating right, simplified.

Shopping List

Accompaniments

dijon mustard
1 Tbsp

Beef

beef top sirloin, lean
5 oz
beef top sirloin, lean, broiled
4 oz

Beverages

almond beverage with calcium
4 Cup(s)
coconut milk
0.38 Cup(s)
coconut water
8 Cup(s)
drinking water
36 Cup(s)
tomatoes juice, low-sodium
1.5 Cup(s)

Dairy & Egg

egg whites, cooked
8 large
omega 3 eggs
5 egg

Fats & Oils

coconut vegetable oil
2.31 Tbsp
olive oil
4 Tbsp
vegetable oil, canola
0.25 Tbsp

Finfish & Shellfish

coho salmon fish, cooked

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Eating right, simplified.

4 oz
halibut fish
8 oz
salmon, cooked
3 oz
shrimp, cooked
2 oz
swordfish
1 piece

Fruits & Juices

apples
1 small
avocados
1.66 avocado
blackberries
1 Cup(s)
blueberries
2.25 Cup(s)
cantaloupe melon
3 cup
lemon juice
0.25 fl. oz.
1 Tbsp
oranges
3.5 fruit

Ingredients

balsamic vinegar
7 Tbsp

Lamb, Veal, Game

veal breast meat, lean
4 oz

Nuts & Seeds

almond butter
1.67 Tbsp
pine nuts
2.33 oz

Pork

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Eating right, simplified.

bacon, low-sodium, cooked
4 slice cooked
pork tenderloin
7 oz

Poultry

chicken breast, boneless skinless
9 oz
ground turkey, cooked
4 oz
turkey breast, roasted
12 oz

Sausages & Meats

pork and beef sausage, cooked
5 oz
sliced ham, extra lean, low-sodium
2.5 oz

Snacks

turkey jerky
1.5 oz

Soup

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

Spices & Herbs

allspice, ground
0.25 tsp
bay leaf
0.13 tsp
black pepper
1 tsp
coriander/ cilantro/ chinese parsley
0.13 tsp
garlic powder
1 tsp
mint (fresh)
0.25 tablespoon(s)
sage, ground
1.25 tsp

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Vegetables

black olives

4 olives

broccoli, no salt, boiled

2 Cup(s)

broccoli flower clusters

1.5 cup

cabbage, no salt, cooked

4 cup

carrots

2 medium

cauliflower, no salt, boiled

10 flowerets

cherry tomatoes

10 tomatoes

delicata squash

3 Cup(s)

garlic

2 clove

green leaf lettuce

6 cup

kale

11 cup

mixed vegetables, frozen no salt, boiled

1.25 Cup(s)

mushrooms, no salt, boiled

7 Cup(s)

onions

1.5 cup

0.25 Cup(s)

0.5 medium

red peppers

2.5 cup

spaghetti squash, no salt, cooked

1 Cup(s)

spinach, no salt, boiled

3.5 Cup(s)

summer squash, no salt, boiled

3 cup

sweet potato

3.5 oz

tomatoes

1.25 Cup(s)

yams, no salt, boiled or baked

2.75 Cup(s)