



Eating right, simplified.

## 2,100 Calorie Plan (Paleo) 4 meals/day

### DAY 1

#### Breakfast

7:00 AM

turkey sausage breakfast links	4 1/8 oz	275 cal
omega 3 eggs	2 egg	140 cal
coconut vegetable oil	1/3 Tbsp	39 cal
peaches	1 large	61 cal
drinking water	1 Cup(s)	0 cal
swiss chard, no salt, boiled	2 cup	70 cal

MEAL TOTAL: **Calories** 585 cal / **Carbs** 33 g (22%) / **Protein** 38 g (25%) / **Fat** 36 g (53%) / **Fluid** 26

NOTES:

#### Snack

10:00 AM

almonds	1 oz	162 cal
blueberries	3/4 Cup(s)	62 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 270 cal / **Carbs** 31 g (42%) / **Protein** 8 g (12%) / **Fat** 15 g (46%) / **Fluid** 11

NOTES:

#### Lunch

12:00 PM

tuna fish, very low-sodium, in water	8 oz	224 cal
avocados	1/2 avocado	161 cal
sweet green peppers	1 Cup(s)	30 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	2 Tbsp	28 cal
asparagus, boiled	12 spears	40 cal
drinking water	1 Cup(s)	0 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 612 cal / **Carbs** 30 g (19%) / **Protein** 60 g (37%) / **Fat** 32 g (44%) / **Fluid** 24

NOTES:

#### Dinner

6:00 PM

shrimp stuffed avocado (paleo)	2 serving	470 cal
drinking water	2 Cup(s)	0 cal
winter corn squash, no salt, baked	1 cup	115 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal

MEAL TOTAL: **Calories** 694 cal / **Carbs** 72 g (40%) / **Protein** 65 g (35%) / **Fat** 21 g (25%) / **Fluid** 45

NOTES:

**DAY 1 TOTAL: Calories** 2,161 cal / **Carbs** 166 g (29%) / **Protein** 171 g (30%) / **Fat** 104 g (41%) / **Fluid** 106

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## DAY 2

### Breakfast

7:00 AM

bacon, low-sodium, cooked	2 slice cooked	87 cal
strawberries	1 1/2 Cup(s)	69 cal
okra, no salt, boiled	2 cup	23 cal
almond beverage with calcium	2 Cup(s)	139 cal
egg whites, cooked	6 large	103 cal
coconut vegetable oil	1/2 Tbsp	58 cal
honeydew melon	2 cup	127 cal

MEAL TOTAL: **Calories** 606 cal / **Carbs** 77 g (49%) / **Protein** 35 g (22%) / **Fat** 20 g (29%) / **Fluid** 43

NOTES:

### Snack

10:00 AM

broccoli flower clusters	2 cup	40 cal
ground turkey, cooked	5 oz	288 cal
cashews, no salt, dry-roasted	3/4 oz	122 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 495 cal / **Carbs** 23 g (18%) / **Protein** 48 g (37%) / **Fat** 26 g (45%) / **Fluid** 15

NOTES:

### Lunch

12:00 PM

yams, no salt, boiled or baked	2 1/2 Cup(s)	71 cal
cherry tomatoes	15 tomatoes	30 cal
sliced ham, extra lean, low-sodium	5 slices	138 cal
cauliflower, no salt, boiled	2 Cup(s)	57 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	4 oz	154 cal

MEAL TOTAL: **Calories** 450 cal / **Carbs** 31 g (27%) / **Protein** 63 g (55%) / **Fat** 9 g (18%) / **Fluid** 39

NOTES:

### Dinner

6:00 PM

italian style venison pot roast (paleo)	1 serving	319 cal
green leaf lettuce	2 cup	11 cal
avocados	1/2 avocado	161 cal
onions	1/2 cup	23 cal
balsamic vinegar	2 Tbsp	28 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 542 cal / **Carbs** 25 g (19%) / **Protein** 56 g (41%) / **Fat** 24 g (40%) / **Fluid** 29

NOTES:

**DAY 2 TOTAL: Calories** 2,093 cal / **Carbs** 157 g (29%) / **Protein** 202 g (38%) / **Fat** 78 g (33%) / **Fluid** 126



Eating right, simplified.

## DAY 3

### Breakfast

7:00 AM

peaches	2 large	122 cal
turkey sausage breakfast links	2 3/4 oz	183 cal
drinking water	2 Cup(s)	0 cal
swiss chard, no salt, boiled	1 cup	35 cal
omega 3 eggs	2 egg	140 cal
coconut vegetable oil	1/2 Tbsp	58 cal

MEAL TOTAL: **Calories** 539 cal / **Carbs** 40 g (28%) / **Protein** 30 g (21%) / **Fat** 32 g (51%) / **Fluid** 33

NOTES:

### Snack

10:00 AM

almonds	1 1/2 oz	243 cal
sliced ham, extra lean, low-sodium	2 slices	55 cal
coconut water	1 Cup(s)	46 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 426 cal / **Carbs** 39 g (36%) / **Protein** 19 g (17%) / **Fat** 23 g (47%) / **Fluid** 13

NOTES:

### Lunch

12:00 PM

asparagus, boiled	15 spears	50 cal
coho salmon fish, cooked	8 oz	315 cal
green leaf lettuce	2 cup	11 cal
olive oil	1 Tbsp	119 cal
drinking water	2 Cup(s)	0 cal
sweet green peppers	1 1/2 Cup(s)	45 cal
balsamic vinegar	2 Tbsp	28 cal

MEAL TOTAL: **Calories** 568 cal / **Carbs** 27 g (19%) / **Protein** 62 g (43%) / **Fat** 24 g (38%) / **Fluid** 39

NOTES:

### Dinner

6:00 PM

pepper steak (paleo)	2 serving	519 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 574 cal / **Carbs** 47 g (32%) / **Protein** 42 g (28%) / **Fat** 27 g (40%) / **Fluid** 40

NOTES:

**DAY 3 TOTAL: Calories** 2,107 cal / **Carbs** 154 g (28%) / **Protein** 153 g (28%) / **Fat** 106 g (44%) / **Fluid** 124



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## DAY 4

### Breakfast

7:00 AM

egg whites, cooked	6 large	103 cal
strawberries	1 1/2 Cup(s)	69 cal
okra, no salt, boiled	1 1/2 cup	18 cal
coconut vegetable oil	1/3 Tbsp	39 cal
almond beverage with calcium	1 Cup(s)	69 cal
honeydew melon	1 cup	64 cal
shrimp, cooked	4 oz	135 cal

**MEAL TOTAL:** Calories 496 cal / Carbs 50 g (40%) / Protein 52 g (42%) / Fat 10 g (18%) / Fluid 31

NOTES:

### Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
broccoli flower clusters	2 cup	40 cal
sliced ham, extra lean, low-sodium	4 slices	110 cal

**MEAL TOTAL:** Calories 195 cal / Carbs 17 g (37%) / Protein 20 g (44%) / Fat 4 g (19%) / Fluid 14

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
cauliflower, no salt, boiled	10 flowerets	41 cal
turkey breast, roasted	7 oz	270 cal
cherry tomatoes	15 tomatoes	30 cal
yams, no salt, boiled or baked	2 1/2 Cup(s)	394 cal

**MEAL TOTAL:** Calories 736 cal / Carbs 108 g (57%) / Protein 68 g (36%) / Fat 6 g (7%) / Fluid 34

NOTES:

### Dinner

6:00 PM

lamb patties (paleo)	1 1/2 serving	481 cal
onions	1/4 cup	12 cal
avocados	1/4 avocado	80 cal
drinking water	1 Cup(s)	0 cal
balsamic vinegar	1 Tbsp	14 cal
butternut squash, no salt, boiled	1 cup	82 cal
green leaf lettuce	1 cup	5 cal

**MEAL TOTAL:** Calories 675 cal / Carbs 33 g (19%) / Protein 46 g (27%) / Fat 41 g (54%) / Fluid 20

NOTES:

**DAY 4 TOTAL:** Calories 2,102 cal / Carbs 208 g (39%) / Protein 187 g (35%) / Fat 61 g (26%) / Fluid 100



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## DAY 5

### Breakfast

7:00 AM

swiss chard, no salt, boiled	2 cup	70 cal
plums	2 fruit	61 cal
drinking water	2 Cup(s)	0 cal
grass-fed strip steaks, lean	3 3/4 oz	109 cal
omega 3 eggs	2 egg	140 cal
coconut vegetable oil	1/2 Tbsp	58 cal
egg whites, cooked	8 large	137 cal

**MEAL TOTAL:** Calories 575 cal / Carbs 33 g (22%) / Protein 73 g (48%) / Fat 21 g (30%) / Fluid 41

NOTES:

### Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
almonds	2 oz	324 cal
cherry tomatoes	10 tomatoes	20 cal

**MEAL TOTAL:** Calories 390 cal / Carbs 26 g (24%) / Protein 15 g (14%) / Fat 29 g (62%) / Fluid 8

NOTES:

### Lunch

12:00 PM

green leaf lettuce	2 cup	11 cal
balsamic vinegar	2 Tbsp	28 cal
avocados	1/3 avocado	107 cal
drinking water	2 Cup(s)	0 cal
asparagus, boiled	12 spears	40 cal
sweet green peppers	1 Cup(s)	30 cal
turkey breast, roasted	6 oz	231 cal
olive oil	1 Tbsp	119 cal

**MEAL TOTAL:** Calories 566 cal / Carbs 28 g (19%) / Protein 58 g (39%) / Fat 27 g (42%) / Fluid 35

NOTES:

### Dinner

6:00 PM

garlic-lime spinach (paleo)	1 1/2 serving	167 cal
winter corn squash, no salt, baked	1 cup	115 cal
turkey breast, roasted	5 oz	193 cal
drinking water	1 Cup(s)	0 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal

**MEAL TOTAL:** Calories 584 cal / Carbs 68 g (41%) / Protein 59 g (37%) / Fat 16 g (22%) / Fluid 36

NOTES:

**DAY 5 TOTAL:** Calories 2,115 cal / Carbs 154 g (27%) / Protein 205 g (36%) / Fat 93 g (37%) / Fluid 120

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## DAY 6

### Breakfast

7:00 AM

bacon, low-sodium, cooked	3 slice cooked	130 cal
egg whites, cooked	8 large	137 cal
coconut vegetable oil	1/3 Tbsp	39 cal
strawberries	1 1/2 Cup(s)	69 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
okra, no salt, boiled	2 cup	23 cal

MEAL TOTAL: **Calories** 502 cal / **Carbs** 40 g (32%) / **Protein** 43 g (34%) / **Fat** 20 g (34%) / **Fluid** 30

NOTES:

### Snack

10:00 AM

chicken, boneless, roasted	3 oz	142 cal
cashews, no salt, dry-roasted	1 oz	163 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 350 cal / **Carbs** 18 g (20%) / **Protein** 27 g (31%) / **Fat** 19 g (49%) / **Fluid** 10

NOTES:

### Lunch

12:00 PM

tuna fish, very low-sodium, in water	8 oz	224 cal
drinking water	2 Cup(s)	0 cal
cherry tomatoes	10 tomatoes	20 cal
cauliflower, no salt, boiled	10 flowerets	41 cal
yams, no salt, boiled or baked	2 Cup(s)	316 cal

MEAL TOTAL: **Calories** 601 cal / **Carbs** 87 g (55%) / **Protein** 59 g (38%) / **Fat** 5 g (7%) / **Fluid** 28

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
green leaf lettuce	1 cup	5 cal
onions	1/2 cup	23 cal
olive oil	1/4 Tbsp	30 cal
avocados	1/4 avocado	80 cal
balsamic vinegar	1/2 Tbsp	7 cal
butternut squash, no salt, boiled	1 1/2 cup	123 cal
italian chicken	1 1/2 serving	392 cal

MEAL TOTAL: **Calories** 660 cal / **Carbs** 47 g (27%) / **Protein** 43 g (25%) / **Fat** 36 g (48%) / **Fluid** 33

NOTES:

**DAY 6 TOTAL: Calories** 2,114 cal / **Carbs** 192 g (35%) / **Protein** 173 g (32%) / **Fat** 79 g (33%) / **Fluid** 101



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## DAY 7

### Breakfast

7:00 AM

honeydew melon	1 cup	64 cal
omega 3 eggs	2 egg	140 cal
coconut vegetable oil	1/3 Tbsp	39 cal
drinking water	1 Cup(s)	0 cal
shrimp, cooked	4 oz	135 cal
swiss chard, no salt, boiled	2 cup	70 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 34 g (29%) / **Protein** 45 g (39%) / **Fat** 17 g (32%) / **Fluid** 27

NOTES:

### Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
almonds	1/2 oz	81 cal
blueberries	1 1/2 Cup(s)	124 cal

MEAL TOTAL: **Calories** 296 cal / **Carbs** 52 g (66%) / **Protein** 8 g (10%) / **Fat** 9 g (24%) / **Fluid** 22

NOTES:

### Lunch

12:00 PM

winter corn squash, no salt, baked	2 cup	230 cal
ground beef, lean	7 oz	272 cal
asparagus, boiled	10 spears	33 cal
sweet green peppers	1 Cup(s)	30 cal
green leaf lettuce	2 cup	11 cal
avocados	1/3 avocado	107 cal
drinking water	1 Cup(s)	0 cal
balsamic vinegar	1 1/2 Tbsp	21 cal

MEAL TOTAL: **Calories** 703 cal / **Carbs** 85 g (45%) / **Protein** 54 g (29%) / **Fat** 21 g (26%) / **Fluid** 38

NOTES:

### Dinner

6:00 PM

chicken, orange & avocado salad	1 serving	472 cal
drinking water	2 Cup(s)	0 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal

MEAL TOTAL: **Calories** 630 cal / **Carbs** 66 g (40%) / **Protein** 35 g (22%) / **Fat** 27 g (38%) / **Fluid** 30

NOTES:

**DAY 7 TOTAL: Calories** 2,077 cal / **Carbs** 238 g (44%) / **Protein** 143 g (26%) / **Fat** 74 g (30%) / **Fluid** 117



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2 Servings

## shrimp stuffed avocado (paleo)

### Ingredients

shrimp, cooked  
8 oz

avocados  
1/2 avocado

red peppers  
1/2 cup

celery  
1 cup

### Nutrition Totals

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

### Instructions

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





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## Nutrition Label

Shrimp Stuffed Avocado (Paleo)		
Amount Per Serving		
Calories		235
		% Daily Value*
Total Fat	9.4g	15%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	239.2mg	80%
Sodium	297.4mg	12%
Total Carbohydrates	9.7g	3%
Dietary Fiber	4.9g	20%
Total Sugar	2.8g	
Protein	27.5g	
Vitamin D	4.5IU	1%
Calcium	132mg	13%
Iron	0.9mg	5%
Potassium	646.3mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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4 Servings

## italian style venison pot roast (paleo)

### Ingredients

celery

1 cup

onions

1 medium

black pepper

1/2 tsp

olive oil

1 Tbsp

deer/venison meat, lean, cooked

2 lb

garlic

1 clove

beef stock

4 fl. oz.

### Nutrition Totals

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

### Instructions

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



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## Nutrition Label

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

## pepper steak (paleo)

### Ingredients

olive oil  
1/2 Tbsp

sweet green peppers  
3/4 Cup(s)

drinking water  
1/4 Cup(s)

carrots  
2 cup

beef top sirloin, lean  
6 oz

onions  
1 small

### Nutrition Totals

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

### Instructions

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



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## Nutrition Label

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

## lamb patties (paleo)

### Ingredients

lemon herb seasoning  
1/4 tsp

lamb meat, ground, cooked  
4 oz

### Nutrition Totals

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

### Instructions

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



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## Nutrition Label

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

## garlic-lime spinach (paleo)

### Ingredients

olive oil

1 Tbsp

garlic

1 clove

spinach

1 bunch

black pepper

1 dash

limes

1 lime

### Nutrition Totals

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

### Instructions

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





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## Nutrition Label

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

## italian chicken

### Ingredients

garlic  
1/2 clove

lemon juice  
1 Tbsp

olive oil  
1 Tbsp

chicken breast skinless  
4 oz

### Nutrition Totals

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

### Instructions

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



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## Nutrition Label

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

# chicken, orange & avocado salad

## Ingredients

spinach

2 Cup(s)

avocados

1/2 avocado

lemon herb seasoning

1/4 tsp

oranges

1 fruit

olive oil

1/3 Tbsp

chicken, boneless, roasted

4 oz

## Nutrition Totals

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

## Instructions

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



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## Nutrition Label

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

## Shopping List

### Beef

beef top sirloin, lean

6 oz

grass-fed strip steaks, lean

3.75 oz

ground beef, lean

7 oz

### Beverages

almond beverage with calcium

4.5 Cup(s)

coconut water

8 Cup(s)

drinking water

30.25 Cup(s)

### Dairy & Egg

egg whites, cooked

28 large

omega 3 eggs

8 egg

### Fats & Oils

coconut vegetable oil

2.82 Tbsp

olive oil

6.58 Tbsp

### Finfish & Shellfish

coho salmon fish, cooked

8 oz

shrimp, cooked

16 oz

tuna fish, very low-sodium, in water

16 oz

### Fruits & Juices

avocados

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Eating right, simplified.

3.16 avocado  
blueberries  
3.25 Cup(s)  
honeydew melon  
4 cup  
lemon juice  
1.5 Tbsp  
limes  
0.75 lime  
oranges  
1 fruit  
peaches  
3 large  
plums  
2 fruit  
strawberries  
4.5 Cup(s)

## Ingredients

balsamic vinegar  
11 Tbsp

## Lamb, Veal, Game

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

## Nuts & Seeds

almonds  
5 oz  
cashews, no salt, dry-roasted  
1.75 oz

## Pork

bacon, low-sodium, cooked  
5 slice cooked

## Poultry

chicken, boneless, roasted  
7 oz  
chicken breast skinless

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Eating right, simplified.

6 oz  
ground turkey, cooked  
5 oz  
turkey breast, roasted  
22 oz

## Sausages & Meats

sliced ham, extra lean, low-sodium  
11 slices  
turkey sausage breakfast links  
6.88 oz

## Soup

beef stock  
1 fl. oz.

## Spices & Herbs

black pepper  
0.13 tsp  
0.75 dash  
lemon herb seasoning  
0.63 tsp

## Vegetables

asparagus, boiled  
49 spears  
broccoli, no salt, boiled  
5 Cup(s)  
broccoli flower clusters  
4 cup  
butternut squash, no salt, boiled  
2.5 cup  
carrots  
2 cup  
cauliflower, no salt, boiled  
2 Cup(s)  
20 flowerets  
celery  
1.25 cup  
cherry tomatoes  
50 tomatoes  
garlic  
1.75 clove  
green leaf lettuce

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Eating right, simplified.

**12 cup**

**okra, no salt, boiled**

**5.5 cup**

**onions**

**0.25 medium**

**1.25 cup**

**1 small**

**red peppers**

**0.5 cup**

**spinach**

**0.75 bunch**

**2 Cup(s)**

**sweet green peppers**

**5.25 Cup(s)**

**swiss chard, no salt, boiled**

**7 cup**

**winter corn squash, no salt, baked**

**4 cup**

**yams, no salt, boiled or baked**

**8 Cup(s)**