



Eating right, simplified.

2,000 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	2 Cup(s)	20 cal
cantaloupe melon	1 1/2 cup	82 cal

MEAL TOTAL: **Calories** 549 cal / **Carbs** 36 g (25%) / **Protein** 54 g (38%) / **Fat** 24 g (37%) / **Fluid** 29

NOTES:

Snack

10:00 AM

hazelnuts/filberts	1 oz	178 cal
coconut water	1 Cup(s)	46 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 306 cal / **Carbs** 35 g (42%) / **Protein** 7 g (9%) / **Fat** 18 g (49%) / **Fluid** 12

NOTES:

Lunch

12:00 PM

artichoke hearts	2 Cup(s)	132 cal
kale	2 cup	66 cal
coho salmon fish, cooked	5 oz	197 cal
balsamic vinegar	1/2 Tbsp	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/3 avocado	107 cal

MEAL TOTAL: **Calories** 509 cal / **Carbs** 42 g (32%) / **Protein** 48 g (38%) / **Fat** 17 g (30%) / **Fluid** 25

NOTES:

Dinner

6:00 PM

almond-coconut crusted chicken breast (paleo)	2 serving	506 cal
broccoli, no salt, boiled	1 Cup(s)	55 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** 648 cal / **Carbs** 27 g (18%) / **Protein** 62 g (40%) / **Fat** 29 g (42%) / **Fluid** 33

NOTES:

DAY 1 TOTAL: Calories 2,013 cal / **Carbs** 139 g (27%) / **Protein** 170 g (34%) / **Fat** 88 g (39%) / **Fluid** 99

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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	2 Cup(s)	92 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
almond beverage with calcium	2 Cup(s)	139 cal

MEAL TOTAL: **Calories** 588 cal / **Carbs** 86 g (58%) / **Protein** 25 g (16%) / **Fat** 18 g (26%) / **Fluid** 33

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 1/2 Cup(s)	270 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	6 oz	231 cal

MEAL TOTAL: **Calories** 536 cal / **Carbs** 70 g (52%) / **Protein** 58 g (42%) / **Fat** 4 g (6%) / **Fluid** 32

NOTES:

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

MEAL TOTAL: **Calories** 515 cal / **Carbs** 24 g (18%) / **Protein** 60 g (47%) / **Fat** 20 g (35%) / **Fluid** 30

NOTES:

DAY 2 TOTAL: Calories 2,014 cal / **Carbs** 206 g (40%) / **Protein** 187 g (36%) / **Fat** 55 g (24%) / **Fluid** 112



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

coconut vegetable oil	1/3 Tbsp	39 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
cantaloupe melon	1 cup	54 cal
omega 3 eggs	2 egg	140 cal
turkey breast, low-sodium, slices	3 slice, thick	282 cal

MEAL TOTAL: **Calories** 598 cal / **Carbs** 39 g (24%) / **Protein** 79 g (51%) / **Fat** 18 g (25%) / **Fluid** 38

NOTES:

Snack

10:00 AM

hazelnuts/filberts	1 oz	178 cal
blueberries	3/4 Cup(s)	62 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 286 cal / **Carbs** 29 g (38%) / **Protein** 7 g (9%) / **Fat** 18 g (53%) / **Fluid** 11

NOTES:

Lunch

12:00 PM

ground turkey, cooked	5 oz	288 cal
kale	2 cup	66 cal
artichoke hearts	2 Cup(s)	132 cal
balsamic vinegar	1/2 Tbsp	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 573 cal / **Carbs** 40 g (27%) / **Protein** 53 g (37%) / **Fat** 23 g (36%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

ham and sweet potato soup (paleo)	2 serving	520 cal
broccoli, no salt, boiled	1 Cup(s)	55 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 575 cal / **Carbs** 75 g (53%) / **Protein** 40 g (28%) / **Fat** 12 g (19%) / **Fluid** 45

NOTES:

DAY 3 TOTAL: Calories 2,032 cal / **Carbs** 183 g (35%) / **Protein** 179 g (34%) / **Fat** 71 g (31%) / **Fluid** 118



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

egg whites, cooked	5 large	86 cal
bacon, low-sodium, cooked	2 slice cooked	87 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** 570 cal / **Carbs** 72 g (47%) / **Protein** 39 g (26%) / **Fat** 18 g (27%) / **Fluid** 40

NOTES:

Snack

10:00 AM

coconut water	1 1/2 Cup(s)	68 cal
broccoli flower clusters	2 cup	40 cal
turkey jerky	1 1/2 oz	106 cal

MEAL TOTAL: **Calories** 214 cal / **Carbs** 33 g (56%) / **Protein** 20 g (34%) / **Fat** 3 g (10%) / **Fluid** 16

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	4 oz	234 cal

MEAL TOTAL: **Calories** 635 cal / **Carbs** 90 g (56%) / **Protein** 45 g (28%) / **Fat** 11 g (16%) / **Fluid** 34

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	1/3 avocado	107 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** 557 cal / **Carbs** 25 g (18%) / **Protein** 51 g (36%) / **Fat** 29 g (46%) / **Fluid** 29

NOTES:

DAY 4 TOTAL: Calories 1,976 cal / **Carbs** 221 g (43%) / **Protein** 156 g (30%) / **Fat** 61 g (27%) / **Fluid** 120



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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
egg whites, cooked	6 large	103 cal

MEAL TOTAL: Calories 571 cal / Carbs 33 g (23%) / Protein 75 g (51%) / Fat 17 g (26%) / Fluid 33

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	6 oz	231 cal
cabbage, no salt, cooked	1 1/2 cup	26 cal
avocados	1/2 avocado	161 cal

MEAL TOTAL: Calories 582 cal / Carbs 58 g (36%) / Protein 57 g (37%) / Fat 19 g (27%) / Fluid 38

NOTES:

Dinner

6:00 PM

italian style veal with spaghetti squash (paleo)	1 serving	350 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 459 cal / Carbs 42 g (34%) / Protein 30 g (25%) / Fat 22 g (41%) / Fluid 40

NOTES:

DAY 5 TOTAL: Calories 2,001 cal / Carbs 164 g (31%) / Protein 174 g (33%) / Fat 85 g (36%) / Fluid 127



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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	1 fruit	69 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 449 cal / **Carbs** 44 g (37%) / **Protein** 40 g (34%) / **Fat** 15 g (29%) / **Fluid** 29

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

MEAL TOTAL: **Calories** 422 cal / **Carbs** 23 g (20%) / **Protein** 14 g (13%) / **Fat** 34 g (67%) / **Fluid** 8

NOTES:

Lunch

12:00 PM

artichoke hearts	2 Cup(s)	132 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** 570 cal / **Carbs** 46 g (32%) / **Protein** 55 g (39%) / **Fat** 18 g (29%) / **Fluid** 26

NOTES:

Dinner

6:00 PM

lettuce-wrapped turkey burgers (paleo)	2 serving	358 cal
sweet potato, no salt, baked	2/3 Cup(s)	120 cal
drinking water	2 Cup(s)	0 cal
onions	1/2 cup	23 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 581 cal / **Carbs** 40 g (27%) / **Protein** 51 g (35%) / **Fat** 25 g (38%) / **Fluid** 25

NOTES:

DAY 6 TOTAL: Calories 2,022 cal / **Carbs** 152 g (29%) / **Protein** 161 g (31%) / **Fat** 93 g (40%) / **Fluid** 88



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	1 cup	54 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** 504 cal / **Carbs** 31 g (23%) / **Protein** 63 g (47%) / **Fat** 18 g (30%) / **Fluid** 33

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

MEAL TOTAL: **Calories** 430 cal / **Carbs** 45 g (39%) / **Protein** 10 g (8%) / **Fat** 27 g (53%) / **Fluid** 16

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	1 cup	5 cal
balsamic vinegar	1 Tbsp	14 cal

MEAL TOTAL: **Calories** 647 cal / **Carbs** 73 g (46%) / **Protein** 38 g (24%) / **Fat** 21 g (30%) / **Fluid** 43

NOTES:

Dinner

6:00 PM

macadamia nut encrusted mahi mahi (paleo)	1 serving	311 cal
broccoli	2 cup	62 cal
mushrooms, no salt, boiled	2 Cup(s)	58 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 431 cal / **Carbs** 28 g (24%) / **Protein** 32 g (28%) / **Fat** 25 g (48%) / **Fluid** 31

NOTES:

DAY 7 TOTAL: Calories 2,012 cal / **Carbs** 177 g (34%) / **Protein** 143 g (27%) / **Fat** 91 g (39%) / **Fluid** 122



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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

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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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

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	
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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

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	
* 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, broiled
4 oz

Beverages

almond beverage with calcium
5 Cup(s)
0.5 Tbsp
coconut milk
1.5 Cup(s)
coconut water
7.5 Cup(s)
drinking water
36 Cup(s)
tomatoes juice, low-sodium
1.5 Cup(s)

Dairy & Egg

egg whites, cooked
20 large
omega 3 eggs
8.75 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
11 oz
mahi-mahi/dolphinfish
0.5 fillet

Fruits & Juices

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Eating right, simplified.

avocados
2.9 avocado
blueberries
2.75 Cup(s)
cantaloupe melon
5 cup
orange peel
0.5 tsp
oranges
3 fruit
strawberries
2 Cup(s)

Ingredients

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

Lamb, Veal, Game

veal breast meat, lean
4 oz

Nuts & Seeds

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

Pork

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

Poultry

chicken breast, boneless skinless
8 oz

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Eating right, simplified.

ground turkey, cooked

11 oz

turkey breast, low-sodium, slices

9 slice, thick

turkey breast, roasted

17 oz

Sausages & Meats

sliced ham, extra lean, low-sodium

10 oz

Snacks

turkey jerky

2.5 oz

Soup

chicken broth soup, low-sodium

3 Cup(s)

Spices & Herbs

allspice, ground

1 tsp

bay leaf

0.5 tsp

black pepper

0.06 tsp

coriander/ cilantro/ chinese parsley

0.5 tsp

paprika

0.75 tsp

parsley

0.5 tsp

sage, ground

0.25 tsp

Vegetables

artichoke hearts

6 Cup(s)

baby spinach

4 Cup(s)

beet greens, no salt, boiled

2 Cup(s)

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Eating right, simplified.

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
15 tomatoes
cilantro leaves raw, coriander
0.25 Cup(s)
garlic
2.5 clove
0.13 tsp
green leaf lettuce
5 cup
kale
6 cup
mushrooms, no salt, boiled
4 Cup(s)
onions
1.5 cup
2 medium
spaghetti squash, no salt, cooked
1 Cup(s)
spinach, no salt, boiled
6 Cup(s)
sweet potato
14 oz
sweet potato, no salt, baked
5.17 Cup(s)
tomatoes
1.25 Cup(s)