



Eating right, simplified.

# 1,900 Calorie Plan (Paleo) 4 meals/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
turkey sausage breakfast links	3 3/8 oz	225 cal
cantaloupe melon	1 1/2 cup	82 cal
mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s)	89 cal

MEAL TOTAL: **Calories** 574 cal / **Carbs** 41 g (28%) / **Protein** 33 g (22%) / **Fat** 32 g (50%) / **Fluid** 29

ADDITIONAL NUTRIENTS: **Sodium** 828 mg / **Calcium** 126 mg

NOTES:

### Snack

10:00 AM

almond butter	1 1/4 Tbsp	125 cal
coconut water	1 1/2 Cup(s)	68 cal
blueberries	1 1/2 Cup(s)	124 cal

MEAL TOTAL: **Calories** 317 cal / **Carbs** 49 g (59%) / **Protein** 8 g (10%) / **Fat** 11 g (31%) / **Fluid** 18

ADDITIONAL NUTRIENTS: **Sodium** 191 mg / **Calcium** 149 mg

NOTES:

### Lunch

12:00 PM

salmon, cooked	6 oz	260 cal
avocados	1/3 avocado	107 cal
drinking water	2 Cup(s)	0 cal
balsamic vinegar	2 Tbsp	28 cal
kale	2 cup	66 cal
red peppers	2 cup	92 cal

MEAL TOTAL: **Calories** 554 cal / **Carbs** 41 g (29%) / **Protein** 52 g (37%) / **Fat** 21 g (34%) / **Fluid** 36

ADDITIONAL NUTRIENTS: **Sodium** 228 mg / **Calcium** 252 mg

NOTES:

### Dinner

6:00 PM

sage & garlic roasted chicken (paleo)	1 serving	289 cal
summer squash, no salt, boiled	2 1/2 cup	90 cal
mushrooms, no salt, boiled	2 Cup(s)	58 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 437 cal / **Carbs** 34 g (29%) / **Protein** 38 g (32%) / **Fat** 20 g (39%) / **Fluid** 40

ADDITIONAL NUTRIENTS: **Sodium** 256 mg / **Calcium** 164 mg

NOTES:

**DAY 1 TOTAL: Calories** 1,882 cal / **Carbs** 165 g (34%) / **Protein** 131 g (27%) / **Fat** 85 g (39%) / **Fluid** 123

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**ADDITIONAL NUTRIENTS: Sodium** 1,503 mg / **Calcium** 692 mg

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## DAY 2

### Breakfast

7:00 AM

spinach, no salt, boiled	2 Cup(s)	83 cal
coconut vegetable oil	1/2 Tbsp	58 cal
almond beverage with calcium	2 Cup(s)	139 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal
oranges	1 fruit	69 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 55 g (39%) / **Protein** 41 g (29%) / **Fat** 20 g (32%) / **Fluid** 37

ADDITIONAL NUTRIENTS: **Sodium** 756 mg / **Calcium** 1,465 mg

NOTES:

### Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
turkey jerky	1 oz	71 cal
broccoli flower clusters	1 1/2 cup	30 cal
pine nuts	1/2 oz	95 cal

MEAL TOTAL: **Calories** 287 cal / **Carbs** 33 g (42%) / **Protein** 18 g (23%) / **Fat** 12 g (35%) / **Fluid** 19

ADDITIONAL NUTRIENTS: **Sodium** 686 mg / **Calcium** 169 mg

NOTES:

### Lunch

12:00 PM

turkey breast, roasted	8 oz	308 cal
drinking water	2 Cup(s)	0 cal
cabbage, no salt, cooked	2 1/2 cup	43 cal
delicata squash	2 Cup(s)	80 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 551 cal / **Carbs** 29 g (20%) / **Protein** 72 g (51%) / **Fat** 18 g (29%) / **Fluid** 27

ADDITIONAL NUTRIENTS: **Sodium** 274 mg / **Calcium** 175 mg

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
red peppers	2 cup	92 cal
balsamic vinegar	1 1/2 Tbsp	21 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** 534 cal / **Carbs** 43 g (33%) / **Protein** 33 g (25%) / **Fat** 25 g (42%) / **Fluid** 34

ADDITIONAL NUTRIENTS: **Sodium** 241 mg / **Calcium** 113 mg

NOTES:

**DAY 2 TOTAL: Calories** 1,910 cal / **Carbs** 160 g (32%) / **Protein** 164 g (33%) / **Fat** 75 g (35%) / **Fluid** 117

ADDITIONAL NUTRIENTS: **Sodium** 1,957 mg / **Calcium** 1,922 mg

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### DAY 3

#### Breakfast

7:00 AM

mushrooms, no salt, boiled	2 Cup(s)	58 cal
turkey sausage breakfast links	3 3/8 oz	225 cal
coconut vegetable oil	1/2 Tbsp	58 cal
drinking water	2 Cup(s)	0 cal
cantaloupe melon	2 cup	109 cal
omega 3 eggs	2 egg	140 cal

MEAL TOTAL: **Calories** 590 cal / **Carbs** 41 g (26%) / **Protein** 34 g (22%) / **Fat** 36 g (52%) / **Fluid** 34

ADDITIONAL NUTRIENTS: **Sodium** 797 mg / **Calcium** 112 mg

NOTES:

#### Snack

10:00 AM

pine nuts	3/4 oz	143 cal
blueberries	1 Cup(s)	83 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 53 g (57%) / **Protein** 5 g (5%) / **Fat** 15 g (38%) / **Fluid** 10

ADDITIONAL NUTRIENTS: **Sodium** 4 mg / **Calcium** 25 mg

NOTES:

#### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
ground turkey, cooked	6 oz	345 cal
avocados	1/3 avocado	107 cal
balsamic vinegar	1 Tbsp	14 cal
summer squash, no salt, boiled	1 cup	36 cal

MEAL TOTAL: **Calories** 503 cal / **Carbs** 16 g (13%) / **Protein** 50 g (38%) / **Fat** 28 g (49%) / **Fluid** 27

ADDITIONAL NUTRIENTS: **Sodium** 143 mg / **Calcium** 109 mg

NOTES:

#### Dinner

6:00 PM

yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
drinking water	2 Cup(s)	0 cal
kale salad with chicken (paleo)	1 serving	344 cal

MEAL TOTAL: **Calories** 580 cal / **Carbs** 75 g (49%) / **Protein** 35 g (23%) / **Fat** 19 g (28%) / **Fluid** 30

ADDITIONAL NUTRIENTS: **Sodium** 289 mg / **Calcium** 337 mg

NOTES:

**DAY 3 TOTAL: Calories** 2,009 cal / **Carbs** 185 g (35%) / **Protein** 123 g (23%) / **Fat** 98 g (42%) / **Fluid** 102  
**ADDITIONAL NUTRIENTS: Sodium** 1,233 mg / **Calcium** 582 mg



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## DAY 4

### Breakfast

7:00 AM

mushrooms, no salt, boiled	2 Cup(s)	58 cal
oranges	2 fruit	137 cal
almond beverage with calcium	2 Cup(s)	139 cal
egg whites, cooked	4 large	69 cal
coconut vegetable oil	1/3 Tbsp	39 cal
shrimp, cooked	3 oz	101 cal

MEAL TOTAL: **Calories** 543 cal / **Carbs** 70 g (50%) / **Protein** 43 g (30%) / **Fat** 13 g (20%) / **Fluid** 37

ADDITIONAL NUTRIENTS: **Sodium** 481 mg / **Calcium** 1,120 mg

NOTES:

### Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
spinach, no salt, boiled	2 1/2 Cup(s)	104 cal
turkey jerky	1 oz	71 cal

MEAL TOTAL: **Calories** 220 cal / **Carbs** 34 g (53%) / **Protein** 24 g (38%) / **Fat** 3 g (9%) / **Fluid** 22

ADDITIONAL NUTRIENTS: **Sodium** 846 mg / **Calcium** 670 mg

NOTES:

### Lunch

12:00 PM

yams, no salt, boiled or baked	1 Cup(s)	158 cal
drinking water	2 Cup(s)	0 cal
beef top sirloin, lean, broiled	6 oz	350 cal
kale	2 cup	66 cal
cauliflower, no salt, boiled	10 flowerets	41 cal

MEAL TOTAL: **Calories** 615 cal / **Carbs** 56 g (36%) / **Protein** 62 g (39%) / **Fat** 17 g (25%) / **Fluid** 32

ADDITIONAL NUTRIENTS: **Sodium** 196 mg / **Calcium** 290 mg

NOTES:

### Dinner

6:00 PM

italian spiced pork chops (paleo)	1 serving	240 cal
delicata squash	2 Cup(s)	80 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	1 1/2 Tbsp	21 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
onions	1/4 cup	12 cal

MEAL TOTAL: **Calories** 524 cal / **Carbs** 42 g (31%) / **Protein** 48 g (36%) / **Fat** 19 g (33%) / **Fluid** 27

ADDITIONAL NUTRIENTS: **Sodium** 141 mg / **Calcium** 130 mg

NOTES:

**DAY 4 TOTAL: Calories** 1,902 cal / **Carbs** 202 g (41%) / **Protein** 177 g (36%) / **Fat** 52 g (23%) / **Fluid** 117

**ADDITIONAL NUTRIENTS: Sodium** 1,665 mg / **Calcium** 2,209 mg

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## DAY 5

### Breakfast

7:00 AM

omega 3 eggs	2 egg	140 cal
coconut vegetable oil	1/3 Tbsp	39 cal
mixed vegetables, frozen no salt, boiled	1 Cup(s)	59 cal
cantaloupe melon	2 cup	109 cal
drinking water	2 Cup(s)	0 cal
ground turkey, cooked	5 oz	288 cal

MEAL TOTAL: **Calories** 634 cal / **Carbs** 40 g (24%) / **Protein** 56 g (34%) / **Fat** 30 g (42%) / **Fluid** 31

ADDITIONAL NUTRIENTS: **Sodium** 324 mg / **Calcium** 131 mg

NOTES:

### Snack

10:00 AM

pine nuts	1 oz	191 cal
coconut water	2 Cup(s)	91 cal
cherry tomatoes	10 tomatoes	20 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 26 g (32%) / **Protein** 8 g (10%) / **Fat** 21 g (58%) / **Fluid** 15

ADDITIONAL NUTRIENTS: **Sodium** 253 mg / **Calcium** 120 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	1/3 avocado	107 cal
turkey breast, roasted	6 oz	231 cal

MEAL TOTAL: **Calories** 531 cal / **Carbs** 51 g (37%) / **Protein** 55 g (41%) / **Fat** 13 g (22%) / **Fluid** 29

ADDITIONAL NUTRIENTS: **Sodium** 221 mg / **Calcium** 123 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** 1,872 cal / **Carbs** 148 g (30%) / **Protein** 147 g (30%) / **Fat** 86 g (40%) / **Fluid** 112

ADDITIONAL NUTRIENTS: **Sodium** 982 mg / **Calcium** 502 mg



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## 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 Cup(s)	69 cal
egg whites, cooked	6 large	103 cal
oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 493 cal / **Carbs** 59 g (45%) / **Protein** 36 g (28%) / **Fat** 15 g (27%) / **Fluid** 28

ADDITIONAL NUTRIENTS: **Sodium** 420 mg / **Calcium** 599 mg

NOTES:

### Snack

10:00 AM

pine nuts	1 1/3 oz	254 cal
coconut water	1 1/2 Cup(s)	68 cal
turkey jerky	1 oz	71 cal

MEAL TOTAL: **Calories** 394 cal / **Carbs** 26 g (25%) / **Protein** 17 g (16%) / **Fat** 28 g (59%) / **Fluid** 12

ADDITIONAL NUTRIENTS: **Sodium** 595 mg / **Calcium** 92 mg

NOTES:

### Lunch

12:00 PM

coho salmon fish, cooked	6 oz	236 cal
red peppers	2 cup	92 cal
kale	2 cup	66 cal
avocados	1/2 avocado	161 cal
balsamic vinegar	1 1/2 Tbsp	21 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 576 cal / **Carbs** 42 g (29%) / **Protein** 51 g (34%) / **Fat** 24 g (37%) / **Fluid** 36

ADDITIONAL NUTRIENTS: **Sodium** 174 mg / **Calcium** 317 mg

NOTES:

### Dinner

6:00 PM

italian-style round steak (paleo)	1 serving	308 cal
yams, no salt, boiled or baked	1 Cup(s)	158 cal
onions	1/4 cup	12 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 477 cal / **Carbs** 53 g (43%) / **Protein** 32 g (27%) / **Fat** 16 g (30%) / **Fluid** 26

ADDITIONAL NUTRIENTS: **Sodium** 207 mg / **Calcium** 81 mg

NOTES:

**DAY 6 TOTAL: Calories** 1,941 cal / **Carbs** 180 g (36%) / **Protein** 135 g (27%) / **Fat** 83 g (37%) / **Fluid** 103

**ADDITIONAL NUTRIENTS: Sodium** 1,396 mg / **Calcium** 1,089 mg



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## DAY 7

### Breakfast

7:00 AM

omega 3 eggs	2 egg	140 cal
kale	2 cup	66 cal
blackberries	1 1/2 Cup(s)	93 cal
coconut vegetable oil	1/3 Tbsp	39 cal
turkey breast, roasted	4 oz	154 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 492 cal / **Carbs** 34 g (26%) / **Protein** 54 g (41%) / **Fat** 19 g (33%) / **Fluid** 29

ADDITIONAL NUTRIENTS: **Sodium** 312 mg / **Calcium** 320 mg

NOTES:

### Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 310 cal / **Carbs** 35 g (45%) / **Protein** 7 g (8%) / **Fat** 16 g (47%) / **Fluid** 6

ADDITIONAL NUTRIENTS: **Sodium** 2 mg / **Calcium** 93 mg

NOTES:

### Lunch

12:00 PM

ham and sweet potato soup (paleo)	1 serving	260 cal
avocados	1/2 avocado	161 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** 453 cal / **Carbs** 47 g (41%) / **Protein** 21 g (19%) / **Fat** 21 g (40%) / **Fluid** 33

ADDITIONAL NUTRIENTS: **Sodium** 448 mg / **Calcium** 105 mg

NOTES:

### Dinner

6:00 PM

halibut with dijon & almonds (paleo)	1 1/2 serving	511 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 620 cal / **Carbs** 22 g (15%) / **Protein** 71 g (46%) / **Fat** 26 g (39%) / **Fluid** 35

ADDITIONAL NUTRIENTS: **Sodium** 900 mg / **Calcium** 149 mg

NOTES:

**DAY 7 TOTAL: Calories** 1,875 cal / **Carbs** 139 g (29%) / **Protein** 152 g (32%) / **Fat** 82 g (39%) / **Fluid** 103

**ADDITIONAL NUTRIENTS: Sodium** 1,663 mg / **Calcium** 666 mg





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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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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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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.



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## 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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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

<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	
* 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	
* 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.

# Shopping List

## Accompaniments

dijon mustard  
1.5 Tbsp

## Beef

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

## Beverages

almond beverage with calcium  
5 Cup(s)  
coconut milk  
0.38 Cup(s)  
coconut water  
8 Cup(s)  
drinking water  
36 Cup(s)

## Dairy & Egg

egg whites, cooked  
16 large  
omega 3 eggs  
8 egg

## Fats & Oils

coconut vegetable oil  
2.65 Tbsp  
olive oil  
5.5 Tbsp  
vegetable oil, canola  
0.25 Tbsp

## Finfish & Shellfish

coho salmon fish, cooked  
6 oz  
halibut fish

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Eating right, simplified.

12 oz  
salmon, cooked  
6 oz  
shrimp, cooked  
3 oz  
swordfish  
1 piece

## Fruits & Juices

apples  
2 large  
avocados  
2.49 avocado  
blackberries  
1.5 Cup(s)  
blueberries  
2.5 Cup(s)  
cantaloupe melon  
5.5 cup  
lemon juice  
0.25 fl. oz.  
1 Tbsp  
oranges  
5.5 fruit

## Ingredients

balsamic vinegar  
9 Tbsp

## Lamb, Veal, Game

veal breast meat, lean  
4 oz

## Nuts & Seeds

almond butter  
3.25 Tbsp  
pine nuts  
3.58 oz

## Pork

bacon, low-sodium, cooked  
4 slice cooked

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Eating right, simplified.

pork tenderloin  
7 oz

## Poultry

chicken breast, boneless skinless  
9 oz  
ground turkey, cooked  
11 oz  
turkey breast, roasted  
18 oz

## Sausages & Meats

sliced ham, extra lean, low-sodium  
2.5 oz  
turkey sausage breakfast links  
6.76 oz

## Snacks

turkey jerky  
3 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  
3 Cup(s)  
broccoli flower clusters  
1.5 cup  
cabbage, no salt, cooked  
4.5 cup  
carrots  
2 medium  
cauliflower, no salt, boiled  
10 flowerets  
cherry tomatoes  
10 tomatoes  
delicata squash  
4 Cup(s)  
garlic  
2 clove  
green leaf lettuce  
6 cup  
kale  
11 cup  
mixed vegetables, frozen no salt, boiled  
2.5 Cup(s)  
mushrooms, no salt, boiled  
8 Cup(s)  
onions  
1.5 cup  
0.25 Cup(s)  
0.5 medium  
red peppers  
6 cup  
spaghetti squash, no salt, cooked  
1 Cup(s)  
spinach, no salt, boiled  
4.5 Cup(s)  
summer squash, no salt, boiled  
3.5 cup  
sweet potato  
3.5 oz  
tomatoes  
1.25 Cup(s)  
yams, no salt, boiled or baked  
4.5 Cup(s)