



Eating right, simplified.

1,200 Calorie Plan (Basic) 4 meals/day

DAY 1

Breakfast

7:00 AM

pork and beef sausage, cooked	1 1/2 oz	168 cal
omega 3 eggs	1 egg	70 cal
coconut vegetable oil	1/3 Tbsp	39 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal
beet greens, no salt, boiled	1 Cup(s)	39 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 14 g (14%) / **Protein** 17 g (16%) / **Fat** 33 g (70%) / **Fluid** 22

NOTES:

Snack

10:00 AM

hazelnuts/filberts	1/2 oz	89 cal
coconut water	1 Cup(s)	46 cal
blueberries	3/4 Cup(s)	62 cal

MEAL TOTAL: **Calories** 197 cal / **Carbs** 27 g (51%) / **Protein** 5 g (9%) / **Fat** 9 g (40%) / **Fluid** 11

NOTES:

Lunch

12:00 PM

artichoke hearts	1 Cup(s)	66 cal
kale	1 cup	33 cal
coho salmon fish, cooked	2 oz	79 cal
balsamic vinegar	1/2 Tbsp	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 265 cal / **Carbs** 23 g (34%) / **Protein** 21 g (31%) / **Fat** 10 g (35%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

almond-coconut crusted chicken breast (paleo)	1/2 serving	126 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

MEAL TOTAL: **Calories** 294 cal / **Carbs** 35 g (44%) / **Protein** 25 g (32%) / **Fat** 8 g (24%) / **Fluid** 33

NOTES:

DAY 1 TOTAL: Calories 1,152 cal / **Carbs** 99 g (33%) / **Protein** 67 g (22%) / **Fat** 61 g (45%) / **Fluid** 87

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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	1/4 Tbsp	29 cal
strawberries	1 Cup(s)	46 cal
sweet potato, no salt, baked	1/2 Cup(s)	90 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 373 cal / **Carbs** 44 g (46%) / **Protein** 21 g (22%) / **Fat** 13 g (32%) / **Fluid** 18

NOTES:

Snack

10:00 AM

macadamia nuts, no salt, dry roasted	1/3 oz	68 cal
broccoli flower clusters	2 cup	40 cal
sliced ham, extra lean, low-sodium	1 slices	28 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 181 cal / **Carbs** 18 g (37%) / **Protein** 10 g (21%) / **Fat** 9 g (42%) / **Fluid** 13

NOTES:

Lunch

12:00 PM

cabbage, no salt, cooked	1 1/2 cup	26 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	3 oz	116 cal

MEAL TOTAL: **Calories** 322 cal / **Carbs** 48 g (57%) / **Protein** 31 g (37%) / **Fat** 2 g (6%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

green leaf lettuce	2 cup	11 cal
olive oil	1/3 Tbsp	40 cal
avocados	1/4 avocado	80 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)	1 serving	147 cal

MEAL TOTAL: **Calories** 322 cal / **Carbs** 19 g (23%) / **Protein** 31 g (39%) / **Fat** 14 g (38%) / **Fluid** 25

NOTES:

DAY 2 TOTAL: Calories 1,197 cal / **Carbs** 128 g (42%) / **Protein** 93 g (30%) / **Fat** 38 g (28%) / **Fluid** 82



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

pork and beef sausage, cooked	1 oz	112 cal
coconut vegetable oil	1/3 Tbsp	39 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
drinking water	2 Cup(s)	0 cal
cantaloupe melon	1 cup	54 cal
omega 3 eggs	2 egg	140 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 23 g (22%) / **Protein** 23 g (22%) / **Fat** 26 g (56%) / **Fluid** 27

NOTES:

Snack

10:00 AM

hazelnuts/filberts	1/4 oz	45 cal
blueberries	1/2 Cup(s)	41 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 131 cal / **Carbs** 21 g (59%) / **Protein** 3 g (9%) / **Fat** 5 g (32%) / **Fluid** 10

NOTES:

Lunch

12:00 PM

ground turkey, cooked	3 oz	173 cal
kale	1 cup	33 cal
artichoke hearts	1 Cup(s)	66 cal
balsamic vinegar	1/2 Tbsp	7 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 359 cal / **Carbs** 23 g (25%) / **Protein** 31 g (34%) / **Fat** 17 g (41%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

ham and sweet potato soup (paleo)	1/2 serving	130 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 239 cal / **Carbs** 38 g (60%) / **Protein** 16 g (26%) / **Fat** 4 g (14%) / **Fluid** 31

NOTES:

DAY 3 TOTAL: Calories 1,117 cal / **Carbs** 104 g (36%) / **Protein** 73 g (25%) / **Fat** 52 g (39%) / **Fluid** 89



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

egg whites, cooked	2 large	34 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal
coconut vegetable oil	1/3 Tbsp	39 cal
oranges	1 fruit	69 cal
spinach, no salt, boiled	1/2 Cup(s)	21 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 38 g (42%) / **Protein** 19 g (20%) / **Fat** 15 g (38%) / **Fluid** 21

NOTES:

Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
broccoli flower clusters	2 cup	40 cal
turkey jerky	1/2 oz	35 cal

MEAL TOTAL: **Calories** 121 cal / **Carbs** 20 g (59%) / **Protein** 11 g (31%) / **Fat** 1 g (10%) / **Fluid** 12

NOTES:

Lunch

12:00 PM

sweet potato, no salt, baked	1 Cup(s)	180 cal
cauliflower, no salt, boiled	10 flowerets	41 cal
drinking water	2 Cup(s)	0 cal
beef top sirloin, lean, broiled	2 oz	117 cal

MEAL TOTAL: **Calories** 338 cal / **Carbs** 49 g (56%) / **Protein** 24 g (28%) / **Fat** 6 g (16%) / **Fluid** 28

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 1/2 Tbsp	21 cal
avocados	1/4 avocado	80 cal
drinking water	2 Cup(s)	0 cal
onions	1/4 cup	12 cal
baked pork chops (paleo)	1 serving	186 cal

MEAL TOTAL: **Calories** 351 cal / **Carbs** 25 g (27%) / **Protein** 27 g (30%) / **Fat** 17 g (43%) / **Fluid** 26

NOTES:

DAY 4 TOTAL: Calories 1,163 cal / **Carbs** 132 g (43%) / **Protein** 80 g (27%) / **Fat** 40 g (30%) / **Fluid** 87



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	1/3 Tbsp	39 cal
cantaloupe melon	1 cup	54 cal
beet greens, no salt, boiled	1 Cup(s)	39 cal
pork and beef sausage, cooked	1 oz	112 cal

MEAL TOTAL: **Calories** 384 cal / **Carbs** 24 g (23%) / **Protein** 21 g (21%) / **Fat** 25 g (56%) / **Fluid** 26

NOTES:

Snack

10:00 AM

cherry tomatoes	10 tomatoes	20 cal
coconut water	2 Cup(s)	91 cal
hazelnuts/filberts	1/4 oz	45 cal

MEAL TOTAL: **Calories** 156 cal / **Carbs** 24 g (57%) / **Protein** 6 g (13%) / **Fat** 6 g (30%) / **Fluid** 15

NOTES:

Lunch

12:00 PM

butternut squash, no salt, boiled	1 cup	82 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	3 oz	116 cal
cabbage, no salt, cooked	1 1/2 cup	26 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 304 cal / **Carbs** 32 g (39%) / **Protein** 29 g (36%) / **Fat** 9 g (25%) / **Fluid** 29

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 1,303 cal / **Carbs** 121 g (35%) / **Protein** 86 g (25%) / **Fat** 62 g (40%) / **Fluid** 110



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DAY 6

Breakfast

7:00 AM

bacon, low-sodium, cooked	2 slice cooked	87 cal
egg whites, cooked	4 large	69 cal
coconut vegetable oil	1/3 Tbsp	39 cal
oranges	1 fruit	69 cal
spinach, no salt, boiled	1/2 Cup(s)	21 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 353 cal / **Carbs** 33 g (36%) / **Protein** 25 g (28%) / **Fat** 14 g (36%) / **Fluid** 19

NOTES:

Snack

10:00 AM

turkey jerky	1/2 oz	35 cal
macadamia nuts, no salt, dry roasted	1/3 oz	68 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 149 cal / **Carbs** 14 g (36%) / **Protein** 7 g (18%) / **Fat** 8 g (46%) / **Fluid** 8

NOTES:

Lunch

12:00 PM

artichoke hearts	1 Cup(s)	66 cal
kale	1 cup	33 cal
coho salmon fish, cooked	2 oz	79 cal
balsamic vinegar	2 Tbsp	28 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 286 cal / **Carbs** 27 g (37%) / **Protein** 21 g (30%) / **Fat** 10 g (33%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

lettuce-wrapped turkey burgers (paleo)	1 serving	179 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal
drinking water	2 Cup(s)	0 cal
onions	1/2 cup	23 cal
avocados	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 462 cal / **Carbs** 52 g (45%) / **Protein** 29 g (24%) / **Fat** 17 g (31%) / **Fluid** 24

NOTES:

DAY 6 TOTAL: Calories 1,250 cal / **Carbs** 127 g (39%) / **Protein** 83 g (26%) / **Fat** 50 g (35%) / **Fluid** 72



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

omega 3 eggs	1 egg	70 cal
beet greens, no salt, boiled	1 Cup(s)	39 cal
cantaloupe melon	2 cup	109 cal
coconut vegetable oil	1/3 Tbsp	39 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	2 oz	77 cal

MEAL TOTAL: **Calories** 334 cal / **Carbs** 35 g (39%) / **Protein** 29 g (32%) / **Fat** 12 g (29%) / **Fluid** 31

NOTES:

Snack

10:00 AM

tomatoes juice, low-sodium	1 1/2 Cup(s)	80 cal
hazelnuts/filberts	1/4 oz	45 cal
blueberries	2/3 Cup(s)	55 cal

MEAL TOTAL: **Calories** 179 cal / **Carbs** 32 g (68%) / **Protein** 4 g (8%) / **Fat** 5 g (24%) / **Fluid** 14

NOTES:

Lunch

12:00 PM

avocados	1/4 avocado	80 cal
ham and sweet potato soup (paleo)	1 serving	260 cal
drinking water	2 Cup(s)	0 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	2 Tbsp	28 cal

MEAL TOTAL: **Calories** 380 cal / **Carbs** 44 g (46%) / **Protein** 20 g (22%) / **Fat** 13 g (32%) / **Fluid** 32

NOTES:

Dinner

6:00 PM

macadamia nut encrusted mahi mahi (paleo)	1 serving	311 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** 371 cal / **Carbs** 16 g (17%) / **Protein** 28 g (28%) / **Fat** 24 g (55%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: Calories 1,264 cal / **Carbs** 127 g (38%) / **Protein** 81 g (25%) / **Fat** 54 g (37%) / **Fluid** 103



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** 11.6 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** 4.87 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** 47.68 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** 11.67 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** 58.61 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** 7.37 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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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	
* 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



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** 10.92 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).

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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
2 oz

Beverages

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

Dairy & Egg

egg whites, cooked
9 large
omega 3 eggs
6.38 egg

Fats & Oils

coconut vegetable oil
2.23 Tbsp
olive oil
0.33 Tbsp
vegetable oil, canola
0.75 Tbsp

Finfish & Shellfish

coho salmon fish, cooked
4 oz
mahi-mahi/dolphinfish
0.5 fillet

Fruits & Juices

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Eating right, simplified.

avocados
2.25 avocado
blueberries
1.92 Cup(s)
cantaloupe melon
4 cup
orange peel
0.5 tsp
oranges
2 fruit
strawberries
1 Cup(s)

Ingredients

almond flour
0.03 Cup(s)
balsamic vinegar
8 Tbsp
coconut flakes, organic
0.19 oz

Lamb, Veal, Game

veal breast meat, lean
4 oz

Nuts & Seeds

hazelnuts/filberts
1.25 oz
macadamia nuts
1 oz
macadamia nuts, no salt, dry roasted
0.66 oz

Pork

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

Poultry

chicken breast, boneless skinless
2 oz

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Eating right, simplified.

ground turkey, cooked
6 oz
turkey breast, roasted
8 oz

Sausages & Meats

pork and beef sausage, cooked
3.5 oz
sliced ham, extra lean, low-sodium
1 slices
3.75 oz

Snacks

turkey jerky
1 oz

Soup

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

Spices & Herbs

allspice, ground
0.38 tsp
bay leaf
0.19 tsp
black pepper
0.06 tsp
coriander/ cilantro/ chinese parsley
0.19 tsp
paprika
0.38 tsp
parsley
0.5 tsp
sage, ground
0.13 tsp

Vegetables

artichoke hearts
3 Cup(s)
beet greens, no salt, boiled
3 Cup(s)
broccoli

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Eating right, simplified.

1 cup
broccoli, no salt, boiled
6 Cup(s)
broccoli flower clusters
4 cup
butternut squash, no salt, boiled
1.5 cup
cabbage, no salt, cooked
3 cup
cauliflower, no salt, boiled
10 flowerets
cherry tomatoes
10 tomatoes
cilantro leaves raw, coriander
0.13 Cup(s)
garlic
1.25 clove
0.06 tsp
green leaf lettuce
6 cup
kale
3 cup
mushrooms, no salt, boiled
3 Cup(s)
onions
1.38 cup
0.75 medium
spaghetti squash, no salt, cooked
1 Cup(s)
spinach, no salt, boiled
2 Cup(s)
sweet potato
5.25 oz
sweet potato, no salt, baked
3.5 Cup(s)
tomatoes
1.25 Cup(s)