



Eating right, simplified.

1,700 Calorie Plan (Paleo) 4 meals/day

DAY 1

Breakfast

7:00 AM

omega 3 eggs	1 egg	70 cal
coconut vegetable oil	1/3 Tbsp	39 cal
peaches	1 large	61 cal
drinking water	2 Cup(s)	0 cal
swiss chard, no salt, boiled	1 1/2 cup	53 cal
ground turkey, cooked	4 oz	230 cal

MEAL TOTAL: **Calories** 453 cal / **Carbs** 27 g (22%) / **Protein** 43 g (36%) / **Fat** 22 g (42%) / **Fluid** 31

NOTES:

Snack

10:00 AM

almonds	1 oz	162 cal
blueberries	1 Cup(s)	83 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 290 cal / **Carbs** 36 g (46%) / **Protein** 9 g (11%) / **Fat** 15 g (43%) / **Fluid** 12

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	6 oz	168 cal
avocados	1/3 avocado	107 cal
sweet green peppers	1 1/2 Cup(s)	45 cal
green leaf lettuce	2 cup	11 cal
balsamic vinegar	2 Tbsp	28 cal
asparagus, boiled	12 spears	40 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 398 cal / **Carbs** 31 g (29%) / **Protein** 47 g (44%) / **Fat** 13 g (27%) / **Fluid** 34

NOTES:

Dinner

6:00 PM

shrimp stuffed avocado (paleo)	1 serving	235 cal
drinking water	1 Cup(s)	0 cal
winter corn squash, no salt, baked	2 cup	230 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal

MEAL TOTAL: **Calories** 574 cal / **Carbs** 92 g (59%) / **Protein** 40 g (25%) / **Fat** 11 g (16%) / **Fluid** 36

NOTES:

DAY 1 TOTAL: Calories 1,715 cal / **Carbs** 186 g (40%) / **Protein** 139 g (30%) / **Fat** 61 g (30%) / **Fluid** 112

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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	4 large	69 cal
extra virgin olive oil	3/4 tsp	30 cal
grapes	5/8 Cup(s)	65 cal

MEAL TOTAL: Calories 481 cal / Carbs 60 g (49%) / Protein 27 g (21%) / Fat 17 g (30%) / Fluid 33

NOTES:

Snack

10:00 AM

broccoli flower clusters	2 cup	40 cal
ground turkey, cooked	3 oz	173 cal
cashews, no salt, dry-roasted	1/4 oz	41 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: Calories 299 cal / Carbs 19 g (24%) / Protein 30 g (38%) / Fat 13 g (38%) / Fluid 14

NOTES:

Lunch

12:00 PM

yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
cherry tomatoes	15 tomatoes	30 cal
sliced ham, extra lean, low-sodium	4 slices	110 cal
cauliflower, no salt, boiled	2 Cup(s)	57 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: Calories 434 cal / Carbs 74 g (68%) / Protein 23 g (22%) / Fat 5 g (10%) / Fluid 31

NOTES:

Dinner

6:00 PM

italian style venison pot roast (paleo)	1 serving	319 cal
green leaf lettuce	2 cup	11 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

MEAL TOTAL: Calories 481 cal / Carbs 21 g (18%) / Protein 56 g (46%) / Fat 19 g (36%) / Fluid 28

NOTES:

DAY 2 TOTAL: Calories 1,695 cal / Carbs 174 g (40%) / Protein 136 g (32%) / Fat 54 g (28%) / Fluid 106



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

peaches	2 medium	76 cal
turkey sausage breakfast links	3 oz	200 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	1/3 Tbsp	39 cal

MEAL TOTAL: **Calories** 490 cal / **Carbs** 29 g (23%) / **Protein** 30 g (24%) / **Fat** 31 g (53%) / **Fluid** 29

NOTES:

Snack

10:00 AM

almonds	1 oz	162 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** 345 cal / **Carbs** 36 g (41%) / **Protein** 16 g (18%) / **Fat** 16 g (41%) / **Fluid** 13

NOTES:

Lunch

12:00 PM

asparagus, boiled	10 spears	33 cal
coho salmon fish, cooked	6 oz	236 cal
green leaf lettuce	2 cup	11 cal
olive oil	1 Tbsp	119 cal
drinking water	2 Cup(s)	0 cal
sweet green peppers	1/2 Cup(s)	15 cal
balsamic vinegar	1 1/2 Tbsp	21 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 16 g (14%) / **Protein** 45 g (41%) / **Fat** 21 g (45%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

pepper steak (paleo)	1 serving	260 cal
broccoli, no salt, boiled	3 Cup(s)	164 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 424 cal / **Carbs** 52 g (45%) / **Protein** 30 g (26%) / **Fat** 15 g (29%) / **Fluid** 40

NOTES:

DAY 3 TOTAL: Calories 1,695 cal / **Carbs** 133 g (30%) / **Protein** 122 g (27%) / **Fat** 83 g (43%) / **Fluid** 112



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

egg whites, cooked	5 large	86 cal
strawberries	1 Cup(s)	46 cal
okra, no salt, boiled	1 cup	12 cal
coconut vegetable oil	1/3 Tbsp	39 cal
almond beverage with calcium	2 Cup(s)	139 cal
honeydew melon	1 cup	64 cal
shrimp, cooked	3 oz	101 cal

MEAL TOTAL: Calories 486 cal / Carbs 54 g (44%) / Protein 42 g (34%) / Fat 12 g (22%) / Fluid 34

NOTES:

Snack

10:00 AM

coconut water	1 1/2 Cup(s)	68 cal
broccoli flower clusters	2 cup	40 cal
sliced ham, extra lean, low-sodium	4 slices	110 cal

MEAL TOTAL: Calories 218 cal / Carbs 22 g (42%) / Protein 21 g (40%) / Fat 4 g (18%) / Fluid 18

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
cauliflower, no salt, boiled	10 flowerets	41 cal
turkey breast, roasted	5 oz	193 cal
cherry tomatoes	10 tomatoes	20 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal

MEAL TOTAL: Calories 491 cal / Carbs 68 g (54%) / Protein 49 g (39%) / Fat 4 g (7%) / Fluid 30

NOTES:

Dinner

6:00 PM

lamb patties (paleo)	1 serving	321 cal
onions	1/4 cup	12 cal
avocados	1/4 avocado	80 cal
drinking water	1 Cup(s)	0 cal
balsamic vinegar	2 Tbsp	28 cal
butternut squash, no salt, boiled	1/2 cup	41 cal
green leaf lettuce	1 cup	5 cal

MEAL TOTAL: Calories 487 cal / Carbs 25 g (20%) / Protein 31 g (25%) / Fat 30 g (55%) / Fluid 16

NOTES:

DAY 4 TOTAL: Calories 1,682 cal / Carbs 169 g (39%) / Protein 144 g (34%) / Fat 50 g (27%) / Fluid 99



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

swiss chard, no salt, boiled	1 1/2 cup	53 cal
plums	2 fruit	61 cal
drinking water	2 Cup(s)	0 cal
sliced ham, extra lean, low-sodium	2 slices	55 cal
omega 3 eggs	2 egg	140 cal
coconut vegetable oil	1/2 Tbsp	58 cal
egg whites, cooked	3 large	51 cal

MEAL TOTAL: Calories 418 cal / Carbs 29 g (27%) / Protein 36 g (33%) / Fat 19 g (40%) / Fluid 32

NOTES:

Snack

10:00 AM

coconut water	2 Cup(s)	91 cal
almonds	1 oz	162 cal
cherry tomatoes	10 tomatoes	20 cal

MEAL TOTAL: Calories 273 cal / Carbs 29 g (39%) / Protein 10 g (14%) / Fat 15 g (47%) / Fluid 15

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 1/2 Cup(s)	45 cal
turkey breast, roasted	5 oz	193 cal
olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: Calories 483 cal / Carbs 31 g (24%) / Protein 51 g (40%) / Fat 20 g (36%) / Fluid 37

NOTES:

Dinner

6:00 PM

garlic-lime spinach (paleo)	1 serving	111 cal
winter corn squash, no salt, baked	1 1/2 cup	172 cal
turkey breast, roasted	4 oz	154 cal
drinking water	2 Cup(s)	0 cal
broccoli, no salt, boiled	2 Cup(s)	109 cal

MEAL TOTAL: Calories 547 cal / Carbs 77 g (51%) / Protein 50 g (32%) / Fat 11 g (17%) / Fluid 43

NOTES:

DAY 5 TOTAL: Calories 1,721 cal / Carbs 166 g (36%) / Protein 146 g (32%) / Fat 66 g (32%) / Fluid 127



Eating right, simplified.

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
strawberries	1 Cup(s)	46 cal
almond beverage with calcium	2 Cup(s)	139 cal
okra, no salt, boiled	1 cup	12 cal

MEAL TOTAL: **Calories** 425 cal / **Carbs** 37 g (35%) / **Protein** 31 g (29%) / **Fat** 17 g (36%) / **Fluid** 28

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	5 oz	140 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	1 1/2 Cup(s)	237 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 68 g (59%) / **Protein** 39 g (34%) / **Fat** 3 g (7%) / **Fluid** 27

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	1/2 cup	41 cal
italian chicken	1 serving	261 cal

MEAL TOTAL: **Calories** 448 cal / **Carbs** 24 g (21%) / **Protein** 29 g (25%) / **Fat** 27 g (54%) / **Fluid** 25

NOTES:

DAY 6 TOTAL: Calories 1,661 cal / **Carbs** 148 g (35%) / **Protein** 127 g (30%) / **Fat** 67 g (35%) / **Fluid** 89



Eating right, simplified.

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	2 Cup(s)	0 cal
shrimp, cooked	4 oz	135 cal
swiss chard, no salt, boiled	1 cup	35 cal

MEAL TOTAL: **Calories** 412 cal / **Carbs** 27 g (25%) / **Protein** 42 g (40%) / **Fat** 17 g (35%) / **Fluid** 30

NOTES:

Snack

10:00 AM

coconut water	1 Cup(s)	46 cal
almonds	3/4 oz	122 cal
blueberries	1/2 Cup(s)	41 cal

MEAL TOTAL: **Calories** 209 cal / **Carbs** 24 g (43%) / **Protein** 7 g (12%) / **Fat** 11 g (45%) / **Fluid** 10

NOTES:

Lunch

12:00 PM

winter corn squash, no salt, baked	1 cup	115 cal
ground beef, lean	4 2/3 oz	181 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	2 Cup(s)	0 cal
balsamic vinegar	1 1/2 Tbsp	21 cal

MEAL TOTAL: **Calories** 498 cal / **Carbs** 55 g (41%) / **Protein** 38 g (29%) / **Fat** 18 g (30%) / **Fluid** 39

NOTES:

Dinner

6:00 PM

chicken, orange & avocado salad	1 1/4 serving	590 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 590 cal / **Carbs** 36 g (23%) / **Protein** 42 g (27%) / **Fat** 34 g (50%) / **Fluid** 30

NOTES:

DAY 7 TOTAL: Calories 1,709 cal / **Carbs** 142 g (32%) / **Protein** 128 g (29%) / **Fat** 80 g (39%) / **Fluid** 108



Eating right, simplified.



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".



Eating right, simplified.

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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Eating right, simplified.



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.



Eating right, simplified.

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.



Eating right, simplified.

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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Eating right, simplified.



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).



Eating right, simplified.

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	
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Eating right, simplified.

Shopping List

Beef

beef top sirloin, lean

3 oz

ground beef, lean

4.67 oz

Beverages

almond beverage with calcium

6 Cup(s)

coconut water

8.5 Cup(s)

drinking water

34.13 Cup(s)

Dairy & Egg

egg whites, cooked

18 large

omega 3 eggs

7 egg

Fats & Oils

coconut vegetable oil

2.15 Tbsp

extra virgin olive oil

0.75 tsp

olive oil

4.17 Tbsp

Finfish & Shellfish

coho salmon fish, cooked

6 oz

shrimp, cooked

11 oz

tuna fish, very low-sodium, in water

11 oz

Fruits & Juices

avocados

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Eating right, simplified.

2.7 avocado

blueberries

2.5 Cup(s)

grapes

0.63 Cup(s)

honeydew melon

2 cup

lemon juice

1 Tbsp

limes

0.5 lime

oranges

1.25 fruit

peaches

1 large

2 medium

plums

2 fruit

strawberries

3.5 Cup(s)

Ingredients

balsamic vinegar

11 Tbsp

Lamb, Veal, Game

deer/venison meat, lean, cooked

0.5 lb

lamb meat, ground, cooked

4 oz

Nuts & Seeds

almonds

3.75 oz

cashews, no salt, dry-roasted

1.25 oz

Pork

bacon, low-sodium, cooked

4 slice cooked

Poultry

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Eating right, simplified.

chicken, boneless, roasted

8 oz

chicken breast skinless

4 oz

ground turkey, cooked

7 oz

turkey breast, roasted

14 oz

Sausages & Meats

sliced ham, extra lean, low-sodium

12 slices

turkey sausage breakfast links

3 oz

Soup

beef stock

1 fl. oz.

Spices & Herbs

black pepper

0.13 tsp

0.5 dash

lemon herb seasoning

0.56 tsp

Vegetables

asparagus, boiled

44 spears

broccoli, no salt, boiled

7 Cup(s)

broccoli flower clusters

4 cup

butternut squash, no salt, boiled

1 cup

carrots

1 cup

cauliflower, no salt, boiled

2 Cup(s)

20 flowerets

celery

0.75 cup

cherry tomatoes

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Eating right, simplified.

45 tomatoes

garlic

1.25 clove

green leaf lettuce

12 cup

okra, no salt, boiled

4 cup

onions

0.25 medium

1.25 cup

0.5 small

red peppers

0.25 cup

spinach

0.5 bunch

2.5 Cup(s)

sweet green peppers

4.88 Cup(s)

swiss chard, no salt, boiled

5 cup

winter corn squash, no salt, baked

4.5 cup

yams, no salt, boiled or baked

4.5 Cup(s)