

1500 CALORIE PALEO MEAL PLAN

DAY 1

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Omelet with Peppers						
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	Cup	Peppers, chopped, sweet, green, raw	1.28	6.91	0.25	29.80
1	Cup	Peppers, chopped, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			20.76	15.90	29.30	395.54
AM Snack – Almond Butter and Celery						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
5	Each	Celery, raw stalk trimmed	2.50	10.00	0.00	50.00
Totals:			4.90	13.40	9.50	151.00
Lunch – Lettuce Tuna Wrap						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
3	Leaves	Lettuce, outer cos or romaine, raw	1.03	2.76	0.25	14.28
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
4	Ounces	Tuna, in water	20.00	0.00	1.33	120.00
Totals:			29.14	22.00	19.41	374.80
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Steak, Mushroom and Spinach Salad with Oil and Balsamic						
6	Ounces	Beef, top sirloin, lean only	51.63	0.00	13.60	343.40
1/2	Cup	Cucumber, raw, slices	0.40	1.40	0.00	7.00
1/2	Cup	Mushrooms, sliced, white, stir-fried	1.93	2.18	0.18	14.04
1/2	Tablespoon	Olive oil, pure	0.00	0.00	21.00	195.00
2	Cup	Spinach, raw	1.72	2.18	0.23	13.80
1	Small	Tomato, sm. sliced	1.00	5.70	0.40	26.00
2	Teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
Totals:			56.73	13.26	35.41	608.57
Actual Totals for Day # 1:			111.52	64.56	93.62	1529.91

1500 CALORIE PALEO MEAL PLAN

DAY 2

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Sausage, Nuts and Apple						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounces	Cashews, raw	5.00	9.00	13.00	160.00
2	Medium	Sausage	24.00	4.00	28.00	380.00
Totals:			29.30	34.00	41.50	621.00
AM Snack – Hard Boiled Egg						
1	Each	Egg whole with yolk	6.70	1.30	7.30	100.00
Totals:			6.70	1.30	7.30	100.00
Lunch – Salad with Chicken and Dressing						
1/2	Cup, sliced	Avocados	1.46	6.23	10.70	116.80
8	Medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
4	Ounces	Chicken breast/white meat	24.00	0.00	0.00	124.00
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
3	Cups	Spinach, raw	2.57	3.27	0.35	20.70
1	Small	Tomato, small, with peel, 2.5" dia.	1.00	5.70	0.40	26.00
2	Teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
Totals:			29.60	23.59	25.56	444.83
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Turkey Meatballs (See Recipe) with Spaghetti Squash						
1/2	Cup	Zucchini, mashed, baked	0.77	4.72	0.06	19.20
1	Cup	Squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
1/3	Cup	Tomato sauce, no salt added	2.38	13.56	0.37	67.71
4	Each	Turkey meatballs (stuffed turkey recipe)	20.00	8.00	8.00	200.00
Totals:			24.17	36.29	8.83	328.76
Actual Total for Day 2			89.77	95.18	83.19	1494.59

1500 CALORIE PALEO MEAL PLAN

DAY 3

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs, Avocado, Salsa and Almonds						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
1/2	Cup	Avocados, sliced	1.46	6.23	10.70	116.80
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
3	Tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	6.00
Totals:			25.46	12.33	39.70	495.80
AM Snack – Cashews and Watermelon						
1/2	Ounce	Cashews, raw	2.50	4.50	6.50	80.00
1	Cup	Watermelon, diced	0.93	11.48	0.23	45.60
Totals:			3.43	15.98	6.73	125.60
Lunch – Fish, Asparagus and Nuts						
8	Spears	Asparagus, (see recipe: Garlicky Asparagus)	3.54	2.30	0.50	21.60
6	Ounces	Halibut, broiled	45.00	0.00	6.00	240.00
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			52.80	6.14	24.76	444.72
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Turkey Burger with Grilled Mushrooms and Side Spinach						
1	Cup	Mushrooms, sliced, portabella, grilled	5.17	5.94	0.91	42.35
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
2	Cups	Spinach, boiled, drained	10.80	13.60	0.80	84.00
112	Grams	Turkey burger	21.00	0.00	9.00	180.00
Totals:			36.97	19.54	24.71	426.35
Actual Totals for Day 3			118.66	53.99	95.90	1492.47

1500 CALORIE PALEO MEAL PLAN

DAY 4

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Smoked Salmon, Eggs and Onions						
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
3	Ounces	Fish, salmon, smoked, lox, regular	15.36	0.00	3.63	98.28
1	Tablespoon	Chopped onions, spring or scallions	0.11	0.44	0.01	1.92
2	Cups	Spinach, steamed	10.80	13.60	0.80	84.00
Totals:			44.27	14.04	19.44	394.20
AM Snack – Apple						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			0.30	21.00	0.50	81.00
Lunch – Chicken, Avocado, Coleslaw and Seeds						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
6	Ounces	Chicken breast/white meat	36.00	0.00	0.00	186.00
1	Cup	Coleslaw, home prepared	1.55	14.89	3.13	82.80
1	Ounce	Pumpkin seeds, raw	9.35	3.81	11.94	147.99
Totals:			49.19	27.20	32.68	601.79
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Turkey and Veggie Stew with Broccoli Rabe						
3	Ounces	Ground turkey, lean (see Turkey and Veggie Stew recipe)	21.67	0.00	29.01	354.45
Totals:			21.67	0.00	29.01	354.45
Actual Totals for Day 4			115.43	62.24	81.63	1431.44

1500 CALORIE PALEO MEAL PLAN

DAY 5

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Green Smoothie						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Teaspoon	Ginger root, raw	0.04	0.36	0.01	1.60
3	Tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
1	Cup	Chopped kale, raw	2.21	6.71	0.47	33.50
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
Totals:			12.55	33.06	16.98	324.10
AM Snack – Hard Boiled Egg and Walnuts						
1	Large	Egg, organic, hard-boiled	6.00	0.00	5.00	70.00
1	Ounces	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
Totals:			10.26	3.84	23.26	253.12
Lunch – Turkey Stew Leftovers (See Recipe)						
3	Ounces	Ground turkey, lean	21.67	0.00	29.01	354.45
1	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
1/2	Tablespoon	Coconut oil	0.00	0.00	6.80	58.50
Totals:			25.38	11.20	36.45	467.55
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Shrimp, Spaghetti Squash, Spinach and Tomato Sauce						
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
6	Ounces	Shrimp, boiled or steamed	35.52	0.00	1.80	168.00
1	Cup	Spinach, boiled, drained	5.40	6.80	0.40	42.00
1	Cup	Squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
Totals:			45.12	34.89	17.09	462.13
Actual Totals for Day 5			93.31	83.00	93.78	1506.90

1500 CALORIE PALEO MEAL PLAN

DAY 6

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Mixed Berry Smoothie						
1	Cup	Unthawed blackberries, frozen, unsweetened	1.78	23.66	0.65	96.64
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
3	Tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
1	Cup, sliced	Strawberry halves, raw	1.11	12.75	0.50	53.12
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
Totals:			13.90	45.20	17.36	373.66
AM Snack – Almonds and Cucumber						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
1	Cup	Cucumber, raw slices	0.80	2.80	0.00	14.00
Totals:			6.80	8.90	14.00	177.00
Lunch – Salmon and Broccoli with Coconut Oil						
1	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1/3	Tablespoon	Olive oil, pure	0.00	0.00	4.20	39.00
5	Ounces	Salmon, broiled	31.35	0.00	17.50	290.00
Totals:			35.06	11.20	35.94	500.60
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Fish and Zucchini						
1	Cup	Green beans, steamed	2.01	8.71	0.23	37.80
6	Ounces	Halibut, broiled	45.00	0.00	6.00	240.00
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
6	Large	Olives, ripe	0.20	1.50	2.56	27.60
1	Cup, sliced	Zucchini, baked	1.15	7.07	0.09	28.80
Totals:			48.37	17.28	22.88	454.20
Actual Totals for Day 6			104.13	82.58	90.19	1505.46

1500 CALORIE PALEO MEAL PLAN

DAY 7

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Bacon, Eggs and Berries						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
2	Slices	Pork, cured, bacon	5.79	0.22	7.01	88.78
Totals:			18.86	21.23	17.49	311.43
AM Snack – Apple Topped with Peanut Butter						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1/2	Tablespoon	Peanut butter, natural	2.00	1.75	4.08	47.50
Totals:			2.30	22.75	4.58	128.50
Lunch – Veggie Burger in Pita						
1/4	Cup	Avocados, sliced, raw, all varieties	0.73	3.11	5.35	58.40
1/2	Pita, large	(6-1/2" dia.) spelt	3.14	17.60	0.83	85.12
1/3	Tablespoon	Garlic powder	0.47	2.03	0.03	9.32
1/2	Cup	Mushroom pieces, raw	1.08	1.15	0.12	7.70
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
2	Tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	Patty	Veggie burgers	10.99	9.99	4.41	123.90
Totals:			16.60	35.68	17.75	357.44
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Steak and Cauliflower (See Recipe)						
1	Serving	(3 oz.) Beef, bottom sirloin, tri-tip steak, lean and fat, 0" trim	25.47	0.00	12.90	225.25
2	Cups	Cauliflower, steamed	5.80	13.50	0.79	68.40
1	Cup	Chopped kale, steamed	2.47	7.32	0.52	36.40
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
Totals:			33.74	20.82	28.21	450.05
Actual Totals for Day 7			110.49	87.88	86.46	1510.72

1500 CALORIE PALEO MEAL PLAN

DAY 8

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Blueberry Smoothie						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Cup	Chopped kale, raw	2.21	6.71	0.47	33.50
1/2	Ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1.5	Ounces	Seeds, chia seeds, ground	6.64	18.65	13.08	208.37
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
Totals:			13.06	50.28	27.15	456.08
AM Snack – Almond Butter and Celery						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
4	Stalks	Celery, raw	1.10	4.75	0.27	22.40
Totals:			3.50	8.15	9.77	123.40
Lunch – Soup, Steak and Broccoli with Coconut Milk						
1	Serving (3 oz.) Beef, bottom sirloin, tri-tip steak, lean and fat, 0" trim, all grades		25.47	0.00	12.90	225.25
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1.5	Cups	Soup (see recipe)	3.04	18.22	1.14	83.49
Totals:			34.21	28.06	27.86	477.26
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Real Healthy Fried Chicken (See Recipe)						
1	Tablespoon	Almond butter	2.40	3.40	9.50	101.00
5	Ounces	Chicken breast/white meat	32.50	0.00	2.00	155.00
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1/2	Cup	Vegetables, mixed, steamed	2.60	11.91	0.14	59.15
Totals:			41.17	25.78	17.61	439.75
Actual Totals for Day 8			88.28	101.81	90.42	1501.89

1500 CALORIE PALEO MEAL PLAN

DAY 9

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Bacon, Eggs and Grapefruit						
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	Each	Grapefruit, pink or red, 4" diam.	1.20	23.80	0.20	92.00
2	Slices	Cooked pork, cured, bacon, nitrate free	5.93	0.23	6.68	86.56
3	Slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
		Totals:	25.13	24.03	21.88	400.56
AM Snack – Avocado and Peppers						
1/2	Cup	Avocado, pureed with lemon	2.30	8.50	17.60	185.00
1	Each	Pepper, red or green	2.80	19.20	0.40	80.00
		Totals:	5.10	27.70	18.00	265.00
Lunch – Salmon Patties with Salad (See Recipe)						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
4	Ounces	Fish, organic salmon canned, wild, cooked	28.00	0.00	8.00	206.27
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
		Totals:	31.43	22.70	22.80	442.93
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		Totals:	0.00	0.00	0.00	0.00
Dinner – Stuffed Meatballs with Spaghetti Squash and Tomato Sauce (See Recipe)						
1/2	Cup	Chopped broccoli, steamed	1.86	5.60	0.32	27.30
1	Cup	Squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
5	Each	Meatballs (see recipe)	25.00	10.00	10.00	250.00
		Totals:	31.05	43.69	11.21	409.43
Actual Totals for Day 9			92.70	118.13	73.90	1517.92

1500 CALORIE PALEO MEAL PLAN

DAY 10

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs with Avocado and Almonds with Blueberries						
1/2	Ounces	Almonds, raw	3.00	3.05	7.00	81.50
1/2	Cup	Avocados, sliced, raw, all varieties	1.46	6.23	10.70	116.80
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
3	Large	Eggs, Organic	18.00	0.00	15.00	210.00
Totals:			23.53	30.29	33.18	490.95
AM Snack – Walnuts and Peppers						
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
1	Cup	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			5.74	12.82	18.71	221.86
Lunch – Chicken with Mushrooms, Cauliflower and Almonds						
1	Cup	Cauliflower, steamed	2.28	5.10	0.56	28.52
6	Ounces	Chicken breast, organic	36.00	0.00	0.00	186.00
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	Cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
Totals:			42.15	9.46	14.51	359.60
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Steak, Broccoli and Seeds						
1	Serving (3 oz.) Beef, short loin, porterhouse steak, lean and fat, 0" trim		20.07	0.00	17.13	240.55
1	Cup	Broccoli, steamed	5.70	9.84	0.20	51.52
1	Tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
1	Tablespoon	Seeds, sesame seeds, raw	1.60	2.11	4.47	51.57
Totals:			27.49	11.96	33.31	445.38
Actual Totals for Day 10			98.91	64.53	99.71	1517.79

1500 CALORIE PALEO MEAL PLAN

DAY 11

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Breakfast Smoothie (Blend Ingredients)						
1/2	Cup	Unthawed blackberries, frozen, unsweetened	0.89	11.83	0.32	48.32
1/2	Cup	Unthawed blueberries, frozen, unsweetened	0.33	9.43	0.50	39.52
2	Tablespoons	Hemp seeds	6.00	2.00	8.00	112.00
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			12.64	37.69	21.54	378.76
AM Snack – Apple and Almond Butter						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			2.70	24.40	10.00	182.00
Lunch – Butternut Squash and Fish						
1	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
6	Ounces	Halibut, broiled	45.00	0.00	6.00	240.00
1	Cup	Squash, butternut, mashed, baked, no salt	2.95	24.12	0.17	93.60
Totals:			51.66	35.32	20.41	505.20
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Shrimp and Salad						
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1/2	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
6	Ounces	Shrimp, boiled or steamed	35.52	0.00	1.80	168.00
1	Teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
Totals:			38.15	19.90	23.20	447.66
Actual Totals for Day 11			105.16	117.32	75.15	1513.62

1500 CALORIE PALEO MEAL PLAN

DAY 12

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Kefir with Strawberries, Chia and Cinnamon						
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/3	Tablespoon	Honey, unpasteurized, raw	0.03	5.19	0.00	19.20
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
Totals:			16.63	44.00	11.27	325.76
AM Snack – Avocado, Cucumber and Olives						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
6	Large	Olives, ripe	0.20	1.50	2.56	27.60
Totals:			3.30	12.80	20.16	226.60
Lunch – Steak and Salad						
4	Ounces	Beef, Organic Flank, separable lean only, trimmed, choice	30.67	0.00	9.33	219.87
1/2	Cup, sliced	Carrots, raw	0.59	6.41	0.14	27.30
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
Totals:			34.66	28.21	24.27	479.17
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Sausage and Stir-fry Veggies						
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1	Cup	Chopped peppers, sweet, green, boiled, drained, no salt	1.25	9.11	0.27	38.08
1	Cup	Sauerkraut, low sodium	1.28	6.18	0.14	31.24
6	Ounces	Sausage, Italian, turkey, smoked	25.28	7.81	14.70	265.44
Totals:			127.91	24.00	29.11	458.76
Actual Totals for Day 12			82.50	109.01	84.82	1490.28

1500 CALORIE PALEO MEAL PLAN

DAY 13

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Coconut Flour Pancakes (Recipe)						
1	Tablespoon	Almond butter	2.40	3.40	9.50	101.00
3		Pancakes	6.73	30.97	16.37	298.59
		Totals:	9.13	34.37	25.87	399.59
AM Snack – Hard-Boiled Eggs and Celery						
4	Each	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
2	Large	Eggs, whole, hard-boiled	12.58	1.12	10.61	155.00
		Totals:	14.58	9.12	10.61	195.00
Lunch – Sausage with Squash and Tomato Sauce						
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
3	Links	Pork sausage, fresh, cooked	13.99	0.00	20.42	244.08
1	Cup	Zucchini, sliced, baked	1.15	7.07	0.09	28.80
1	Cup	Squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
1/2	Cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
		Totals:	17.75	26.13	35.16	489.87
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		Totals:	0.00	0.00	0.00	0.00
Dinner – Steak and Veggies						
8	Spears	Asparagus, baked	3.54	2.30	0.50	21.60
4	Ounces	Beef, organic flank, separable lean only, trimmed, choice	30.67	0.00	9.33	219.87
1/	Cup	Bok Choy, boiled, steamed	1.00	1.00	0.00	10.00
1.5	Tablespoons	Coconut oil	0.00	0.00	20.40	175.50
		Totals:	35.21	3.30	30.24	426.97
Evening Snack – Herbal Tea						
1	Cup	Tea, herb, mint, brewed	0.00	0.00	0.00	0.00
		Totals:	0.00	0.00	0.00	0.00
Actual Totals for Day 13			76.66	72.92	101.88	1511.43

1500 CALORIE PALEO MEAL PLAN

DAY 14

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Sausage with Tomatoes and Spinach						
3	Ounces	Beef, cured, sausage, smoked	12.00	2.06	22.89	265.36
1	Cup	Spinach, boiled, drained	5.40	6.80	0.40	42.00
3	Slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
Totals:			17.40	8.86	23.29	319.36
AM Snack – Hard-Boiled Eggs and Carrot						
1	Large	Carrot, baby, raw	0.10	1.24	0.02	5.25
2	Large	Eggs, organic, hard-boiled	12.00	0.00	10.00	140.00
Totals:			12.10	1.24	10.02	145.25
Lunch – Tuna Salad						
2	Each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
2	Tablespoons	Mayonnaise, low fat	0.00	8.00	2.00	50.00
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1/2	Ounce	Seeds, pumpkin raw	4.67	1.90	5.97	73.99
1	Cup	Tuna, solid white, water, reg. can	60.00	4.00	4.00	280.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			68.37	37.94	12.77	529.14
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Lamb and Spaghetti Squash						
5	Ounces	Lamb, leg, shank half, lean and fat, 1/4" trim	26.34	0.00	19.12	284.92
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Cup	Squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
1/2	Cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
Totals:			28.95	19.05	33.77	501.91
Evening Snack – Herbal Tea						
1	Cup	Tea, herb, chamomile, brewed	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Actual Totals for Day 14			126.82	67.56	79.85	1498.03

1500 CALORIE PALEO MEAL PLAN

DAY 15

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Egg Veggie Scramble with Grapefruit						
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	Each	Grapefruit, pink or red, 4" diam.	1.20	23.80	0.20	92.00
1/2	Cup	Mushrooms pieces, stir fried	1.69	4.13	0.37	21.84
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1	Cup	Zucchini, stir fried	0.00	6.00	0.00	28.80
Totals:			20.99	34.83	29.57	476.64
AM Snack – Apple and Almond Butter						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			2.70	24.40	10.00	182.00
Lunch – Salmon, Veggies and Nuts						
1/2	Ounce	Almonds, raw	3.00	3.05	7.00	81.50
1	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
5	Ounces	Salmon, broiled	31.35	0.00	17.50	290.00
Totals:			38.06	14.25	25.14	426.10
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Turkey Meatballs and Veggies						
1	Cup	Chopped kale, steamed	2.47	7.32	0.52	36.40
1/2	Cup	Mushrooms pieces, stir fried	1.69	4.13	0.37	21.84
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1/2	Cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
5	Each	Turkey meatballs (see recipe)	25.00	10.00	10.00	250.00
Totals:			30.75	30.49	18.13	413.38
Actual Totals for Day 15			92.50	103.96	82.84	1498.12

1500 CALORIE PALEO MEAL PLAN

DAY 16

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Kefir, Strawberries, Chia and Seeds						
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
1/2	Ounce	Seeds, pumpkin raw	4.67	1.90	5.97	73.99
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
Totals:			15.62	32.01	16.15	316.55
AM Snack – Hard Boiled Eggs and Peppers						
2	Large	Eggs, organic, hard-boiled	12.00	0.00	10.00	140.00
1	Cup	Pepper strips, sweet, red, raw	1.24	9.04	0.27	37.80
Totals:			13.24	9.04	10.27	177.80
Lunch – Fish Wraps with Lettuce Leaves						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Brussels sprouts, raw	2.97	7.88	0.26	37.84
6	Ounces	Halibut, broiled	45.00	0.00	6.00	240.00
4	Leaves	Outer, lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	Tablespoon	Salsa, medium, no sugar added	0.00	0.00	0.00	2.00
1	Cup, cubes	Squash, butternut, baked, no salt	1.84	21.50	0.18	82.00
Totals:			53.50	41.55	24.38	565.88
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Hamburger and Portobello Mushrooms with Asparagus						
8	Spears	(1/2" base) Asparagus, baked	2.88	4.93	0.26	26.40
1	Patty	Beef, ground, 90% lean meat patty, broiled	21.41	0.00	9.62	177.94
1	Whole	Mushroom, portabella, grilled	2.10	4.26	0.17	21.84
1	Teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
Totals:			29.29	29.48	25.01	461.48
Actual Totals for Day 16			111.65	112.09	75.81	1521.71

1500 CALORIE PALEO MEAL PLAN

DAY 17

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Fruit Salad with Cinnamon						
1/4	Cup	Blueberries, raw	0.27	5.25	0.12	20.66
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
1/4	Cup, diced	Pineapple, raw,	0.21	4.58	0.05	17.44
1/4	Cup	Raspberries, raw	0.37	3.67	0.20	15.99
1/4	Cup, halves	Strawberry halves, raw	0.25	2.92	0.11	12.16
Totals:			11.02	28.96	19.84	313.37
AM Snack – Avocado and Celery						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	Each	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
Totals:			4.30	16.50	17.60	225.00
Lunch – Southwest Stuffed Chicken and Mushrooms (See Recipe)						
6	Ounces	Chicken breast, white meat	39.00	0.00	2.40	186.00
2	Tablespoons	Coconut oil	0.00	0.00	27.20	234.00
1	Clove	Garlic, raw	0.19	0.99	0.01	4.47
1/2	Cup, sliced	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
10	Nuts	Nuts, hazelnuts , raw	2.09	2.34	8.51	87.92
Totals:			43.22	5.51	38.30	526.43
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Sushi/Sashimi with Seaweed Salad						
1	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
1	Cup	Miso soup	1.00	4.00	1.00	32.00
3	Each	Salmon sashimi	18.30	0.00	5.10	123.00
2	Tablespoons	Seaweed, agar, raw	0.05	0.68	0.00	2.60
2	Tablespoons	Seaweed, kelp, raw	0.17	0.96	0.06	4.30
2	Tablespoons	Seaweed, wakame, raw	0.30	0.91	0.06	4.50
2	Tablespoons	Seeds, sesame seeds, whole, raw	1.60	2.11	4.47	51.57
3	Each	Tuna sashimi	19.80	0.00	0.81	93.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			44.93	20.00	12.14	368.72
Actual Totals for Day 17			103.47	70.97	87.88	1433.52

1500 CALORIE PALEO MEAL PLAN

DAY 18

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Kefir, Berries, Hemp and Walnuts						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
3	Tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
1/3	Tablespoon	Honey, unpasteurized, raw	0.02	5.19	0.00	19.15
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
1/2	Ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
Totals:			17.72	37.12	22.61	416.36
AM Snack – Apple and Almond Butter						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			2.70	24.40	10.00	182.00
Lunch – Beef and Broccoli Stir Fry						
1	Cup	Alfalfa seeds, sprouted, raw	1.32	1.25	0.23	9.57
4	Ounces	Beef, organic flank, separable lean only, trimmed	30.67	0.00	9.33	219.87
1	Cup	Bok Choy, steamed	2.00	2.00	0.00	20.00
1/2	Cup	Chopped broccoli, steamed	1.86	5.60	0.32	27.30
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	Tablespoon	Peppers, hot, chili, mature red, canned, chili sauce	0.14	0.58	0.09	3.15
Totals:			35.97	9.43	23.57	396.89
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Sausage, Yam and Coleslaw						
1	Cup	Brussels sprouts, frozen, baked	5.64	12.90	0.60	65.10
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
3	Links	Pork and beef sausage, fresh, cooked	5.38	1.05	14.14	154.44
1/2	Cup, cubes	Yam, baked	1.01	18.75	0.10	78.88
Totals:			13.59	47.60	31.57	498.22
Actual Totals for Day 18			69.98	118.55	87.75	1493.47

1500 CALORIE PALEO MEAL PLAN

DAY 19

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Bacon and Eggs with Zucchini Cakes (See Recipe)						
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
3	Slices	Cooked pork, cured, bacon, baked	8.68	0.33	10.51	133.16
Totals:			26.68	0.33	39.51	473.16
AM Snack – Avocado, Salsa and Peppers						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Chopped peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	Tablespoon	Salsa, medium, no sugar added	0.00	0.00	0.00	2.00
Totals:			3.58	15.41	17.85	216.80
Lunch – Fish and Stir Fry Veggies						
8	Spears	(1/2" base) Asparagus, baked	2.88	4.93	0.26	26.40
3/4	Cup	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables	1.00	5.00	0.00	25.00
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
6	Ounces	Fish, trout, rainbow, wild, cooked	38.96	0.00	9.89	255.00
Totals:			42.84	9.93	23.76	423.40
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Southwest Stuffed Chicken (See Recipe)						
1	Ounces	Cashews	5.00	9.00	13.00	160.00
6	Ounces	Chicken breast/white meat	36.00	0.00	0.00	186.00
Totals:			41.00	9.00	13.00	346.00
Actual Totals for Day 19			114.11	34.67	94.13	1459.36

1500 CALORIE PALEO MEAL PLAN

DAY 20

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Coconut Flour Pancakes (See Recipe)						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
4	Tablespoons	Coconut flour	3.90	15.80	3.90	118.00
3	Large	Eggs, organic, valley	18.00	0.00	15.00	210.00
Totals:			24.30	19.20	28.40	429.00
AM Snack – Cucumber and Tomato Salad with Olives						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
8	Large	Olives, ripe, canned	0.27	2.00	3.42	36.80
1/2	Cup	Tomatoes, red, sliced	1.10	5.24	0.16	22.80
Totals:			2.17	10.05	17.57	193.60
Lunch – Lettuce Wrap with Turkey						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	Leaves	Outer lettuce, cos, raw	1.38	3.67	0.34	19.04
1/2	Ounce	14 halves, walnuts, raw	2.13	1.92	9.13	91.56
6	Ounces	Turkey breast, nitrate free	42.00	0.00	0.00	150.00
Totals:			47.81	14.09	27.07	445.60
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Faux Spaghetti and Meat Sauce with Kale and Olives						
1	Serving (3 oz.) Beef, ground, 95% lean meat/5% fat, crumbles, pan-browned		24.79	0.00	6.44	164.05
1		Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
8	Large	Olives, ripe	0.27	2.00	3.42	36.80
3	Ounces	Shirataki noodles	0.00	1.00	0.00	0.00
3/4	Cup	Tomato sauce, no salt added	2.38	13.56	0.37	67.71
Totals:			29.91	23.88	24.75	434.96
Actual Totals for Day 20			104.19	67.22	97.79	1503.16

1500 CALORIE PALEO MEAL PLAN

DAY 21

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Puff Pancakes (See Recipe)						
1	Tablespoon	Almond butter	2.40	3.40	9.50	101.00
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
Totals:			20.94	13.91	24.74	352.32
AM Snack – Coconut Milk and Seeds						
1	Tablespoon	Hempseeds	3.00	1.00	4.00	56.00
2	Tablespoons	Nuts, coconut milk, canned	0.61	0.84	6.40	59.10
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
Totals:			8.03	14.27	19.12	254.02
Lunch – Egg, Sausage and Yam						
1	Link (4" long)	Chorizo, pork and beef	14.46	1.12	22.96	273.00
1/2	Tablespoon	Coconut oil	0.00	0.00	6.80	58.50
2	Large	Eggs, Organic	12.00	0.00	10.00	140.00
1/2	Cup, cubes	Yam, baked	1.01	18.75	0.10	78.88
Totals:			27.47	19.87	39.86	550.38
PM Snack – Green Tea						
1	Cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Beef Stew (See Recipe)						
3	Ounces	Beef, chuck, arm pot roast, lean and fat, 1/2" trim, prime, braised	22.19	0.00	26.32	332.35
Totals:			22.19	0.00	26.32	332.35
Actual Totals for Day 21			78.64	48.05	110.03	1489.07