

1700 CALORIE PALEO MEAL PLAN

DAY 1

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Omelet with Peppers						
1.5	Tablespoons	Coconut oil	0.00	0.00	20.40	175.50
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	Cup	Mushrooms, white, sliced, stir-fried	3.87	4.36	0.36	28.08
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:			24.62	20.26	36.46	482.12
AM Snack – Almond Butter, Apple and Celery						
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
5	Each	Celery, raw stalk trimmed	2.50	10.00	0.00	50.00
Totals:			5.20	34.40	10.00	232.00
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
5	Ounces	Tuna, in water	25.00	0.00	1.67	150.00
Totals:			34.14	22.00	19.74	404.80
PM Snack – Green Tea						
1	Cup	Water	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
1.5	Tablespoons	Olive oil, pure	0.00	0.00	21.00	195.00
2	Cups	Spinach, raw	1.72	2.18	0.23	13.80
1	Small	Tomato	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:			120.69	89.93	101.61	1727.49

1700 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 and Sauerkraut						
2	Each	Egg, whole with yolk	13.40	2.60	14.60	200.00
1	Cup	Sauerkraut, low sodium	1.28	6.18	0.14	31.24
Totals:			14.68	8.78	14.74	231.24
Lunch – Salad with Chicken and Dressing						
1/2	Cup	Avocados	1.46	6.23	10.70	116.80
8	Medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
5	Ounces	Chicken breast, white meat	30.00	0.00	0.00	155.00
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	1.00	5.70	0.40	26.00
2	Teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
Totals:			35.60	23.59	25.56	475.83
PM Snack – Green Tea						
1	Cup	Water	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	Cup	Kale, boiled, chopped, drained, no salt	2.47	7.32	0.52	36.40
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1/2	Cup	Zucchini, mashed, baked	0.77	4.72	0.06	19.20
1	Cup	Spaghetti squash, 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
4	Each	Turkey meatballs (Stuffed Turkey recipe)	20.00	8.00	8.00	200.00
Totals:			27.53	49.03	9.47	391.73
Actual Total for Day 2			107.11	115.40	91.27	1719.80

1700 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	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
1	Cup	Watermelon, diced	0.93	11.48	0.23	45.60
Totals:			5.93	20.48	13.23	205.60
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	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
200	Grams	Turkey burger	37.50	0.00	16.07	321.43
Totals:			53.47	19.54	31.78	567.78
Actual Totals for Day 3			137.66	58.49	109.47	1713.90

1700 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	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 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 – 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	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Ounce	Pumpkin seeds, raw	9.35	3.81	11.94	147.99
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			51.79	46.34	33.48	702.94
PM Snack – Green Tea						
1	Cup	Water	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			120.43	84.78	91.93	1633.59

1700 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	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			16.98	45.49	25.70	463.02
AM Snack – Hard Boiled Eggs and Walnuts						
2	Large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
1	Ounces	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			16.26	3.84	28.26	323.12
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	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	Spaghetti squash, 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			103.73	95.43	107.50	1715.82

1700 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
2	Cups	Spinach, raw	.72	2.18	0.23	13.80
1	Cup	Strawberries, raw	1.11	12.75	0.50	53.12
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			14.76	46.29	17.48	380.56
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
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
6	Ounces	Salmon, broiled	37.62	0.00	21.00	348.00
Totals:			43.93	30.20	43.04	682.60
PM Snack – Green Tea						
1	Cup	Water	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
8	Large	Olives, ripe	0.27	2.00	3.42	36.80
1	Cup	Zucchini, baked	1.15	7.07	0.09	28.80
Totals:			48.43	17.78	23.74	463.40
Actual Totals for Day 6			113.93	103.17	98.26	1703.56

1700 CALORIE PALEO MEAL PLAN

DAY 7

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Egg Scramble with Veggies						
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	Cup	Mushrooms, white, sliced, stir-fried	3.87	4.36	0.36	28.08
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
2	Cups	Spinach, raw	1.72	2.18	0.23	13.80
		Totals:	23.68	7.44	29.59	375.88
AM Snack – Cashews, Cucumber and Pear						
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	Each	Pear, medium	0.70	25.10	0.00	98.00
		Totals:	6.50	36.90	13.00	272.00
Lunch – Tuna Salad with Chia Seeds, Oil and Balsamic						
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	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
6	Ounces	Tuna, solid white	45.00	3.00	3.00	210.00
2	Teaspoon	Vinegar, balsamic	0.05	1.81	0.00	9.33
		Totals:	52.08	36.24	26.52	576.24
PM Snack – Green Tea						
1	Cup	Water	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)						
3	Ounces	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
1	Small	Tomato, with peel, 2.5" dia.	1.00	5.70	0.40	26.00
		Totals:	34.74	26.52	28.61	476.05
Actual Totals for Day 7			117.00	107.10	97.72	1700.17

1700 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	Cup	Kefir	5.50	6.00	1.00	55.00
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1.5	Ounces	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:			20.69	58.20	37.28	602.64
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						
3	Ounces	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	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
6	Ounces	Chicken breast, white meat	39.00	0.00	2.40	186.00
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:			46.61	27.22	26.17	535.30
Actual Totals for Day 8			105.01	121.64	101.09	1738.60

1700 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
3	Slices	Bacon, nitrate free	8.89	0.34	10.03	129.84
3	Slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
Totals:			28.09	24.14	25.23	443.84
AM Snack – Avocado and Peppers						
1/2	Cup	Avocado, pureed with lemon	2.30	8.50	17.60	185.00
1	Each	Pear, medium, with peel	0.70	25.10	0.00	98.00
1	Each	Pepper, red or green	2.80	19.20	0.40	80.00
Totals:			5.80	52.80	18.00	363.00
Lunch – Agave Glazed Salmon with Salad (see recipe)						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
5	Ounces	Organic salmon, canned, wild, cooked	35.00	0.00	10.00	257.83
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:			38.43	22.70	24.80	494.50
PM Snack – Green Tea						
1	Cup	Water	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	Spaghetti squash, 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			103.37	143.34	79.24	1710.77

1700 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	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
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			44.75	28.60	15.31	460.75
PM Snack – Green Tea						
1	Cup	Water	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						
3	Ounces	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	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1	Tablespoon	Sesame seeds, raw	1.60	2.11	4.47	51.57
Totals:			29.04	26.86	36.44	528.18
Actual Totals for Day 10			103.06	98.57	103.64	1701.74

1700 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
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
1	Ounce	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	0.00	0.00	0.00	0.00
Totals:			18.14	43.69	22.54	433.76
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
1	Cup	Peppers, chopped, sweet, green, raw	1.28	6.91	0.25	29.80
Totals:			3.98	31.31	10.25	211.80
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	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Cup	Butternut squash, mashed, baked, no salt	2.95	24.12	0.17	93.60
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			54.26	54.46	21.21	606.35
PM Snack – Green Tea						
1	Cup	Water	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			114.54	149.37	77.20	1699.57

1700 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	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						
1/2	Ounce	Almonds, raw	3.00	3.05	7.00	81.50
4	Ounces	Beef, organic flank, separable lean only, trimmed, choice	30.67	0.00	9.33	219.87
1/2	Cup	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:			37.66	31.26	31.27	560.67
PM Snack – Green Tea						
1	Cup	Water	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						
5	Fl. Ounces	Wine, red, Cabernet, Sauvignon	0.10	3.82	0.00	123.48
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:			28.02	27.82	29.11	582.24
Actual Totals for Day 12			85.60	115.88	91.82	1695.26

1700 CALORIE PALEO MEAL PLAN

DAY 13

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Coconut Flour Pancakes (see 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
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
2	Large	Eggs, whole, hard boiled	12.58	1.12	10.61	155.00
		Totals:	15.38	11.92	10.61	209.00
Lunch – Sausage with Squash and Tomato Sauce						
1	Cup	Broccoli, steamed, chopped	3.71	11.20	0.64	54.60
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	Spaghetti squash, 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:	21.46	37.33	35.80	544.47
PM Snack – Green Tea						
1	Cup	Water	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						
5	Fl. Ounces	Wine, red, Cabernet, Sauvignon	0.10	3.82	0.00	123.48
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:	36.31	8.13	30.24	560.45
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			82.28	91.74	102.52	1713.51

1700 CALORIE PALEO MEAL PLAN

DAY 14

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Sausage with Tomatoes and Spinach						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
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:			17.70	29.86	23.79	400.36
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
6	Large	Olives, ripe, canned	0.20	1.50	2.56	27.60
Totals:			12.30	2.74	12.58	172.85
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	Pumpkin seeds, raw	4.67	1.90	5.97	73.99
1	Cup	Tuna, solid white	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	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	Spaghetti squash, 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
1	Cup	Vegetables, steamed	5.20	23.80	0.20	108.00
Totals:			34.15	42.85	33.97	609.91
Evening Snack – Herbal Tea						
1	Cup	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			0.00	0.47	0.00	2.37
Actual Totals for Day 14			132.52	113.87	83.11	1714.63

1700 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
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
5	Ounces	Salmon, broiled	31.35	0.00	17.50	290.00
`	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			40.66	33.39	25.94	527.25
PM Snack – Green Tea						
1	Cup	Water	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
2	Tablespoons	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
3	Ounces	Shirataki noodles	0.00	1.00	0.00	0.00
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
5	Each	Turkey meatballs (see recipe)	25.00	10.00	10.00	250.00
Totals:			32.33	40.53	25.37	518.52
Actual Totals for Day 15			96.69	133.14	90.88	1704.41

1700 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	Chia seeds, ground	4.43	12.43	8.72	138.92
1/2	Ounce	Pumpkin seeds, 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						
4	Each	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
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:	15.24	17.05	10.27	217.80
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
3	Tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	6.00
1	Cup	Butternut squash, baked, no salt	1.84	21.50	0.18	82.00
		Totals:	53.50	41.55	24.38	569.88
PM Snack – Apple and Green Tea						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Cup	Water	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	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
12	Whole	Mushrooms, portabella, grilled	4.20	8.52	0.34	43.68
1	Teaspoon	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
6	Large	Olives, ripe	0.20	1.50	2.56	27.60
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:	31.59	35.38	27.74	514.07
		Actual Totals for Day 16	116.25	146.99	79.04	1699.30

1700 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	Walnuts, raw	4.26	3.84	18.26	183.12
1/4	Cup	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	Strawberries, 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
2	Tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	4.00
Totals:			4.30	16.50	17.60	229.00
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	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
1/2	Ounce	Hazelnuts, raw	3.14	3.51	12.76	131.88
Totals:			44.26	6.68	42.55	570.39
PM Snack – Apple and Green Tea						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	21.00	0.50	81.00
Dinner – Sushi/Sashimi with Seaweed Salad						
5	Fl. Ounces	Wine, red, Cabernet, Sauvignon	0.10	3.82	0.00	123.48
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	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:			45.04	23.82	12.14	492.20
Actual Totals for Day 17			104.92	96.96	92.64	1685.96

1700 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	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	Cup	Chopped broccoli, steamed	13.71	11.20	0.64	54.60
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Tablespoon	Peppers, hot, chili, mature red, canned, chili sauce	0.14	0.58	0.09	3.15
Totals:			37.83	15.03	37.89	554.19
PM Snack – Green Tea						
1	Cup	Water	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
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
3	Links	Pork and beef sausage, fresh, cooked	5.38	1.05	14.14	154.44
1/2	Cup	Yam, baked	1.01	18.75	0.10	78.88
Totals:			13.59	47.60	38.57	563.22
Actual Totals for Day 18			71.84	124.15	109.07	1715.77

1700 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	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	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	Trout, rainbow, wild, cooked	38.96	0.00	9.89	255.00
6	Large	Olives, ripe, canned	0.20	1.50	2.56	27.60
Totals:			43.05	11.43	26.32	451.00
PM Snack – Apple and Green Tea						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.30	21.00	0.50	81.00
Dinner – Southwest Stuffed Chicken (see recipe)						
5	Fl. Ounces	Wine, red, Cabernet, Sauvignon	0.10	3.82	0.00	123.48
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:			41.10	12.82	13.00	469.48
Actual Totals for Day 19			114.71	61.00	97.19	1691.44

1700 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 or romaine, raw	1.38	3.67	0.34	19.04
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
6	Ounces	Turkey breast slices, nitrate free	42.00	0.00	0.00	150.00
Totals:			49.94	16.01	36.19	537.16
PM Snack – Green Tea						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.30	21.00	0.50	81.00
Dinner – Faux Spaghetti and Meat Sauce with Kale and Olives						
3	Ounces	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			106.63	90.14	107.42	1675.72

1700 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	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
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	Coconut milk, canned	0.61	0.84	6.40	59.10
1	Ounce	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	Chorizo, pork and beef	14.46	1.12	22.96	273.00
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
1	Cup	Sauerkraut	1.28	6.18	0.14	31.24
1/2	Cup	Yam, baked	1.01	18.75	0.10	78.88
Totals:			28.75	26.05	46.80	640.12
PM Snack – Apple and Green Tea						
1	Each	Apple - medium with peel	0.30	21.00	0.50	81.001
1	Cup	Water	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			80.75	85.73	117.71	1701.14