

1900 CALORIE PALEO MEAL PLAN

DAY 1

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-------------|--------------------------------------|----------------|---------------|---------------|----------------|
| Breakfast – Omelet with Peppers | | | | | | |
| 1 | Cup | Blackberries, raw | 2.00 | 13.84 | 0.71 | 61.92 |
| 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: | | | 26.62 | 34.10 | 37.16 | 544.04 |
| 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 |
| 6 | Ounces | Tuna, in water | 30.00 | 0.00 | 2.00 | 180.00 |
| Totals: | | | 39.48 | 22.92 | 20.16 | 439.56 |
| 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 | Cup | Cucumber, raw, slices | 0.80 | 2.80 | 0.00 | 14.00 |
| 1/2 | Cup | Mushrooms, sliced, white, stir-fried | 1.93 | 2.18 | 0.18 | 14.04 |
| 2 | Tablespoons | Olive oil, pure | 0.00 | 0.00 | 28.00 | 260.00 |
| 2 | Cups | Spinach, raw | 1.72 | 2.18 | 0.23 | 13.80 |
| 1 | Small | Tomato, small sliced | 1.00 | 5.70 | 0.40 | 26.00 |
| 2 | Teaspoons | Vinegar, balsamic | 0.05 | 1.81 | 0.00 | 9.33 |
| Totals: | | | 7.13 | 14.66 | 42.41 | 680.57 |
| Actual Totals for Day # 1: | | | 5128.44 | 106.08 | 109.73 | 1896.17 |

1900 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, sliced | Avocados | 1.46 | 6.23 | 10.70 | 116.80 |
| 8 | Medium | Carrots, baby, raw | 0.51 | 6.59 | 0.10 | 28.00 |
| 6 | Ounces | Chicken breast, white meat | 36.00 | 0.00 | 0.00 | 186.00 |
| 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: | | | 41.60 | 23.59 | 25.56 | 506.83 |
| PM Snack – Apple and Green Tea | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 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: | | | 0.30 | 21.00 | 0.50 | 81.00 |
| 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 | 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 | Turkey Meatballs (Stuffed Turkey recipe) | 25.00 | 10.00 | 10.00 | 250.00 |
| Totals: | | | 32.53 | 51.03 | 11.47 | 441.73 |
| Actual Total for Day 2 | | | 118.41 | 138.40 | 93.77 | 1881.80 |

1900 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, Salad 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 |
| 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: | | | 55.40 | 25.28 | 25.56 | 545.87 |
| PM Snack – Blueberries and Green Tea | | | | | | |
| 1 | Cup | Blueberries, raw | 1.07 | 21.01 | 0.48 | 82.65 |
| 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: | | | 1.07 | 21.01 | 0.48 | 82.65 |
| 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 | | | 141.33 | 98.64 | 110.75 | 1897.70 |

1900 CALORIE PALEO MEAL PLAN

DAY 4

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|--|------------|---|---------------|---------------|--------------|----------------|
| Breakfast – Smoked Salmon, Eggs and Onions, and Peaches | | | | | | |
| 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 |
| 1 | Cup | Peach slices, raw | 1.55 | 16.22 | 0.42 | 66.30 |
| 2 | Cups | Spinach, steamed | 10.80 | 13.60 | 0.80 | 84.00 |
| Totals: | | | 45.81 | 30.26 | 19.87 | 460.50 |
| 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 | Cucumber slices, raw | 0.80 | 2.80 | 0.00 | 14.00 |
| Totals: | | | 3.50 | 27.20 | 10.00 | 196.00 |
| Lunch – Chicken, Avocado, Coleslaw and Seeds | | | | | | |
| 1/2 | Cup | Avocado, pureed | 2.30 | 8.50 | 17.60 | 185.00 |
| 5 | Ounces | Chicken breast, white meat | 30.00 | 0.00 | 0.00 | 155.00 |
| 1 | Cup | Coleslaw, home-prepared | 1.55 | 14.89 | 3.13 | 82.80 |
| 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 |
| 1 | Ounce | Seeds, pumpkin raw | 9.35 | 3.81 | 11.94 | 147.99 |
| 1 | Tablespoon | Vinegar, apple cider | 0.00 | 0.14 | 0.00 | 3.15 |
| Totals: | | | 45.79 | 46.34 | 40.48 | 731.94 |
| PM Snack – Green Tea and Watermelon | | | | | | |
| 1 | Cup | Water, bottled, generic | 0.00 | 0.00 | 0.00 | 0.00 |
| 1 | cup, diced | Watermelon, raw | 0.93 | 11.48 | 0.23 | 45.60 |
| 1 | Bag | Tea, green | 0.00 | 0.00 | 0.00 | 0.00 |
| Totals: | | | 0.93 | 11.48 | 0.23 | 45.60 |
| Dinner – Turkey and Veggie Stew with Broccoli Rabe | | | | | | |
| 5 | Fl. ounces | Wine, red, Cabernet Sauvignon | 0.10 | 3.82 | 0.00 | 123.48 |
| 3 | Ounces | Ground turkey, lean (see Turkey and Veggie Stew recipe) | 21.67 | 0.00 | 29.01 | 354.45 |
| Totals: | | | 21.77 | 3.82 | 29.01 | 477.93 |
| Actual Totals for Day 4 | | | 117.80 | 119.10 | 99.58 | 1911.97 |

1900 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) and Pineapple | | | | | | |
| 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 |
| 2 | Slices | Pineapple, fresh | 0.60 | 20.80 | 0.80 | 82.00 |
| Totals: | | | 25.98 | 32.00 | 37.25 | 549.55 |
| PM Snack – Pear and Green Tea | | | | | | |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 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: | | | 0.70 | 25.10 | 0.00 | 98.00 |
| 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 | | | 105.03 | 141.33 | 108.30 | 1895.82 |

1900 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, sliced | 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 – Hard-Boiled Egg, 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 |
| 1 | Large | Egg, organic, hard-boiled | 6.00 | 0.00 | 5.00 | 70.00 |
| Totals: | | | 12.80 | 8.90 | 19.00 | 247.00 |
| 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 | Tablespoon | Olive oil, pure | 0.00 | 0.00 | 14.00 | 130.00 |
| 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 | 50.04 | 747.60 |
| PM Snack – Apple and Green Tea | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 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: | | | 0.30 | 21.00 | 0.50 | 81.00 |
| 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, sliced | Zucchini, baked | 1.15 | 7.07 | 0.09 | 28.80 |
| Totals: | | | 48.43 | 17.78 | 23.74 | 463.40 |
| Actual Totals for Day 6 | | | 120.23 | 124.17 | 110.76 | 1919.56 |

1900 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, and Yam | | | | | | |
| 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 |
| 3/4 | Cup | Yam, baked or boiled | 1.50 | 28.20 | 0.15 | 118.50 |
| | | Totals: | 53.58 | 64.44 | 26.67 | 694.74 |
| PM Snack – Apple and Green Tea | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 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: | 0.30 | 21.00 | 0.50 | 81.00 |
| 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 | | | 118.80 | 156.30 | 98.37 | 1899.67 |

1900 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 | Nuts, 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, Celery and Pear | | | | | | |
| 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 |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| Totals: | | | 4.20 | 33.25 | 9.77 | 221.40 |
| 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 | Cup | Soup (see recipe) | 2.02 | 12.14 | 0.76 | 55.66 |
| Totals: | | | 33.20 | 21.99 | 27.48 | 449.43 |
| PM Snack – Apple and Green Tea | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 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: | | | 0.30 | 21.00 | 0.50 | 81.00 |
| 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 | Cup | Vegetables, mixed, steamed | 5.21 | 23.82 | 0.27 | 118.30 |
| Totals: | | | 46.61 | 27.22 | 26.17 | 535.30 |
| Actual Totals for Day 8 | | | 105.00 | 161.67 | 101.21 | 1889.77 |

1900 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 |
| 1/2 | Tablespoon | Olive oil, pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 3 | Slices | Cooked pork, cured, bacon, nitrate free | 8.89 | 0.34 | 10.03 | 129.84 |
| 4 | Slices | Tomato, sliced, organic | 0.00 | 0.00 | 0.00 | 16.00 |
| Totals: | | | 28.09 | 24.14 | 32.23 | 512.84 |
| 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 – Apple and Green Tea | | | | | | |
| 1 | Each | Apple, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 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: | | | 0.70 | 25.10 | 0.00 | 98.00 |
| 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 |
| 6 | Each | Turkey meatballs (see recipe) | 30.00 | 12.00 | 12.00 | 300.00 |
| Totals: | | | 36.05 | 45.69 | 13.21 | 459.43 |
| Actual Totals for Day 9 | | | 109.07 | 170.44 | 88.24 | 1927.77 |

1900 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, Pear and Peppers | | | | | | |
| 1 | Ounce | Walnuts, raw | 4.26 | 3.84 | 18.26 | 183.12 |
| 1 | Each | Pear, medium w/ peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 1 | Cup | Peppers, sweet, red, raw | 1.48 | 8.98 | 0.45 | 38.74 |
| Totals: | | | 6.44 | 37.92 | 18.71 | 319.86 |
| 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 – Apple and Green Tea | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 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: | | | 0.30 | 21.00 | 0.50 | 81.00 |
| 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 | | | 104.06 | 144.67 | 104.14 | 1880.74 |

1900 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, bottled, generic | 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 | Squash, butternut, 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 – Pear and Green Tea | | | | | | |
| 1 | Each | Pear -medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 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: | | | 0.70 | 25.10 | 0.00 | 98.00 |
| Dinner – Shrimp with Yam 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 |
| 1/2 | Cup | Yam, baked or boiled | 1.00 | 18.80 | 0.10 | 79.00 |
| Totals: | | | 39.15 | 38.70 | 23.30 | 526.66 |
| Actual Totals for Day 11 | | | 116.24 | 193.27 | 77.30 | 1876.57 |

1900 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 – Apple, Avocado, Cucumber and Olives | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 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: | | | 3.60 | 33.80 | 20.66 | 307.60 |
| Lunch – Steak and Salad | | | | | | |
| 3/4 | Ounce | Almonds, raw | 4.50 | 4.57 | 10.50 | 122.25 |
| 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: | | | 39.16 | 32.79 | 34.77 | 601.42 |
| PM Snack – Pear and Green Tea | | | | | | |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 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: | | | 0.70 | 25.10 | 0.00 | 98.00 |
| 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, nosalt | 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 | | | 88.10 | 163.51 | 95.82 | 1915.01 |

1900 CALORIE PALEO MEAL PLAN

DAY 13

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-------------|---|--------------|---------------|---------------|----------------|
| Breakfast – Grapefruit and Coconut Flour Pancakes (See Recipe) | | | | | | |
| 1 | Tablespoon | Almond butter | 2.40 | 3.40 | 9.50 | 101.00 |
| 1 | Each | Grapefruit, pink or red, 4" dia. | 1.20 | 23.80 | 0.20 | 92.00 |
| 3 | | Pancakes | 6.73 | 30.97 | 16.37 | 298.59 |
| | | Totals: | 10.33 | 58.17 | 26.07 | 491.59 |
| AM Snack – Hard Boiled Eggs and Celery | | | | | | |
| 4 | Each | Celery, raw stalk, trimmed | 2.00 | 8.00 | 0.00 | 40.00 |
| 1 | dup | 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 | 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: | 21.46 | 37.33 | 35.80 | 544.47 |
| PM Snack – Apple and Green Tea | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 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: | 0.30 | 21.00 | 0.50 | 81.00 |
| 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 | | | 83.78 | 136.54 | 103.22 | 1886.51 |

1900 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, Pear 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 |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| Totals: | | | 13.00 | 27.84 | 12.58 | 270.85 |
| 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 | 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 – Blueberries and Green Tea | | | | | | |
| 1 | Cup | Blueberries, raw | 1.07 | 21.01 | 0.48 | 82.65 |
| 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: | | | 1.07 | 21.01 | 0.48 | 82.65 |
| 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 |
| 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 | | | 134.29 | 159.98 | 83.59 | 1895.28 |

1900 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 | | | | | | |
| 3/4 | Ounces | Almonds, raw | 4.50 | 4.57 | 10.50 | 122.25 |
| 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: | | | 42.16 | 34.92 | 29.44 | 568.00 |
| PM Snack – Pear and Green Tea | | | | | | |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 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: | | | 0.70 | 25.10 | 0.00 | 98.00 |
| 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 |
| 6 | Each | Turkey Meatballs (see recipe) | 30.00 | 12.00 | 12.00 | 300.00 |
| Totals: | | | 37.33 | 42.53 | 27.37 | 568.52 |
| Actual Totals for Day 15 | | | 103.89 | 161.77 | 96.38 | 1893.16 |

1900 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 | Ounce | Pumpkin seeds, raw | 9.35 | 3.81 | 11.94 | 147.99 |
| 1 | Cup | Strawberry halves, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| Totals: | | | 20.29 | 33.91 | 22.12 | 390.54 |
| AM Snack – Apple, Hard-Boiled Eggs and Peppers | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 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: | | | 15.54 | 38.05 | 10.77 | 298.80 |
| 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, cubes | Squash, butternut, baked, no salt | 1.84 | 21.50 | 0.18 | 82.00 |
| Totals: | | | 53.50 | 41.55 | 24.38 | 569.88 |
| PM Snack – Pear and Green Tea | | | | | | |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 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: | | | 0.70 | 25.10 | 0.00 | 98.00 |
| 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 |
| 12 | Whole | Mushrooms, portabella, grilled | 4.20 | 8.52 | 0.34 | 43.68 |
| 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 |
| 8 | Large | Olives, ripe | 0.27 | 2.00 | 3.42 | 36.80 |
| 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 | Tablespoon | Vinegar, apple cider | 0.00 | 0.14 | 0.00 | 3.15 |
| Totals: | | | 31.66 | 35.88 | 28.59 | 523.27 |
| Actual Totals for Day 16 | | | 121.69 | 174.49 | 85.86 | 1880.49 |

1900 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, 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 | Strawberries, raw | 0.25 | 2.92 | 0.11 | 12.16 |
| Totals: | | | 11.02 | 28.96 | 19.84 | 313.37 |
| AM Snack – Pear and 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 |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 2 | Tablespoons | Salsa, medium, no sugar added | 0.00 | 0.00 | 0.00 | 4.00 |
| Totals: | | | 5.00 | 41.60 | 17.60 | 327.00 |
| 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 |
| 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, 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 | 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 |
| 4 | Each | Tuna sashimi | 26.40 | 0.00 | 1.08 | 124.00 |
| 1 | Tablespoon | Vinegar, apple cider | 0.00 | 0.14 | 0.00 | 3.15 |
| Totals: | | | 51.64 | 23.82 | 12.41 | 523.20 |
| Actual Totals for Day 17 | | | 112.22 | 122.06 | 92.91 | 1814.96 |

1900 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 | Ounce | Walnuts, raw | 4.26 | 3.84 | 18.26 | 183.12 |
| Totals: | | | 19.86 | 39.04 | 31.74 | 507.92 |
| 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, chilisauce | 0.14 | 0.58 | 0.09 | 3.15 |
| Totals: | | | 37.83 | 15.03 | 37.89 | 554.19 |
| PM Snack – Pear and Green Tea | | | | | | |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 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: | | | 0.70 | 25.10 | 0.00 | 98.00 |
| 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, cubes | Yam, baked | 1.01 | 18.75 | 0.10 | 78.88 |
| Totals: | | | 13.59 | 47.60 | 38.57 | 563.22 |
| Actual Totals for Day 18 | | | 74.67 | 151.17 | 118.20 | 1905.33 |

1900 CALORIE PALEO MEAL PLAN

DAY 19

| Qty. | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|------------|--|---------------|---------------|--------------|----------------|
| Breakfast – Bacon and Eggs with Grapefruit and Zucchini Cakes (See Recipe) | | | | | | |
| 3 | Large | Eggs, organic | 18.00 | 0.00 | 15.00 | 210.00 |
| 1 | Each | Grapefruit, pink or red, 4" dia. | 1.20 | 23.80 | 0.20 | 92.00 |
| 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: | | | 27.88 | 24.13 | 39.71 | 565.16 |
| AM Snack – Avocado, Pear, 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 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 1 | Tablespoon | Salsa, medium, no sugar added | 0.00 | 0.00 | 0.00 | 2.00 |
| Totals: | | | 4.28 | 40.51 | 17.85 | 314.80 |
| 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 | 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, bottled, generic | 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 | | | 116.61 | 109.90 | 97.39 | 1881.44 |

1900 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 Squash and Turkey | | | | | | |
| 1/2 | Cup | Avocado, pureed | 2.30 | 8.50 | 17.60 | 185.00 |
| 4 | Leaves | Outer lettuce, cos/romaine, raw | 1.38 | 3.67 | 0.34 | 19.04 |
| 1 | Ounce | 14 halves, walnuts, raw | 4.26 | 3.84 | 18.26 | 183.12 |
| 1 | Cup | Squash, butternut, cubes, baked, no salt | 1.84 | 21.50 | 0.18 | 82.00 |
| 6 | Ounces | Turkey breast, slices, nitrate free | 42.00 | 0.00 | 0.00 | 150.00 |
| Totals: | | | 51.79 | 37.52 | 36.38 | 619.16 |
| PM Snack – Green Tea | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 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: | | | 0.30 | 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 | Cup | 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 | | | 109.95 | 126.33 | 108.40 | 1821.68 |

1900 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: | | | 21.47 | 24.41 | 24.98 | 393.65 |
| AM Snack – Coconut Milk, Pear and Seeds | | | | | | |
| 1 | Tablespoon | Hemp seeds | 3.00 | 1.00 | 4.00 | 56.00 |
| 2 | Tablespoons | Nuts, coconut milk, canned | 0.61 | 0.84 | 6.40 | 59.10 |
| 1 | Each | Pear, medium with peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 1 | Ounce | Chia seeds, ground | 4.43 | 12.43 | 8.72 | 138.92 |
| Totals: | | | 8.89 | 39.59 | 20.72 | 366.79 |
| Lunch – Egg, Sausage and Yam | | | | | | |
| 1 | Cup | Broccoli, steamed | 5.70 | 9.84 | 0.22 | 51.52 |
| 1 | Link (4" long) | 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, cubes | Yam, baked | 1.01 | 18.75 | 0.10 | 78.88 |
| Totals: | | | 34.46 | 35.89 | 47.02 | 691.64 |
| PM Snack – Apple and Green Tea | | | | | | |
| 1 | Each | Apple, medium with peel | 0.30 | 21.00 | 0.50 | 81.001 |
| 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) | | | | | | |
| 8 | Spears | Asparagus, baked | 3.54 | 2.30 | 0.50 | 21.60 |
| 3 | Ounces | Beef, chuck, arm pot roast, lean and fat, 1/2" trim, prime, braised | 22.19 | 0.00 | 26.32 | 332.35 |
| Totals: | | | 25.73 | 2.30 | 26.82 | 353.95 |
| Actual Totals for Day 21 | | | 90.85 | 123.19 | 120.03 | 1887.03 |