

**2100 CALORIE PALEO MEAL PLAN**

**DAY 1**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Omelet with Peppers</b>						
1	Cup	Blackberries, raw	2.00	13.84	0.71	61.92
2	Tablespoons	Coconut oil	0.00	0.00	27.20	234.00
4	Large	Eggs, organic	24.00	0.00	20.00	280.00
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
<b>Totals:</b>			<b>32.62</b>	<b>34.10</b>	<b>48.96</b>	<b>672.54</b>
<b>AM Snack – Almond Butter, Apple and Celery</b>						
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
<b>Totals:</b>			<b>5.20</b>	<b>34.40</b>	<b>10.00</b>	<b>232.00</b>
<b>Lunch – Lettuce Tuna Wrap</b>						
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
4	Leaves	Lettuce, outer cos or romaine, raw	1.38	3.67	0.34	19.04
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
<b>Totals:</b>			<b>39.48</b>	<b>22.92</b>	<b>20.16</b>	<b>439.56</b>
<b>PM Snack – Pear and Green Tea</b>						
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner – Steak, Mushroom and Spinach Salad with Oil and Balsamic</b>						
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, sliced	1.00	5.70	0.40	26.00
2	Teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
<b>Totals:</b>			<b>7.13</b>	<b>14.66</b>	<b>42.41</b>	<b>680.57</b>
<b>Actual Totals for Day # 1:</b>			<b>135.14</b>	<b>131.18</b>	<b>121.53</b>	<b>2122.67</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 2**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Sausage, Nuts and Apple</b>						
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
1	Small	Tomato, with peel, 2.5" dia.	1.00	5.70	0.40	26.00
		<b>Totals:</b>	<b>30.30</b>	<b>39.70</b>	<b>41.90</b>	<b>647.00</b>
<b>AM Snack – Blueberries, Hard Boiled Egg and Sauerkraut</b>						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
3	Each	Egg, whole with yolk	20.10	3.90	21.90	300.00
1	Cup	Sauerkraut, low sodium	1.28	6.18	0.14	31.24
		<b>Totals:</b>	<b>22.45</b>	<b>31.09</b>	<b>22.52</b>	<b>413.89</b>
<b>Lunch –Salad with Chicken and Dressing</b>						
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	1.00	5.70	0.40	26.00
2	Teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
		<b>Totals:</b>	<b>41.60</b>	<b>23.59</b>	<b>25.56</b>	<b>506.83</b>
<b>PM Snack – Pear and Green Tea</b>						
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner – Turkey Meatballs (see recipe) with Spaghetti Squash</b>						
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
		<b>Totals:</b>	<b>32.53</b>	<b>51.03</b>	<b>11.47</b>	<b>441.73</b>
<b>Actual Total for Day 2</b>			<b>127.58</b>	<b>170.51</b>	<b>101.45</b>	<b>2107.45</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 3**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Eggs, Avocado, Salsa and Almonds</b>						
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
1	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
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
<b>Totals:</b>			<b>55.58</b>	<b>13.93</b>	<b>48.01</b>	<b>706.64</b>
<b>AM Snack – Cashews and Watermelon</b>						
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
1	Cup	Watermelon, diced	0.93	11.48	0.23	45.60
<b>Totals:</b>			<b>5.93</b>	<b>20.48</b>	<b>13.23</b>	<b>205.60</b>
<b>Lunch – Fish, Asparagus, Salad and Nuts</b>						
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	Nuts, 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
<b>Totals:</b>			<b>55.40</b>	<b>25.28</b>	<b>25.56</b>	<b>545.87</b>
<b>PM Snack – Blueberries and Green Tea</b>						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>1.07</b>	<b>21.01</b>	<b>0.48</b>	<b>82.65</b>
<b>Dinner – Turkey Burger with Grilled Mushrooms and Side Spinach</b>						
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
<b>Totals:</b>			<b>53.47</b>	<b>19.54</b>	<b>31.78</b>	<b>567.78</b>
<b>Actual Totals for Day 3</b>			<b>171.45</b>	<b>100.24</b>	<b>119.06</b>	<b>2108.54</b>

## 2100 CALORIE PALEO MEAL PLAN

### DAY 4

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Smoked Salmon, Eggs and Onions, and Peaches</b>						
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
4	Ounces	Fish, salmon, smoked, (lox), regular	20.47	0.00	4.84	131.04
2	Tablespoon	Chopped onions, spring or scallions	0.22	0.88	0.02	3.84
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
<b>Totals:</b>			<b>51.04</b>	<b>30.70</b>	<b>21.09</b>	<b>495.18</b>
<b>AM Snack – Apple and Almond Butter</b>						
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
<b>Totals:</b>			<b>3.50</b>	<b>27.20</b>	<b>10.00</b>	<b>196.00</b>
<b>Lunch – Chicken, Avocado, Coleslaw and Seeds</b>						
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
1/2	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
<b>Totals:</b>			<b>51.79</b>	<b>46.34</b>	<b>47.48</b>	<b>822.94</b>
<b>PM Snack – Green Tea and Watermelon</b>						
1	Cup	Water	0.00	0.00	0.00	0.00
1.5	Cup	Watermelon, raw	1.39	17.21	0.34	68.40
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>1.39</b>	<b>17.21</b>	<b>0.34</b>	<b>68.40</b>
<b>Dinner – Turkey and Veggie Stew with Broccoli Rabe</b>						
5	Fl. Ounces	Alcoholic Beverage, 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
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
<b>Totals:</b>			<b>27.47</b>	<b>13.67</b>	<b>29.23</b>	<b>529.45</b>
<b>Actual Totals for Day 4</b>			<b>135.20</b>	<b>135.12</b>	<b>108.14</b>	<b>2111.97</b>

## 2100 CALORIE PALEO MEAL PLAN

### DAY 5

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Green Smoothie</b>						
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	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
<b>Totals:</b>			<b>16.98</b>	<b>45.49</b>	<b>25.70</b>	<b>463.02</b>
<b>AM Snack – Hard Boiled Eggs and Walnuts</b>						
3	Large	Eggs, organic, hard boiled	18.00	0.00	15.00	210.00
1	Ounces	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
<b>Totals:</b>			<b>16.26</b>	<b>3.84</b>	<b>28.26</b>	<b>323.12</b>
<b>Lunch – Turkey Stew Leftovers (see recipe) and Pineapple</b>						
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
<b>Totals:</b>			<b>25.98</b>	<b>32.00</b>	<b>37.25</b>	<b>549.55</b>
<b>PM Snack – Pear, Seeds and Green Tea</b>						
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Ounce	Seeds, pumpkin raw	9.35	3.81	11.94	147.99
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>10.05</b>	<b>28.91</b>	<b>11.94</b>	<b>245.99</b>
<b>Dinner – Shrimp, Spaghetti Squash, Spinach and Tomato Sauce</b>						
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
<b>Totals:</b>			<b>45.12</b>	<b>34.89</b>	<b>17.09</b>	<b>462.13</b>
<b>Actual Totals for Day 5</b>			<b>120.38</b>	<b>145.13</b>	<b>125.25</b>	<b>2113.80</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 6**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Mixed Berry Smoothie</b>						
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
1.5	Cups	Unsweetened Almond Milk	1.50	3.00	6.00	60.00
<b>Totals:</b>			<b>15.26</b>	<b>47.29</b>	<b>19.48</b>	<b>400.56</b>
<b>AM Snack – Hard Boiled Egg, Almonds and Cucumber</b>						
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
2	Large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
<b>Totals:</b>			<b>18.80</b>	<b>8.90</b>	<b>24.00</b>	<b>317.00</b>
<b>Lunch – Salmon and Broccoli with Coconut Oil</b>						
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	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
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
<b>Totals:</b>			<b>44.63</b>	<b>55.30</b>	<b>50.04</b>	<b>845.60</b>
<b>PM Snack – Apple and Green Tea</b>						
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
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner – Fish and Zucchini</b>						
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
<b>Totals:</b>			<b>48.43</b>	<b>17.78</b>	<b>23.74</b>	<b>463.40</b>
<b>Actual Totals for Day 6</b>			<b>127.43</b>	<b>150.27</b>	<b>117.76</b>	<b>2107.56</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 7**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Egg Scramble with Veggies</b>						
1	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
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
<b>Totals:</b>			<b>53.80</b>	<b>9.05</b>	<b>37.90</b>	<b>586.72</b>
<b>AM Snack – Cashews, Cucumber and Pear</b>						
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
<b>Totals:</b>			<b>6.50</b>	<b>36.90</b>	<b>13.00</b>	<b>272.00</b>
<b>Lunch – Tuna Salad with Chia Seeds, Oil and Balsamic, and Yam</b>						
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
<b>Totals:</b>			<b>53.58</b>	<b>64.44</b>	<b>26.67</b>	<b>694.74</b>
<b>PM Snack – Apple and Green Tea</b>						
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
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner – Steak and Cauliflower (see recipe)</b>						
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
1	Small	Tomato, with peel, 2.5" dia.	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>34.74</b>	<b>26.52</b>	<b>28.61</b>	<b>476.05</b>
<b>Actual Totals for Day 7</b>			<b>148.92</b>	<b>157.90</b>	<b>106.68</b>	<b>2110.51</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 8**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Blueberry Smoothie</b>						
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	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
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
<b>Totals:</b>			<b>26.19</b>	<b>64.20</b>	<b>38.28</b>	<b>657.64</b>
<b>AM Snack – Almond Butter, Celery and Pear</b>						
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
<b>Totals:</b>			<b>4.20</b>	<b>33.25</b>	<b>9.77</b>	<b>221.40</b>
<b>Lunch – Soup, Steak and Broccoli with Coconut Milk</b>						
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	Cup	Soup (see recipe)	2.02	12.14	0.76	55.66
<b>Totals:</b>			<b>33.20</b>	<b>21.99</b>	<b>27.48</b>	<b>449.43</b>
<b>PM Snack – Apple, Seeds and Green Tea</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Seeds, pumpkin raw	9.35	3.81	11.94	147.99
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>9.65</b>	<b>24.81</b>	<b>12.44</b>	<b>228.99</b>
<b>Dinner – Real Healthy Fried Chicken (see recipe)</b>						
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
<b>Totals:</b>			<b>46.61</b>	<b>27.22</b>	<b>26.17</b>	<b>535.30</b>
<b>Actual Totals for Day 8</b>			<b>119.85</b>	<b>171.47</b>	<b>114.15</b>	<b>2092.76</b>



**2100 CALORIE PALEO MEAL PLAN**

**DAY 9**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Bacon, Eggs and Grapefruit</b>						
1/2	Cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
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	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
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
<b>Totals:</b>			<b>43.15</b>	<b>24.95</b>	<b>43.38</b>	<b>683.26</b>
<b>AM Snack – Avocado and Peppers</b>						
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
<b>Totals:</b>			<b>5.80</b>	<b>52.80</b>	<b>18.00</b>	<b>363.00</b>
<b>Lunch – Agave Glazed Salmon with Salad (see recipe)</b>						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
5	Ounces	Fish, 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
<b>Totals:</b>			<b>38.43</b>	<b>22.70</b>	<b>24.80</b>	<b>494.50</b>
<b>PM Snack – Apple and Green Tea</b>						
1	Each	Apple, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner – Stuffed Meatballs with Spaghetti Squash and Tomato Sauce (see recipe)</b>						
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
<b>Totals:</b>			<b>36.05</b>	<b>45.69</b>	<b>13.21</b>	<b>459.43</b>
<b>Actual Totals for Day 9</b>			<b>124.13</b>	<b>171.24</b>	<b>99.39</b>	<b>2098.19</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 10**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast –Eggs with Avocado and Almonds with Blueberries</b>						
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
<b>Totals:</b>			<b>23.53</b>	<b>30.29</b>	<b>33.18</b>	<b>490.95</b>
<b>AM Snack – Walnuts, Pear and Peppers</b>						
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
<b>Totals:</b>			<b>6.44</b>	<b>37.92</b>	<b>18.71</b>	<b>319.86</b>
<b>Lunch – Chicken with Mushrooms, Cauliflower and Almonds</b>						
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
<b>Totals:</b>			<b>44.75</b>	<b>28.60</b>	<b>15.31</b>	<b>460.75</b>
<b>PM Snack – Apple, Almonds and Green Tea</b>						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
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
<b>Totals:</b>			<b>6.30</b>	<b>27.10</b>	<b>14.50</b>	<b>244.00</b>
<b>Dinner – Steak, Broccoli and Seeds</b>						
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	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	Tablespoon	Seeds, sesame seeds, raw	1.60	2.11	4.47	51.57
<b>Totals:</b>			<b>29.04</b>	<b>26.86</b>	<b>43.44</b>	<b>588.18</b>
<b>Actual Totals for Day 10</b>			<b>110.06</b>	<b>150.77</b>	<b>125.14</b>	<b>2103.74</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 11**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Breakfast Smoothie (blend ingredients)</b>						
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
3	Tablespoons	Hemp Seeds	9.00	3.00	12.00	168.00
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
2	Cups	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
1	Cup	Water	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>22.14</b>	<b>46.69</b>	<b>30.54</b>	<b>529.76</b>
<b>AM Snack – Apple and Almond Butter</b>						
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
<b>Totals:</b>			<b>3.98</b>	<b>31.31</b>	<b>10.25</b>	<b>211.80</b>
<b>Lunch – Butternut Squash and Fish</b>						
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
<b>Totals:</b>			<b>54.26</b>	<b>54.46</b>	<b>21.21</b>	<b>606.35</b>
<b>PM Snack – Pear and Green Tea</b>						
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner – Shrimp with Yam and Salad</b>						
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
3/4	Cup	Yam, baked or boiled	1.50	28.20	0.15	118.50
<b>Totals:</b>			<b>39.65</b>	<b>48.10</b>	<b>30.35</b>	<b>626.16</b>
<b>Actual Totals for Day 11</b>			<b>121.94</b>	<b>207.37</b>	<b>97.10</b>	<b>2122.57</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 12**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Kefir with Strawberries, Chia and Cinnamon</b>						
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
<b>Totals:</b>			<b>16.63</b>	<b>44.00</b>	<b>11.27</b>	<b>325.76</b>
<b>AM Snack – Apple, Avocado, Cucumber and Olives</b>						
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
<b>Totals:</b>			<b>3.60</b>	<b>33.80</b>	<b>20.66</b>	<b>307.60</b>
<b>Lunch – Steak and Salad</b>						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
5	Ounces	Beef, organic flank, separable lean only, trimmed, choice	38.33	0.00	11.67	274.83
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
<b>Totals:</b>			<b>48.33</b>	<b>34.31</b>	<b>40.61</b>	<b>697.13</b>
<b>PM Snack – Pear and Green Tea</b>						
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner – Sausage and Stir-fry Veggies</b>						
5	Fl. Ounces	Alcoholic beverage, 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
8	Ounces	Sausage, Italian, turkey, smoked	33.71	10.42	19.60	353.92
<b>Totals:</b>			<b>36.44</b>	<b>30.43</b>	<b>34.01</b>	<b>670.72</b>
<b>Actual Totals for Day 12</b>			<b>105.70</b>	<b>167.64</b>	<b>106.56</b>	<b>2099.21</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 13**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Grapefruit and Coconut Flour Pancakes (see recipe)</b>						
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
		<b>Totals:</b>	<b>10.33</b>	<b>58.17</b>	<b>26.07</b>	<b>491.59</b>
<b>AM Snack – Hard Boiled Eggs and Celery</b>						
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
		<b>Totals:</b>	<b>15.38</b>	<b>11.92</b>	<b>10.61</b>	<b>209.00</b>
<b>Lunch – Sausage with Squash and Tomato Sauce</b>						
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	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
		<b>Totals:</b>	<b>23.05</b>	<b>46.37</b>	<b>36.04</b>	<b>589.61</b>
<b>PM Snack – Almonds, Apple and Green Tea</b>						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
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
		<b>Totals:</b>	<b>6.30</b>	<b>27.10</b>	<b>14.50</b>	<b>244.00</b>
<b>Dinner – Steak and Veggies</b>						
5	Fl. Ounces	Alcoholic beverage, wine, red, Cabernet or 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
		<b>Totals:</b>	<b>36.31</b>	<b>8.13</b>	<b>30.24</b>	<b>560.45</b>
<b>Evening Snack – Herbal Tea</b>						
1	Cup	Tea, herb, mint, brewed	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Actual Totals for Day 13</b>			<b>91.37</b>	<b>151.68</b>	<b>117.46</b>	<b>2094.65</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 14**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Sausage with Tomatoes and Spinach</b>						
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
<b>Totals:</b>			<b>17.70</b>	<b>29.86</b>	<b>23.79</b>	<b>400.36</b>
<b>AM Snack – Hard Boiled Eggs, Pear and Carrot</b>						
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
8	Large	Olives, ripe, canned	0.27	2.00	3.42	36.80
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>13.00</b>	<b>27.84</b>	<b>12.58</b>	<b>270.85</b>
<b>Lunch – Tuna Salad and Yam</b>						
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	60.00	4.00	4.00	280.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
1	Cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>70.37</b>	<b>75.54</b>	<b>12.97</b>	<b>687.14</b>
<b>PM Snack – Blueberries and Green Tea</b>						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>1.07</b>	<b>21.01</b>	<b>0.48</b>	<b>82.65</b>
<b>Dinner – Lamb and Spaghetti Squash</b>						
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	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
1	Cup	Vegetables, steamed	5.20	23.80	0.20	108.00
<b>Totals:</b>			<b>35.73</b>	<b>51.89</b>	<b>34.21</b>	<b>655.05</b>
<b>Evening Snack – Herbal Tea</b>						
1	Cup	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
<b>Totals:</b>			<b>0.00</b>	<b>0.47</b>	<b>0.00</b>	<b>2.37</b>
<b>Actual Totals for Day 14</b>			<b>137.94</b>	<b>207.12</b>	<b>84.89</b>	<b>2107.62</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 15**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Egg Veggie Scramble with Grapefruit</b>						
1	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
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
<b>Totals:</b>			<b>51.11</b>	<b>36.43</b>	<b>37.87</b>	<b>687.48</b>
<b>AM Snack – Apple and Almond Butter</b>						
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
<b>Totals:</b>			<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.00</b>
<b>Lunch – Salmon, Veggies and Nuts</b>						
3/4	Ounce	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
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>42.16</b>	<b>34.92</b>	<b>29.44</b>	<b>568.00</b>
<b>PM Snack – Pear and Green Tea</b>						
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner – Turkey Meatballs and Veggies</b>						
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
<b>Totals:</b>			<b>37.33</b>	<b>42.53</b>	<b>27.37</b>	<b>568.52</b>
<b>Actual Totals for Day 15</b>			<b>134.01</b>	<b>163.37</b>	<b>104.69</b>	<b>2104.00</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 16**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Kefir, Strawberries, Chia and Seeds</b>						
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	Ounce	Seeds, pumpkin raw	9.35	3.81	11.94	147.99
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
		<b>Totals:</b>	<b>25.79</b>	<b>39.91</b>	<b>23.12</b>	<b>445.54</b>
<b>AM Snack – Apple, Hard Boiled Eggs and Peppers</b>						
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
		<b>Totals:</b>	<b>15.54</b>	<b>38.05</b>	<b>10.77</b>	<b>298.80</b>
<b>Lunch – Fish Wraps with Lettuce Leaves</b>						
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
8	Ounces	Halibut, broiled	60.00	0.00	8.00	320.00
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	Squash, butternut, baked, no salt	1.84	21.50	0.18	82.00
		<b>Totals:</b>	<b>68.50</b>	<b>41.55</b>	<b>26.38</b>	<b>649.88</b>
<b>PM Snack – Cashew Butter, Pear and Green Tea</b>						
1	Tablespoon	Cashew butter, raw	2.81	4.41	7.91	93.92
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		<b>Totals:</b>	<b>3.51</b>	<b>29.51</b>	<b>7.91</b>	<b>191.92</b>
<b>Dinner – Hamburger and Portobello Mushrooms with Asparagus</b>						
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	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
		<b>Totals:</b>	<b>31.66</b>	<b>35.88</b>	<b>28.59</b>	<b>523.27</b>
<b>Actual Totals for Day 16</b>			<b>145.00</b>	<b>184.90</b>	<b>96.77</b>	<b>2109.41</b>



**2100 CALORIE PALEO MEAL PLAN**

**DAY 17**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Fruit Salad with Cinnamon</b>						
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
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	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
<b>Totals:</b>			<b>11.29</b>	<b>34.21</b>	<b>19.96</b>	<b>334.03</b>
<b>AM Snack – Pear and Avocado and Celery</b>						
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
<b>Totals:</b>			<b>5.00</b>	<b>41.60</b>	<b>17.60</b>	<b>327.00</b>
<b>Lunch – Southwest Stuffed Chicken and Mushrooms (see recipe)</b>						
8	Ounces	Chicken breast, white meat	52.00	0.00	3.20	248.00
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
20	Each	Nuts, hazelnuts, raw	4.19	4.68	17.01	175.84
<b>Totals:</b>			<b>58.31</b>	<b>7.85</b>	<b>47.60</b>	<b>676.35</b>
<b>PM Snack – Apple, Cashew Butter and Green Tea</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Nuts, cashew butter, plain, raw	4.98	7.82	14.01	166.41
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>5.28</b>	<b>28.82</b>	<b>14.51</b>	<b>247.41</b>
<b>Dinner – Sushi/Sashimi with Seaweed Salad</b>						
5	Fl. ounces	Alcoholic beverage, 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	Seeds, 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
<b>Totals:</b>			<b>51.64</b>	<b>23.82</b>	<b>12.41</b>	<b>523.20</b>
<b>Actual Totals for Day 17</b>			<b>131.51</b>	<b>136.30</b>	<b>112.09</b>	<b>2108.00</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 18**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Kefir, Berries, Hemp and Walnuts</b>						
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	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
<b>Totals:</b>			<b>25.36</b>	<b>45.04</b>	<b>32.74</b>	<b>562.92</b>
<b>AM Snack – Apple and Almond Butter</b>						
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
<b>Totals:</b>			<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.00</b>
<b>Lunch – Beef and Broccoli Stir Fry</b>						
1	Cup	Alfalfa seeds, sprouted, raw	1.32	1.25	0.23	9.57
5	Ounces	Beef, organic flank, separable lean only, trimmed	38.33	0.00	11.67	274.83
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
<b>Totals:</b>			<b>45.50</b>	<b>15.03</b>	<b>40.22</b>	<b>609.15</b>
<b>PM Snack – Cashew Butter, Pear and Green Tea</b>						
1/2	Ounce	Nuts, cashew butter, raw	2.49	3.91	7.00	83.21
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>3.19</b>	<b>29.01</b>	<b>7.00</b>	<b>181.21</b>
<b>Dinner – Sausage, Yam and Coleslaw</b>						
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
<b>Totals:</b>			<b>13.59</b>	<b>47.60</b>	<b>38.57</b>	<b>563.22</b>
<b>Actual Totals for Day 18</b>			<b>90.33</b>	<b>161.08</b>	<b>128.53</b>	<b>2098.50</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 19**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Bacon and Eggs with Grapefruit and Zucchini Cakes (see recipe)</b>						
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
1	Small	Tomato, with peel, 2.5" dia.	1.00	5.70	0.40	26.00
		<b>Totals:</b>	<b>28.88</b>	<b>29.83</b>	<b>40.11</b>	<b>591.16</b>
<b>AM Snack – Avocado, Pear, Salsa and Peppers</b>						
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
		<b>Totals:</b>	<b>4.28</b>	<b>40.51</b>	<b>17.85</b>	<b>314.80</b>
<b>Lunch – Fish and Stir Fry Veggies</b>						
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
7.5	Ounces	Fish, trout, rainbow, wild, cooked	48.70	0.00	12.37	318.75
8	Large	Olives, ripe, canned	0.27	2.00	3.42	36.80
		<b>Totals:</b>	<b>52.85</b>	<b>11.94</b>	<b>29.65</b>	<b>523.95</b>
<b>PM Snack – Apple and Green Tea</b>						
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
		<b>Totals:</b>	<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner – Southwest Stuffed Chicken (see recipe)</b>						
5	Fl. Ounces	Alcoholic beverage, 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
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
		<b>Totals:</b>	<b>41.10</b>	<b>12.82</b>	<b>27.00</b>	<b>599.48</b>
<b>Actual Totals for Day 19</b>			<b>127.42</b>	<b>116.10</b>	<b>115.12</b>	<b>2110.39</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 20**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Coconut Flour Pancakes (see recipe) and Raspberries</b>						
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
1	Cup	Raspberries, raw	1.48	14.69	0.80	63.96
		<b>Totals:</b>	<b>25.78</b>	<b>33.89</b>	<b>29.20</b>	<b>492.96</b>
<b>AM Snack – Hard Boiled Eggs, Cucumber and Tomato Salad with Olives</b>						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
2	Large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
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
		<b>Totals:</b>	<b>14.17</b>	<b>10.05</b>	<b>27.57</b>	<b>333.60</b>
<b>Lunch – Lettuce Wrap with Squash and Turkey</b>						
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	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
		<b>Totals:</b>	<b>51.79</b>	<b>37.52</b>	<b>36.38</b>	<b>619.16</b>
<b>PM Snack – Green Tea</b>						
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
		<b>Totals:</b>	<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner – Faux Spaghetti and Meat Sauce with Kale and Olives</b>						
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
		<b>Totals:</b>	<b>29.91</b>	<b>23.88</b>	<b>24.75</b>	<b>434.96</b>
<b>Actual Totals for Day 20</b>			<b>135.95</b>	<b>126.33</b>	<b>118.40</b>	<b>2011.68</b>

**2100 CALORIE PALEO MEAL PLAN**

**DAY 21**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Puff Pancakes (see recipe)</b>						
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
<b>Totals:</b>			<b>21.47</b>	<b>24.41</b>	<b>24.98</b>	<b>393.65</b>
<b>AM Snack – Coconut Milk, Pear and Seeds</b>						
2	Tablespoons	Hemp Seeds	6.00	2.00	8.00	112.00
2.5	Tablespoons	Nuts, coconut milk, canned	0.76	1.05	8.00	73.88
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
<b>Totals:</b>			<b>11.89</b>	<b>40.59</b>	<b>24.72</b>	<b>422.79</b>
<b>Lunch – Egg, Sausage and Yam</b>						
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
3	Large	Eggs, Organic	18.00	0.00	15.00	210.00
1	Cup	Sauerkraut	1.28	6.18	0.14	31.24
1/2	Cup	Yam, baked	1.01	18.75	0.10	78.88
<b>Totals:</b>			<b>41.47</b>	<b>54.65</b>	<b>52.12</b>	<b>840.52</b>
<b>PM Snack – Apple and Green Tea</b>						
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
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner – Beef Stew (see recipe)</b>						
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
<b>Totals:</b>			<b>25.73</b>	<b>2.30</b>	<b>26.82</b>	<b>353.95</b>
<b>Actual Totals for Day 21</b>			<b>100.86</b>	<b>142.95</b>	<b>129.13</b>	<b>2091.91</b>