

2400 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
2	Tablespoons	Coconut oil	0.00	0.00	27.20	234.00
1	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
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
Totals:			62.74	35.71	57.27	883.38
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						
3/4	Cup	Avocado, pureed	3.45	12.75	26.40	277.50
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
Totals:			40.63	27.17	28.96	532.06
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 – 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:			166.41	137.04	138.64	2426.01

2400 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
3	Medium	Sausage	36.00	6.00	42.00	570.00
1	Small	Tomato, with peel, 2.5" dia.	1.00	5.70	0.40	26.00
		Totals:	42.30	41.70	55.90	837.00
AM Snack – Blueberries, Hard-Boiled Egg and Sauerkraut						
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
		Totals:	22.45	31.09	22.52	413.89
Lunch –Salad with Chicken and Dressing						
3/4	Cup, sliced	Avocados,	2.19	9.34	16.05	175.20
8	Medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
8	Ounces	Chicken breast, white meat	48.00	0.00	0.00	248.00
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:	54.33	26.70	30.91	627.23
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 (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			152.31	175.62	120.80	2417.85

2400 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
3/4	Cup	Avocados, sliced	2.19	9.34	16.05	175.20
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
Totals:			56.31	17.05	53.36	765.04
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
8	Ounces	Halibut, broiled	60.00	0.00	8.00	320.00
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:			70.40	25.28	27.56	625.87
PM Snack – Blueberries, Green Tea and Nuts						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Ounce	Cashew nuts, raw	4.34	9.27	13.14	162.73
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:			5.41	30.28	13.62	245.38
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			191.52	112.62	139.55	2409.67

2400 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
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
Totals:			51.04	30.70	21.09	495.18
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
8	Ounces	Chicken breast, white meat	48.00	0.00	0.00	248.00
1	Cup	Coleslaw, home prepared	1.55	14.89	3.13	82.80
2	Tablespoons	Olive oil, extra virgin	0.00	0.00	28.00	240.00
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:			63.79	46.34	61.48	1004.94
PM Snack – Green Tea, Watermelon and Nuts						
1	Ounce	Cashew nuts, raw	4.34	9.27	13.14	162.73
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:			5.27	20.74	13.37	208.33
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
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
Totals:			27.47	13.67	29.23	529.45
Actual Totals for Day 4			151.08	138.65	135.16	2433.90

2400 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
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
Totals:			17.98	47.49	29.70	503.02
AM Snack – Hard-Boiled Eggs and Walnuts						
3	Large	Eggs, organic, hard-boiled	18.00	0.00	15.00	210.00
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						
6	Ounces	Ground turkey, lean	43.33	0.00	58.02	708.90
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:			47.65	32.00	66.26	904.00
PM Snack – Pear, Seeds and Green Tea						
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1/2	Ounce	Pumpkin seeds, raw	4.67	1.90	5.97	73.99
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:			5.37	27.00	5.97	171.99
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			138.37	145.23	152.28	2434.26

2400 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
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
Totals:			15.76	48.29	21.48	420.56
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
2	Large	Eggs, organic, hard-boiled	12.00	0.00	10.00	140.00
Totals:			18.80	8.90	24.00	317.00
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	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
Totals:			44.63	55.30	50.04	845.60
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						
5	Fl. Ounces	Wine, red, Cabernet Sauvignon	0.10	3.82	0.00	123.48
1	Cup	Green beans, steamed	2.01	8.71	0.23	37.80
8	Ounces	Halibut, broiled	60.00	0.00	8.00	320.00
1.5	Tablespoons	Olive oil, extra virgin	0.00	0.00	21.00	180.00
10	Large	Olives, ripe	0.34	2.50	4.27	46.00
1	Cup, sliced	Zucchini, baked	1.15	7.07	0.09	28.80
Totals:			63.60	22.11	33.59	736.08
Actual Totals for Day 6			143.10	155.60	129.61	2400.24

2400 CALORIE PALEO MEAL PLAN

DAY 7

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Egg Scramble with Veggies						
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
2	Tablespoons	Olive oil, extra virgin	0.00	0.00	28.00	240.00
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:	53.80	9.05	51.90	706.72
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
8	Ounces	Tuna, solid white	60.00	4.00	4.00	280.00
2	Teaspoon	Vinegar, balsamic	0.05	1.81	0.00	9.33
1	Cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
		Totals:	69.08	74.84	34.72	864.24
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	164.42	168.30	128.73	2400.01

2400 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	Cup	Kefir	11.00	12.00	2.00	110.00
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
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
Totals:			27.19	66.20	42.28	697.64
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						
6	Ounces	Beef, bottom sirloin, tri-tip steak, lean and fat, 0" trim, all grades	50.95	0.00	25.81	450.50
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:			60.70	34.13	41.14	730.34
PM Snack – Apple, Seeds and Green Tea						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Pumpkin seeds, raw	9.35	3.81	11.94	147.99
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:			9.65	24.81	12.44	228.99
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			148.35	185.62	131.82	2413.67

2400 CALORIE PALEO MEAL PLAN

DAY 9

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Bacon, Eggs and Grapefruit						
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	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
Totals:			58.21	25.75	47.54	788.68
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
8	Ounces	Fish, organic salmon, canned, wild, cooked	56.00	0.00	16.00	412.53
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:			59.43	22.70	37.80	709.20
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			160.19	172.05	116.55	2418.31

2400 CALORIE PALEO MEAL PLAN

DAY 10

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs with Avocado and Almonds with Blueberries						
½	Ounces	Almonds, raw	3.00	3.05	7.00	81.50
½	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
1	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
Totals:			53.65	31.89	41.49	701.79
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
8	Ounces	Chicken breast, organic	48.00	0.00	0.00	248.00
1.5	Tablespoons	Coconut oil	0.00	0.00	20.40	175.50
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:			56.75	28.60	22.11	581.25
PM Snack – Apple, Almonds and Green Tea						
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, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			6.30	27.10	14.50	244.00
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
1/2	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	Tablespoon	Sesame seeds, raw	1.60	2.11	4.47	51.57
Totals:			29.04	26.86	43.44	588.18
Actual Totals for Day 10			152.18	152.37	140.25	2435.08

2400 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
3	Tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	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, bottled, generic	0.00	0.00	0.00	0.00
Totals:			27.64	52.69	31.54	584.76
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
2	Tablespoons	Coconut oil	0.00	0.00	27.20	234.00
8	Ounces	Halibut, broiled	60.00	0.00	8.00	320.00
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:			69.26	54.46	36.81	803.35
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	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
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
Totals:			40.15	57.50	30.40	665.66
Actual Totals for Day 11			142.94	222.77	113.75	2414.07

2400 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 – 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						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
6	Ounces	Beef, organic flank, separable lean only, trimmed, choice	46.00	0.00	14.00	329.80
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
2	Tablespoons	Olive oil, extra virgin	0.00	0.00	28.00	240.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
Totals:			55.99	34.31	56.94	872.10
PM Snack – Pear, Green Tea and Nuts						
1	Ounce	Cashew nuts, raw	4.34	9.27	13.14	162.73
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:			5.04	34.37	13.14	260.73
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
8	Ounces	Sausage, Italian, turkey, smoked	33.71	10.42	19.60	353.92
Totals:			36.44	30.43	34.01	670.72
Actual Totals for Day 12			117.71	176.90	136.03	2436.90

2400 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, Celery and Seeds						
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
1	Ounce	Pumpkin seeds, raw	9.35	3.81	11.94	147.99
		Totals:	24.73	15.73	22.55	356.99
Lunch – Sausage with Squash and Tomato Sauce						
1	Cup	Broccoli, steamed, chopped	3.71	11.20	0.64	54.60
1.5	Tablespoons	Olive oil, pure	0.00	0.00	21.00	195.00
4	Links	Pork sausage, fresh, cooked	18.65	0.00	27.23	325.44
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
		Totals:	27.71	46.37	49.85	735.97
PM Snack – Almonds, Apple and Green Tea						
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, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		Totals:	6.30	27.10	14.50	244.00
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			105.38	155.49	143.21	2388.99

2400 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
5	Ounces	Beef, cured, sausage, smoked	20.00	3.43	38.14	442.266
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:	25.70	31.23	39.04	577.26
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
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
		Totals:	13.00	27.84	12.58	270.85
Lunch – Tuna Salad and Yam						
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
1.5	Cups	Tuna, solid, white, water reg. can	90.00	6.00	6.00	420.00
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
		Totals:	100.37	77.54	14.97	827.14
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	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
		Totals:	35.73	51.89	34.21	655.05
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			175.94	210.49	102.15	2424.52

2400 CALORIE PALEO MEAL PLAN

DAY 15

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Egg Veggie Scramble with Grapefruit						
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
1.5	Tablespoons	Olive oil, extra virgin	0.00	0.00	21.00	180.00
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:			51.11	36.43	44.87	747.48
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	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
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
6	Ounces	Salmon, broiled	37.62	0.00	21.00	348.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			49.93	36.44	36.44	666.75
PM Snack – Pear, Green Tea and Nuts						
1	Ounce	Cashew nuts, raw	4.34	9.27	13.14	162.73
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:			5.04	34.37	13.14	260.73
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			146.12	174.17	131.83	2425.48

2400 CALORIE PALEO MEAL PLAN

DAY 16

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Kefir, Strawberries, Chia and Seeds						
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	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:			25.79	39.91	23.12	445.54
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
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
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
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:			68.50	41.55	40.38	779.88
PM Snack – Cashew Butter, Pear and Green Tea						
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, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			3.51	29.51	7.91	191.92
Dinner – Hamburger and Portobello Mushrooms with Asparagus						
8	Spears	(1/2" base) Asparagus, baked	2.88	4.93	0.26	26.40
2	Patties	Beef, ground, 90% lean meat patty, broiled	42.82	0.00	19.24	355.88
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:			53.07	35.88	38.21	701.21
Actual Totals for Day 16			166.41	184.90	120.39	2417.35

2400 CALORIE PALEO MEAL PLAN

DAY 17

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Fruit Salad with Cinnamon						
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	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1/2	Cup, diced	Pineapple, raw	0.43	9.16	0.10	34.88
1/2	Cup	Raspberries, raw	0.74	7.34	0.40	31.98
1/2	Cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:			17.62	51.38	21.33	434.62
AM Snack – Hard-Boiled Eggs, 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
2	Large	Eggs, organic, hard-boiled	12.00	0.00	10.00	140.00
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:			17.00	41.60	27.60	467.00
Lunch – Southwest Stuffed Chicken and Mushrooms (See Recipe)						
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
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, sliced	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
20	Each	Hazelnuts, raw	4.19	4.68	17.01	175.84
Totals:			65.95	19.87	48.00	741.91
PM Snack – Apple, Cashew Butter and Green Tea						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Cashew butter, plain, raw	4.98	7.82	14.01	166.41
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:			5.28	28.82	14.51	247.41
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			157.49	165.49	123.85	2414.14

2400 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	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			25.36	45.04	32.74	562.92
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
6	Ounces	Beef, organic flank, separable lean only, trimmed	46.00	0.00	14.00	329.80
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
2	Tablespoons	Olive oil, pure	0.00	0.00	28.00	260.00
1	Tablespoon	Peppers, hot, chili, mature red, canned, chilisauce	0.14	0.58	0.09	3.15
Totals:			53.16	15.03	56.56	794.12
PM Snack – Cashew Butter, Pear and Green Tea						
1/2	Ounce	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, bottled, generic	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			3.19	29.01	7.00	181.21
Dinner – Sausage, Yam and Coleslaw						
5	Fl. Ounces	Wine, red, Cabernet Sauvignon	0.10	3.82	0.00	123.48
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:			13.69	51.42	38.57	686.70
Actual Totals for Day 18			98.10	164.90	144.87	2406.95

2400 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	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
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
Totals:			59.00	31.43	48.42	802.00
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
9	Ounces	Fish, trout, rainbow, wild, cooked	58.45	0.00	14.84	382.50
10	Large	Olives, ripe, canned	0.34	2.50	4.27	46.00
Totals:			62.66	12.44	32.98	596.90
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
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
Totals:			41.10	12.82	27.00	599.48
Actual Totals for Day 19			167.35	118.21	126.75	2394.18

2400 CALORIE PALEO MEAL PLAN

DAY 20

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Coconut Flour Pancakes (See Recipe) and Raspberries						
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
		Totals:	25.78	33.89	29.20	492.96
AM Snack – Hard-Boiled Eggs, Cucumber and Tomato Salad with Olives						
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
		Totals:	14.17	10.05	27.57	333.60
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 or romaine, raw	1.38	3.67	0.34	19.04
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
8	Ounces	Turkey breast, slices, nitrate free	56.00	0.00	0.00	200.00
		Totals:	65.79	37.52	36.38	669.16
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						
6	Ounces	Beef, ground, 95% lean/5% fat, crumbles, pan-browned	49.59	0.00	12.89	328.10
1	Cup	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
2	Tablespoons	Olive oil, pure	0.00	0.00	28.00	260.00
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:	54.71	23.88	45.19	729.01
		Actual Totals for Day 20	160.74	126.33	138.84	2305.73

2400 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						
3	Tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
3	Tablespoons	Nuts, coconut milk, canned	0.91	1.26	9.60	88.65
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:			15.04	41.80	30.32	493.57
Lunch – Egg, Sausage and Yam						
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
2	Links (4")	Chorizo, pork and beef	28.92	2.23	45.92	546.00
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	Cup, cubes	Yam, baked	2.03	37.51	0.19	157.76
Totals:			55.93	55.76	75.08	1113.52
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			118.47	145.27	157.69	2435.69