

GO PALEO!

Plan Recipes

Grocery Lists

-RDA CREATED

Go Paleo!

'Paleo' is also known as the Paleolithic or the cave man diet. It's based on the presumed ancient diet of the Stone Age hunter-gatherers consisting of unprocessed plants and animals prior to the development of grain based diets that are common today.

The Paleo diet consists mainly of fish, grass-fed pasture raised meats, eggs, vegetables, fruit, roots, nuts and excludes grains, legumes, dairy, refined salt and sugars and processed oils.

It's not rocket science to make the leap that reducing processed foods will reduce over all caloric consumption. Typically cutting back on processed foods will also increase nutritional density of any nutrition plan.

The key to success to this plan then is to avoid processed foods and increase nutritionally dense foods.

This is NOT a NO-Carb or Gluten Free plan. However, you will be increasing the nutritional QUALITY of the carbohydrates you ingest. If you 'fall off the wagon' so to speak, you haven't sabotaged everything, simply get back on the plan with the next meal.

You'll want to ensure that your protein requirements are met. In today's typical North American diet, dietary protein ingestion is reduced and replaced with carbohydrates. At first glance, this plan may seem to include more protein than you're used to eating.

Protein is included in the plan for a variety of reasons. Yes, it's required for muscle production and repair, but just as importantly, it's included to moderate blood sugar levels.

When you ingest carbohydrate, your body's response is to release insulin to lower the resulting blood sugar. By ingesting protein at the same time as carbohydrate, you will slow down the break down of carbohydrate and then lower the amount of insulin released to the blood. Your goal is to avoid insulin spikes, since insulin is the body's primary 'storage' hormone.

A deadly combination for fat gain/storage is when you eat carbohydrate and fats together. The carbohydrate will spike insulin and the fat eaten will be available for immediate storage. This is really a recipe to store fat. You will NEVER be able to lose your stored fat when you have an abundance of insulin in the blood.

You'll be avoiding carbohydrates that 'spike' insulin (these are typically high glycemic carbs from processed foods), you'll eat protein with your carbs and you'll also include necessary healthy fats in each meal.

Maintaining lean muscle tissue is also very important in helping you achieve the end result you desire. When you lose the weight, you want to look toned and defined NOT "skinny fat" (where your weight loss leaves you looking skinny and really the same shape as before).

A word of caution, you may not even know it, but you may be hooked on sugar, so give yourself a few days to get over your sugar withdrawal. You may feel some cravings, headache, and brain fog. It will pass! The more you eat sugar, the longer this will take to subside. Soon your palate will come back alive and it will appreciate natural flavors more fully.

On with the plan!

You'll see a 1200 calorie and 1500 calorie plan and grocery lists to follow.

It's quite difficult to provide a 'done for you' plan that's a one size fits all. I've done my best given the number of women I work with. I'd suggest

not getting caught up in counting every last calorie, rather, work to improve the quality of foods you're eating. Cut out the junk, processed foods, extra sugar and liquid calories.

My suggestion is to start with the 1200-calorie plan for the first three weeks and then switch to the 1500-calorie plan after that for three weeks.

Continue to flip flop from the 1200 to the 1500-calorie plan until you're satisfied with your weight loss. The purpose of this is to give your body a break from decreased calories among other reasons.

I'd also suggest a 'treat meal' one time per week with an eating window of one hour. Enjoy without guilt a meal of your choosing.

This is a great start to a lifetime of healthier eating habits.

1200 CALORIE PALEO MEAL PLAN

DAY 1

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Omelet with Peppers						
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	Eggs	Eggs, Organic	18.00	0.00	15.00	210.00
1	Cup	Peppers, chopped sweet, green, raw	1.28	6.91	0.25	29.80
1	Cup	Peppers, chopped, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			20.76	15.90	29.30	395.54
AM Snack – Almond Butter and Celery						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
5	Stalks	Celery, raw stalk trimmed	2.50	10.00	0.00	50.00
Totals:			4.90	13.40	9.50	151.00
Lunch – Lettuce Tuna Wrap						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
3	Leaves	Lettuce, outer cos or romaine, raw	1.03	2.76	0.25	14.28
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
4	Ounces	Tuna, in water	20.00	0.00	1.33	120.00
Totals:			29.14	22.00	19.41	374.80
PM Snack – Green Tea						
1	Cup	Water	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						
3	Ounces	Beef, top sirloin, lean only	25.81	0.00	6.80	171.70
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	Cup	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
2	Cup	Spinach, raw	1.72	2.18	0.23	13.80
1	Tomato	Tomato, sliced	1.00	5.70	0.40	26.00
2	Teaspoon	Vinegar, balsamic	0.05	1.81	0.00	9.33
Totals:			33.25	16.85	21.79	392.91
Actual Totals for Day # 1:			80.66	60.19	74.65	1209.98

1200 CALORIE PALEO MEAL PLAN

DAY 2

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Sausage, Nuts and Apple						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounces	Cashews, raw	5.00	9.00	13.00	160.00
1	Sausage	Sausage	12.00	2.00	14.00	190.00
		Totals:	17.30	32.00	27.50	431.00
AM Snack – Hard Boiled Egg						
1	Egg	Egg, whole, with yolk	6.70	1.30	7.30	100.00
		Totals:	6.70	1.30	7.30	100.00
Lunch –Salad with Chicken and Dressing						
1/2	Cup	Avocados, sliced	1.46	6.23	10.70	116.80
8	Carrots	Carrots, baby, raw	0.51	6.59	0.10	28.00
3	Ounces	Chicken breast, white meat	18.00	0.00	0.00	93.00
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
3	Cup	Spinach, raw	2.57	3.27	0.35	20.70
1	Tomato	Tomato	1.00	5.70	0.40	26.00
2	Teaspoon	Vinegar, balsamic	0.05	1.81	0.00	9.33
		Totals:	23.60	23.59	25.56	413.83
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		Totals:	0.00	0.00	0.00	0.00
Dinner – Turkey Meatballs (see recipe) with Spaghetti Squash						
1/2	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
1/2	Cup	Tomato sauce, no salt added	2.38	13.56	0.37	67.71
4	Each	Turkey meatballs	15.00	6.00	6.00	150.00
		Totals:	18.38	29.77	6.71	256.19
		Actual Total for Day 2	65.97	86.66	67.06	1201.02

1200 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
2	Eggs	Eggs, organic	12.00	0.00	10.00	140.00
3	Tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	6.00
Totals:			19.46	12.33	34.70	425.80
AM Snack – Watermelon						
1	Cup	Watermelon, diced	0.93	11.48	0.23	45.60
Totals:			3.43	15.98	6.73	125.60
Lunch – Fish, Asparagus and Nuts						
8	Spears	Asparagus, (see recipe Garlicky Asparagus)	3.54	2.30	0.50	21.60
4	Ounces	Halibut, broiled	30.00	0.00	4.00	160.00
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
Totals:			37.80	6.14	22.76	364.72
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Turkey Burger with Grilled Mushrooms and Side Spinach						
1	Cup	Mushrooms, sliced, portabella, grilled	5.17	5.94	0.91	42.35
1/2	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
2	Cup	Spinach, boiled, drained	10.80	13.60	0.80	84.00
1	Patty	Turkey burger	21.00	0.00	9.00	180.00
Totals:			36.97	19.54	17.71	366.35
Actual Totals for Day 3			95.16	49.49	75.40	1202.47

1200 CALORIE PALEO MEAL PLAN

DAY 4

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Smoked Salmon, Eggs and Onions						
2	Eggs	Eggs, organic	12.00	0.00	10.00	140.00
2	Ounces	Fish, salmon, smoked, (lox), regular	10.24	0.00	2.42	65.52
1	Tablespoon	Chopped onions, spring or scallions	0.11	0.44	0.01	1.92
Totals:			22.35	0.44	12.43	207.44
AM Snack – Apple						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			0.30	21.00	0.50	81.00
Lunch – Chicken, Avocado, Coleslaw and Seeds						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	Ounces	Chicken breast, white meat	24.00	0.00	0.00	124.00
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1	Ounce	Pumpkin seeds, raw	9.35	3.81	11.94	147.99
Totals:			37.19	27.20	32.68	539.79
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Turkey and Veggie Stew with Broccoli Rabe						
3	Ounces	Ground Turkey, lean (see Turkey and Veggie Stew recipe)	21.67	0.00	29.01	354.45
1/2	Cup	Broccoli rabe (see recipe)	2.85	4.92	0.11	25.76
Totals:			24.52	4.92	29.12	380.21
Actual Totals for Day 4			115.43	62.24	81.63	1431.44

1200 CALORIE PALEO MEAL PLAN

DAY 5

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Green Smoothie						
1	Fruit	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
2	Tablespoons	Hemp Seeds	6.00	2.00	8.00	112.00
1	Cup	Chopped kale, raw	2.21	6.71	0.47	33.50
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
		Totals:	.55	32.06	12.98	268.10
AM Snack –Walnuts						
1	Ounces	Walnuts, raw	4.26	3.84	18.26	183.12
		Totals:	94.26	3.84	18.26	183.12
Lunch – Turkey Stew Leftovers (see recipe)						
3	Ounces	Ground turkey, lean	21.67	0.00	29.01	354.45
		Totals:	21.67	0.00	29.01	354.45
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		Totals:	0.00	0.00	0.00	0.00
Dinner – Shrimp, Spaghetti Squash, Spinach and Tomato Sauce						
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
5	Ounces	Shrimp, boiled or steamed	29.60	0.00	1.50	140.00
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:	39.20	34.89	16.79	434.13
Actual Totals for Day 5			74.67	70.79	77.04	1239.80

1200 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
2	Tablespoon	Hemp Seeds	6.00	2.00	8.00	112.00
1	Cup	Spinach, raw	0.86	1.09	0.12	6.90
1	Cup, sliced	Strawberry halves, raw	1.11	12.75	0.50	53.12
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			10.90	44.20	13.36	317.66
AM Snack – Almonds and Cucumber						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
1	Cup	Cucumber, raw slices	0.80	2.80	0.00	14.00
Totals:			6.80	8.90	14.00	177.00
Lunch – Salmon and Broccoli with Coconut Oil						
1	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	Ounces	Salmon, broiled	8.81	0.00	10.50	174.00
Totals:			2.52	11.20	24.74	345.60
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Fish and Zucchini						
5	Ounces	Halibut, broiled	37.50	0.00	5.00	200.00
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
1	Cup	Zucchini, baked	1.15	7.07	0.09	28.80
Totals:			38.65	7.07	19.09	348.80
Actual Totals for Day 6			78.88	71.37	71.19	1189.06

1200 CALORIE PALEO MEAL PLAN

DAY 7

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Egg Scramble with Veggies						
2	Eggs	Eggs, organic	12.00	0.00	10.00	140.00
1/2	Cup	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
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	Cup	Spinach, raw	1.72	2.18	0.23	13.80
Totals:			115.75	5.26	24.41	291.84
AM Snack – Pear						
1	Fruit	Pear, with peel	0.70	25.10	0.00	98.00
Totals:			2.30	22.75	4.58	128.50
Lunch – Tuna salad, Chia Seeds with Oil and Balsamic						
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1/2	Ounce	Chia seeds, ground	2.21	6.22	4.36	69.46
3	Ounces	Tuna, solid, white	22.50	1.50	1.50	105.00
2	Teaspoon	Vinegar, balsamic	0.05	1.81	0.00	9.33
Totals:			16.60	35.68	17.75	357.44
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Steak and Cauliflower (see recipe)						
3	Ounces	Beef, bottom sirloin, tri-tip steak lean and fat, 0" trim	25.47	0.00	12.90	225.25
2	Cup	Cauliflower, steamed	5.80	13.50	0.79	68.40
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
Totals:			31.27	13.50	27.70	413.65
Actual Totals for Day 7			75.09	72.38	72.77	1205.28

1200 CALORIE PALEO MEAL PLAN

DAY 8

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Blueberry Smoothie						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Cup	Chopped kale, raw	2.21	6.71	0.47	33.50
1/2	Ounce	Walnuts, raw	2.13	1.92	9.13	91.56
1	Ounce(s)	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:			10.84	44.07	22.79	386.63
AM Snack – Almond Butter and Celery						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
4	Stalks	Celery, raw	1.10	4.75	0.27	22.40
Totals:			3.50	8.15	9.77	123.40
Lunch – Soup, Steak and Broccoli with Coconut Milk						
3	Ounces	Beef, bottom sirloin, tri-tip steak, lean and fat, 0" trim, all grades	25.47	0.00	12.90	225.25
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
1/2	Tablespoon	Coconut oil	0.00	0.00	6.80	58.50
1	Cup	Soup (see recipe)	3.04	18.22	0.76	55.66
Totals:			33.20	21.99	20.68	390.93
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Real Healthy Fried Chicken (see recipe)						
1	Tablespoon	Almond butter	2.40	3.40	9.50	101.00
3	Ounces	Chicken breast, white meat	19.50	0.00	1.20	93.00
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
Totals:			21.90	3.40	24.70	324.00
Actual Totals for Day 8			69.45	77.61	77.95	1224.96

1200 CALORIE PALEO MEAL PLAN

DAY 9

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Bacon, Eggs and Grapefruit						
2	Eggs	Eggs, organic	12.00	0.00	10.00	140.00
1	Fruit	Grapefruit, pink or red, 4" diam.	1.20	23.80	0.20	92.00
2	Slices	Bacon, cured, nitrate free	5.93	0.23	6.68	86.56
Totals:			19.13	24.03	16.88	318.56
AM Snack – Avocado and Peppers						
1/4	Cup	Avocado, pureed with lemon	1.15	4.25	8.80	92.50
1	Pepper	Pepper, red or green	2.80	19.20	0.40	80.00
Totals:			3.95	23.45	9.20	172.50
Lunch – Agave Glazed Salmon with Salad (see recipe)						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
3	Ounces	Salmon, wild, cooked	21.62	0.00	6.91	154.70
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:			25.05	22.70	21.71	391.36
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Stuffed Meatballs with Spaghetti Squash and Tomato Sauce (see recipe)						
1/2	Cup	Chopped broccoli, steamed	1.86	5.60	0.32	27.30
1	Cup	Spaghetti squash, baked, no salt	1.02	10.01	0.40	41.85
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
4	Meatballs	Meatballs (see recipe)	20.00	8.00	8.00	200.00
Totals:			26.05	41.69	9.21	359.43
Actual Totals for Day 9			74.18	111.88	57.01	1241.85/

1200 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
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
2	Eggs	Eggs, organic	12.00	0.00	10.00	140.00
Totals:			17.00	19.78	27.94	379.62
AM Snack – Walnuts and Peppers						
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	Cup	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			5.74	12.82	18.71	221.86
Lunch – Chicken with Mushrooms, Cauliflower and Almonds						
1	Cup	Cauliflower, steamed	2.28	5.10	0.56	28.52
3	Ounces	Chicken breast, organic	18.00	0.00	0.00	93.00
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	Cup	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
Totals:			42.15	9.46	14.51	359.60
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Steak, Broccoli and Seeds						
3	Ounces	Beef, short loin, porterhouse steak, lean and fat, 0" trim	20.07	0.00	17.13	240.55
1	Cup	Broccoli, steamed	5.70	9.84	0.20	51.52
1/2	Tablespoon	Butter, no salt	0.06	0.00	5.75	50.87
1/2	Tablespoon	Sesame seeds, raw	0.80	1.06	2.24	25.79
Totals:			26.63	10.90	25.32	368.73
Actual Totals for Day 10			73.51	52.97	86.48	1236.81

1200 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
1	Tablespoon	Hemp Seeds	3.00	1.00	4.00	56.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			9.64	36.69	17.54	322.76
AM Snack – Apple and Almond Butter						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			2.70	24.40	10.00	182.00
Lunch – Butternut Squash and Fish						
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	Ounces	Halibut, broiled	22.50	0.00	3.00	120.00
1	Cup	Butternut squash, mashed, baked, no salt	2.95	24.12	0.17	93.60
Totals:			25.45	24.12	16.77	330.60
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Shrimp and Salad						
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1/2	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
4	Ounces	Shrimp, boiled or steamed	23.68	0.00	1.20	112.00
1	Teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
Totals:			26.31	19.90	22.60	391.66
Actual Totals for Day 11			64.10	105.12	66.91	1227.02

1200 CALORIE PALEO MEAL PLAN

DAY 12

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Yogurt with Strawberries, Chia and Cinnamon						
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
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
5	Ounces	Yogurt, Greek, non-fat	15.00	5.83	0.00	83.33
Totals:			20.60	32.64	9.27	279.89
AM Snack – Avocado and Cucumber						
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
Totals:			3.10	11.30	17.60	199.00
Lunch – Steak and Salad						
3	Ounces	Beef, organic flank, separable, lean only, trimmed, choice	23.00	0.00	7.00	164.90
1/2	Cup	Carrots, raw	0.59	6.41	0.14	27.30
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
Totals:			26.99	28.21	21.94	424.20
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Sausage and Stir-fry Veggies						
1/2	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
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
4	Ounces	Sausage, Italian, turkey, smoked	16.86	5.21	9.80	176.96
Totals:			19.49	21.40	17.21	310.28
Actual Totals for Day 12			70.17	93.55	66.03	1213.37

1200 CALORIE PALEO MEAL PLAN

DAY 13

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Coconut Flour Pancakes (see recipe)						
1	Tablespoon	Almond butter	2.40	3.40	9.50	101.00
3		Pancakes	6.73	30.97	16.37	298.59
		Totals:	9.13	34.37	25.87	399.59
AM Snack – Hard Boiled Eggs and Celery						
4	Stalks	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
1	Egg	Egg, whole, hard boiled	6.29	0.56	5.30	77.50
		Totals:	8.29	8.56	5.30	117.50
Lunch – Sausage with Squash and Tomato Sauce						
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
2	Links	Pork sausage, fresh, cooked	9.33	0.00	13.61	162.72
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:	13.09	26.13	28.35	408.51
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		Totals:	0.00	0.00	0.00	0.00
Dinner – Steak and Veggies						
8	Spears	Asparagus, baked	3.54	2.30	0.50	21.60
3	Ounces	Beef, organic flank, separable lean only, trimmed, choice	23.00	0.00	7.00	164.90
1/	Cup	Bok choy, boiled, steamed	1.00	1.00	0.00	10.00
1	Tablespoons	Coconut oil	0.00	0.00	13.60	117.00
		Totals:	7.54	3.30	21.10	313.50
Evening Snack – Herbal Tea						
1	Cup	Tea, green	0.00	0.00	0.00	0.00
		Totals:	0.00	0.00	0.00	0.00
Actual Totals for Day 13			258.04	72.36	80.63	1239.10

1200 CALORIE PALEO MEAL PLAN

DAY 14

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Sausage with Tomatoes and Spinach						
2	Ounces	Sausage, smoked	8.00	1.37	15.26	176.90
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:			13.40	8.17	15.66	230.90
AM Snack – Hard Boiled Eggs and Carrot						
1	Carrot	Carrot, baby, raw	0.10	1.24	0.02	5.25
1	Egg	Eggs, organic, hard-boiled	6.00	0.00	10.00	70.00
Totals:			6.10	1.24	5.02	75.25
Lunch – Tuna Salad						
2	Stalks	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
1	Tablespoons	Mayonnaise, low fat	0.00	4.00	1.00	25.00
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1/2	Ounce	Pumpkin seeds, raw	4.67	1.90	5.97	73.99
1	Cup	Tuna, solid white, in water	60.00	4.00	4.00	280.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			68.37	33.94	11.77	504.14
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Lamb and Spaghetti Squash						
54	Ounces	Lamb, leg, shank half, lean and fat, 1/4" trim	21.07	0.00	15.30	227.93
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Cup	Spaghetti squash, baked, no salt	1.02	10.01	0.40	41.85
Totals:			22.09	10.01	29.70	399.78
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			109.96	53.84	62.15	1212.45

1200 CALORIE PALEO MEAL PLAN

DAY 15

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Egg Veggie Scramble with Grapefruit						
2	Eggs	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
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
1/2	Cup	Zucchini, stir fried	0.00	3.00	0.00	14.40
Totals:			14.99	31.83	24.57	392.24
AM Snack – Apple and Almond Butter						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			2.70	24.40	10.00	182.00
Lunch – Salmon, Veggies and Nuts						
1/2	Ounce	Almonds, raw	3.00	3.05	7.00	81.50
1	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
3	Ounces	Salmon, broiled	18.81	0.00	10.50	174.00
Totals:			25.52	14.25	18.14	310.10
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Turkey Meatballs and Veggies						
1	Cup	Chopped kale, steamed	2.47	7.32	0.52	36.40
1/2	Cup	Mushrooms pieces, stir fried	1.69	4.13	0.37	21.84
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
1/2	Cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
3	Each	Turkey Meatballs (see recipe)	20.75	6.00	6.00	150.00
Totals:			20.75	26.49	14.13	313.38
Actual Totals for Day 15			63.96	96.96	66.84	1197.72

1200 CALORIE PALEO MEAL PLAN

DAY 16

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Kefir, Strawberries, Chia and Seeds						
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1/2	Ounce	Pumpkin seeds, raw	4.67	1.90	5.97	73.99
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
		Totals:	15.62	32.01	16.15	316.55
AM Snack – Hard Boiled Eggs and Peppers						
1	Egg	Egg, organic, hard boiled	6.00	0.00	5.00	70.00
1	Cup	Pepper, strips, sweet, red, raw	1.24	9.04	0.27	37.80
		Totals:	7.24	9.04	5.27	107.80
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
3	Ounces	Halibut, broiled	22.50	0.00	3.00	120.00
4	Leaves	Outer lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	Tablespoon	Salsa, medium, no sugar added	0.00	0.00	0.00	2.00
1	Cup	Butternut squash, baked, no salt	1.84	21.50	0.18	82.00
		Totals:	31.00	41.55	21.38	445.88
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
		Totals:	0.00	0.00	0.00	0.00
Dinner – Hamburger and Portobello Mushrooms with Asparagus						
4	Spears	Asparagus, baked	5.76	9.86	0.53	52.80
1	Patty	Beef, ground, 90% lean meat patty, broiled	21.41	0.00	9.62	177.94
1	Whole	Mushroom, portabella, grilled	2.10	4.26	0.17	21.84
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
		Totals:	29.37	15.02	17.31	321.58
Actual Totals for Day 16			83.23	97.63	60.11	1191.81

1200 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	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1/4	Cup	Raspberries, raw	0.37	3.67	0.20	15.99
1/4	Cup, halves	Strawberry halves, raw	0.25	2.92	0.11	12.16
Totals:			5.31	18.38	18.79	240.93
AM Snack – Avocado and Celery						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	Stalks	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
Totals:			4.30	16.50	17.60	225.00
Lunch – Southwest Stuffed Chicken and Mushrooms (see recipe)						
3	Ounces	Chicken breast, white meat	19.50	0.00	1.20	93.00
2	Tablespoon	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
10	Nuts	Hazelnuts, raw	2.09	2.34	8.51	87.92
Totals:			23.72	5.51	37.10	433.43
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Sushi/Sashimi with Seaweed Salad						
1	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
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
2	Each	Tuna sashimi	13.20	0.00	0.54	62.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			37.33	16.00	10.87	305.72
Actual Totals for Day 17			70.66	56.39	84.36	1205.08

1200 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
1	Tablespoon	Hemp Seeds	3.00	1.00	4.00	56.00
1/4	Tablespoon	Honey, unpasteurized, raw	0.02	4.33	0.00	15.96
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
1/2	Ounce	Walnuts, raw	2.13	1.92	9.13	91.56
Totals:			11.72	34.26	14.61	301.17
AM Snack – Apple and Almond Butter						
1	Tablespoon	Almond Butter, raw	2.40	3.40	9.50	101.00
1	Fruit	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
3	Ounces	Beef, organic flank, separable lean only, trimmed	23.00	0.00	7.00	164.90
1/2	Cup	Bok choy, steamed	1.00	1.00	0.00	10.00
1/2	Cup	Chopped broccoli, steamed	1.86	5.60	0.32	27.30
1/2	Tablespoon	Coconut oil	0.00	0.00	6.80	58.50
1	Tablespoon	Peppers, hot, chili, mature red, canned, chili sauce	0.14	0.58	0.09	3.15
Totals:			27.31	8.43	14.44	273.42
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Sausage, Yam and Coleslaw						
1	Cup	Brussels sprouts, frozen, baked	5.64	12.90	0.60	65.10
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1/2	Cup	Coleslaw, home-prepared	0.77	7.45	1.57	41.40
3	Links	Pork and beef sausage, fresh, cooked	5.38	1.05	14.14	154.44
1/2	Cup	Yam, baked	1.01	18.75	0.10	78.88
Totals:			12.81	40.15	30.00	456.82
Actual Totals for Day 18			54.54	107.24	69.05	1213.41

1200 CALORIE PALEO MEAL PLAN

DAY 19

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Bacon and Eggs with Zucchini Cakes (see recipe)						
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
2	Slices	Cooked pork, cured, bacon, baked	5.79	0.22	7.01	88.78
Totals:			17.79	0.22	31.01	358.78
AM Snack – Avocado, Salsa and Peppers						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Chopped peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	Tablespoon	Salsa, medium, no sugar added	0.00	0.00	0.00	2.00
Totals:			3.58	15.41	17.85	216.80
Lunch – Fish and Stir Fry Veggies						
8	Spears	Asparagus, baked	2.88	4.93	0.26	26.40
3/4	Cup	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables	1.00	5.00	0.00	25.00
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	Ounces	Trout, rainbow, wild, cooked	19.48	0.00	4.95	127.50
Totals:			23.36	9.93	18.81	295.90
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Southwest Stuffed Chicken (see recipe)						
1	Ounces	Cashews	5.00	9.00	13.00	160.00
4	Ounces	Chicken breast, white meat	36.00	0.00	0.00	186.00
Totals:			29.00	9.00	13.00	284.00
Actual Totals for Day 19			73.73	34.56	80.67	1155.48

1200 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
2	Eggs	Eggs, organic valley	12.00	0.00	10.00	140.00
Totals:			18.30	19.20	23.40	359.00
AM Snack – Cucumber and Tomato Salad with Olives						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1/2	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
6	Large	Olives, ripe, canned	0.20	1.50	2.56	27.60
1/2	Cup	Tomatoes, red, sliced	1.10	5.24	0.16	22.80
Totals:			2.11	9.55	9.72	124.40
Lunch – Lettuce Wrap with Turkey						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	Leaves	Outer lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1/2	Ounce	Walnuts, raw	2.13	1.92	9.13	91.56
3	Ounces	Turkey breast slices, nitrate free	21.00	0.00	0.00	75.00
Totals:			26.81	14.09	27.07	370.60
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Faux Spaghetti and Meat Sauce with Kale and Olives						
3	Ounces	Beef, ground, 95% lean meat/5% fat, crumbles, pan-browned	24.79	0.00	6.44	164.05
1		Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
4	Large	Olives, ripe	0.13	1.00	1.71	18.40
3	Ounces	Shirataki noodles	0.00	1.00	0.00	0.00
1/2	Cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
Totals:			28.98	18.36	22.92	393.99
Actual Totals for Day 20			76.20	61.20	83.10	1247.99

1200 CALORIE PALEO MEAL PLAN

DAY 21

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Puff Pancakes (see recipe)						
1	Tablespoon	Almond butter	2.40	3.40	9.50	101.00
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
2	Eggs	Eggs, organic	9.00	0.00	7.50	140.00
Totals:			14.94	13.91	19.74	282.322
AM Snack – Coconut Milk and Seeds						
1	Tablespoon	Hemp Seeds	3.00	1.00	4.00	56.00
1	Tablespoon	Coconut milk, canned	0.30	0.42	3.20	29.55
1/2	Ounce	Chia seeds, ground	2.21	6.22	4.36	69.46
Totals:			5.52	7.64	11.56	155.01
Lunch – Egg, Sausage and Yam						
1/2	Link	Chorizo, pork and beef	7.23	0.56	11.48	136.50
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
1/2	Cup	Yam, baked	1.01	18.75	0.10	78.88
Totals:			20.24	19.31	35.18	472.38
PM Snack – Green Tea						
1	Cup	Water	0.00	0.00	0.00	0.00
1	Bag	Tea, green	0.00	0.00	0.00	0.00
Totals:			0.00	0.00	0.00	0.00
Dinner – Beef Stew (see recipe)						
3	Ounces	Beef, chuck, arm pot roast, lean and fat, 1/2" trim, prime, braised	22.19	0.00	26.32	332.35
Totals:			22.19	0.00	26.32	332.35
Actual Totals for Day 21			62.89	40.85	92.79	1242.06

1200 CALORIE 21 DAY PALEO GROCERY LIST

PROTEINS

__ Bacon, cured, nitrate free	5 Slices
__ Beef, chuck pot/blade roast, lean	1/2 Pound
__ Beef, ground, 90% lean	1/2 Pound
__ Beef, top sirloin, lean	1/2 Pound
__ Chicken breast, white meat	3 Pounds
__ Egg organic	3.5 Dozen
__ Halibut	1 Pound
__ Lamb, leg shank half, lean,	5 Ounces
__ Protein Powder	1 Container
__ Rainbow trout	5 Ounces
__ Salmon smoked (lox)	1/2 Pound
__ Salmon, wild	1 Pound
__ Sausage, beef, nitrate free	1 Pound
__ Tuna, in water	2 Cans
__ Turkey breast slices, nitrate free	1/2 Pound
__ Turkey, burger	6 Burgers
__ Turkey meatballs	10 Meatballs

VEGETABLES

__ Asparagus	40 Spears
__ Avocado	2 Medium
__ Bok Choy	1 Medium
__ Broccoli, fresh or frozen	2 Heads
__ Brussels sprouts frozen/fresh	2 Cups
__ Carrots, baby raw	1 Bag
__ Cauliflower, fresh or frozen	1 Head
__ Celery, trimmed	2 Bunches
__ Cole slaw, home-prepared	1.5 Cups
__ Cucumber	2 Whole
__ Garlic, raw	3 Cloves
__ Ginger root, raw	1 Teaspoon
__ Green beans	1 Handful
__ Green pepper	2 Medium
__ Hot chili pepper	1 Tablespoon
__ Kale	1 Head
__ Lettuce, cos or romaine	1 Large head
__ Mixed vegetables, frozen	1 Bag
__ Mushrooms, portabella	2 Whole
__ Mushrooms, white	4 Cups
__ Olives, ripe	12 Any size
__ Onion, white	2 Medium
__ Red pepper	2 Medium
__ Sauerkraut, canned low sodium	1 Can
__ Seaweed, agar, kelp wakame raw	1/2 Cup
__ Spinach	1 Cup
__ Spring onion or scallions	1 Bunch
__ Squash, butternut	1 Large
__ Squash, spaghetti	2 Medium
__ Tomatoes	8 Medium
__ Tomato sauce, no salt added	1 Jar
__ Tomato, canned, whole, no sale	1 Can
__ Yam	2 Medium
__ Zucchini	6 Medium

FRUITS

__ Apple, with peel	6 Medium
__ Blackberries, frozen	2 Pints
__ Blueberries, frozen	1 Bag
__ Blueberries	2 Pints
__ Grapefruit, pink or red	2 Small
__ Pear, with peel	3 Medium
__ Pineapple	1 Cup
__ Raspberries	2 Pints
__ Strawberries	2 Pints
__ Watermelon	1/2 Whole

NUTS/SEEDS

__ Alfalfa seeds, sprouted, raw	1 Bunch
__ Almond butter	1 Jar
__ Almonds, raw	2 Cups
__ Cashews, raw	2 Cup
__ Chia seeds, whole	1 Cup
__ Hazelnuts, raw	1 Cup
__ Hemp seeds	2 Cups
__ Pumpkin seeds, raw	1 Cup
__ Sesame seeds, whole, raw	1 Cup
__ Walnuts	2 Cups

1200 CALORIE 21 DAY PALEO GROCERY LIST

OILS

- Coconut Oil 1 Jar
- Mayonnaise, low fat 1 Jar
- Olive oil, Extra Virgin 1 Bottle
- _____
- _____
- _____
- _____

DAIRY AND ALTERNATIVES

- Butter 1/2 Pound
- Coconut milk, canned 1 Can
- Kefir, plain 2 Containers
- Unsweetened
almond milk 2 Cartons
- _____
- _____
- _____
- _____

MISCELLANEOUS

- Cinnamon 1 Cup
- Coconut flour 1/2 Pound
- Honey, unpasteurized raw 1 Jar
- Miso soup or miso paste 1 Container
- Mustard, prepared, yellow 1 Jar
- Salsa, medium,
no sugar added 1 Jar
- Shirataki noodles 2 Packages
- Tea, green 22 Bags
- Vegetable soup,
low sodium 1 Container
- Vinegar, balsamic 1 Jar
- Vinegar, apple cider 1 Jar
- _____
- _____
- _____
- _____

1500 CALORIE PALEO MEAL PLAN

DAY 1

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

1500 CALORIE PALEO MEAL PLAN

DAY 2

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

1500 CALORIE PALEO MEAL PLAN

DAY 3

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

1500 CALORIE PALEO MEAL PLAN

DAY 4

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

1500 CALORIE PALEO MEAL PLAN

DAY 5

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

1500 CALORIE PALEO MEAL PLAN

DAY 6

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

1500 CALORIE PALEO MEAL PLAN

DAY 7

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

1500 CALORIE PALEO MEAL PLAN

DAY 8

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

1500 CALORIE PALEO MEAL PLAN

DAY 9

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

1500 CALORIE PALEO MEAL PLAN

DAY 10

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

1500 CALORIE PALEO MEAL PLAN

DAY 11

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

1500 CALORIE PALEO MEAL PLAN

DAY 12

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

1500 CALORIE PALEO MEAL PLAN

DAY 13

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

1500 CALORIE PALEO MEAL PLAN

DAY 14

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

1500 CALORIE PALEO MEAL PLAN

DAY 15

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

1500 CALORIE PALEO MEAL PLAN

DAY 16

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

1500 CALORIE PALEO MEAL PLAN

DAY 17

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

1500 CALORIE PALEO MEAL PLAN

DAY 18

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

1500 CALORIE PALEO MEAL PLAN

DAY 19

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

1500 CALORIE PALEO MEAL PLAN

DAY 20

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

1500 CALORIE PALEO MEAL PLAN

DAY 21

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

1500 CALORIE 21 DAY PALEO GROCERY LIST

PROTEINS	VEGETABLES	FRUITS
__ Bacon, cured, nitrate free 1 Pound	__ Asparagus 20 Spears	__ Apple, with peel 6 Medium
__ Beef, chuck pot/blade road, lean 1 Pound	__ Avocado 5 Medium	__ Blackberries 3 Pints
__ Beef, ground, 90% lean 1 Pound	__ Bok Choy 3 Medium	__ Blueberries, frozen 3 Pints
__ Beef, top sirloin, lean 1 Pound	__ Broccoli, fresh or frozen 2 Heads	__ Blueberries 1 Bag
__ Chicken breast, white meat 3 Pounds	__ Brussels sprouts frozen/fresh 1 Cup	__ Grapefruit, pink or red 3 Small
__ Egg organic 3 Dozen	__ Carrots, baby raw 1 Bag	__ Pear, with peel 6 Medium
__ Halibut 2 Pound	__ Cauliflower, fresh or frozen 2 Heads	__ Pineapple 1 Cup
__ Lamb, leg shank half, lean, 6 Ounces	__ Celery, trimmed 2 Bunches	__ Raspberries 2 Pints
__ Protein Powder 1 Container	__ Cole slaw, home-prepared 2 Cups	__ Strawberries 3 Pints
__ Rainbow trout 6 Ounces	__ Cucumber 2 Whole	__ Watermelon 1 Whole
__ Salmon smoked (lox) 5 Ounces	__ Garlic, raw 6 Cloves	_____
__ Salmon, wild 1 Pound	__ Ginger root, raw 1 Teaspoon	_____
__ Sausage, beef, nitrate free 1 Pound	__ Green beans 2 Handfuls	_____
__ Tuna, in water 6 Cans	__ Green pepper 3 Medium	NUTS/SEEDS
__ Turkey breast slices, nitrate free 1 Pound	__ Hot chili pepper 1 Tablespoon	__ Alfalfa seeds, sprouted, raw 1 Bunch
__ Turkey, burger 8 Burgers	__ Kale 1 Head	__ Almond butter 1 Jar
__ Turkey meatballs 10 Meatballs	__ Lettuce, cos or romaine 3 Large heads	__ Almonds, raw 3 Cups
_____	__ Mixed vegetables, frozen 1 Bag	__ Cashews, raw 3 Cup
_____	__ Mushrooms, portabella 2 Whole	__ Chia seeds, whole 2 Cups
_____	__ Mushrooms, white 4 Cups	__ Hazelnuts, raw 2 Cups
_____	__ Olives, ripe 28 Any size	__ Hemp seeds 4 Cups
	__ Onion, white 2 Medium	__ Pumpkin seeds, raw 4 Cups
	__ Red pepper 3 Medium	__ Sesame seeds, whole, raw 1 Cup
	__ Sauerkraut, canned low sodium 1 Can	__ Walnuts 3 Cups
	__ Seaweed, agar, kelp wakame raw 1 Cup	_____
	__ Spinach 14 Cups	_____
	__ Spring onion or scallions 1 Bunch	_____
	__ Squash, butternut 1 Large	_____
	__ Squash, spaghetti 2 Medium	_____
	__ Tomatoes 14 Medium	_____
	__ Tomato sauce, no salt added 1 Jar	
	__ Tomato, canned, whole, no sale 1 Can	
	__ Yam 2 Medium	
	__ Zucchini 9 Medium	

1500 CALORIE 21 DAY PALEO GROCERY LIST

OILS	DAIRY AND ALTERNATIVES	MISCELLANEOUS
__ Coconut Oil 1 Jar	__ Butter 1/2 Pound	__ Cinnamon 1 Cup
__ Mayonnaise, low fat 1 Jar	__ Coconut milk, canned 1 Can	__ Coconut flour 1 Pound
__ Olive oil, Extra Virgin 1 Bottle	__ Kefir, plain 3 Containers	__ Honey, unpasteurized raw 1 Jar
_____	__ Unsweetened almond milk 2 Cartons	__ Miso soup or miso paste 1 Container
_____	_____	__ Mustard, prepared, yellow 1 Jar
_____	_____	__ Salsa, medium, no sugar added 1 Jar
_____	_____	__ Shirataki noodles 2 Packages
_____	_____	__ Vegetable soup, low sodium 1 Container
		__ Vinegar, balsamic 1 Jar
		__ Vinegar, apple cider 1 Jar

Recipes

Breakfast:

Coconut Flour Pancakes

Here's a great low carb pancake recipe. Eat these without guilt — just don't smother them in syrup.



Here's what you need:

- Δ 6 omega-3, free range eggs
- Δ 6 tablespoons coconut oil, melted
- Δ 3/4 cup unsweetened coconut milk
- Δ 1 tablespoon raw honey
- Δ 2 teaspoons vanilla extract
- Δ 1 cup coconut flour
- Δ 1 teaspoon salt
- Δ 2 teaspoons baking powder
- Δ 2 teaspoons ground cinnamon
- Δ 1 cup filtered water

1. Pre-heat your pancake griddle and grease it with a touch of coconut oil.
2. In a medium bowl, whisk the eggs, oil, milk, honey and vanilla.
3. In another bowl, combine the coconut flour, salt and baking powder. Whisk to combine.
4. Add the wet ingredients to the dry ones and mix well. Add the water and mix.
5. Cook on the pancake griddle until golden.

Makes 10 Servings

Nutritional Analysis: One serving equals: 194 calories, 13.4g fat, 267mg sodium, 9.7g carbohydrate, 4.2g fiber, and 6.3g protein.

Real Healthy Puff Pancake

Pancakes are a great breakfast no matter the weather. Puff pancakes are probably the easiest pancakes to make since you just pour all the batter into a pie pan and bake it for 20 minutes — no flipping necessary.



Here's what you need:

- Δ 2 tablespoons organic butter
- Δ 1/2 cup non-fat Greek yogurt
- Δ 1/2 cup water
- Δ 6 organic, omega 3, free range eggs
- Δ 2 tablespoons raw honey
- Δ 1/2 cup low fat cottage cheese
- Δ 1 cup almond meal
- Δ 1 teaspoon baking powder
- Δ 1/2 teaspoon salt

1. Preheat oven to 425 degrees F. Place butter in a pie plate and melt in the oven.
2. Place all the remaining ingredients in a blender and blend for 1 minute. Pour batter into a pie plate.
3. Bake until puffy and golden, about 20 minutes. Cut into wedges and serve with fresh strawberries and pure maple syrup.

Makes 10 Servings

Nutritional Analysis: One serving equals: 156.2 calories, 11g fat, 203mg sodium, 7.2g carbohydrate, 1.2g fiber, and 8.7g protein.

Real Healthy Zucchini Cakes

This recipe is very light, with no potato or gluten weighing it down. Top it with a dollop of plain Greek yogurt and a sprinkle of sweet paprika.



Here's what you need:

- Δ 1 tsp olive oil
- Δ 1 small yellow onion, grated
- Δ 1 garlic clove
- Δ 2 cups grated Zucchini
- Δ 1/2 tsp salt
- Δ 2 eggs
- Δ 1/4 cup coconut flour
- Δ 2 tablespoons flax meal
- Δ 1/2 tsp baking powder
- Δ non-fat plain Greek yogurt
- Δ sweet paprika

1. Heat half of the olive oil in a large skillet. Sauté the onion and garlic for 2 minutes, then set aside.
2. Place grated zucchini in a colander, sprinkle with the salt and allow to sit in the sink for 10 minutes.
3. Use a clean paper towel to squeeze excess water from the zucchini.
4. In a medium sized bowl whisk the eggs. Add the coconut flour, flax and baking powder. Add the onions and zucchini.
5. Place the remaining olive oil in a large skillet over medium heat. Drop the dough in heaping tablespoons, press down with a fork. Cook each side for 3 minutes or until golden.
6. Serve with a dollop of yogurt and a sprinkle of sweet paprika.

Makes 8 Servings

Nutritional Analysis: One serving equals: 51 calories, 2.7g fat, 188mg sodium, 4g carbohydrate, 2g fiber, and 3g protein.

Lunch:

Turkey & Veggie Comfort Stew

There's nothing better than a warm bowl of comforting stew — especially when it's filled with nutritious ingredients like veggies and lean ground turkey.



Here's what you need:

- Δ 2 teaspoons olive oil
- Δ 2 garlic cloves, minced (or save time with frozen minced garlic cubes from Trader Joes)
- Δ 1 bunch of carrots, chopped
- Δ 2 onions, chopped
- Δ 1 bunch of celery
- Δ 1 fennel bulb
- Δ 1.3 lbs. lean ground turkey
- Δ 4 cups veggie broth
- Δ 1 (14.5oz.) can stewed tomatoes
- Δ 1 (15oz.) can white kidney beans
- Δ 4 ears of corn, kernels sliced off cobb
- Δ 3 tablespoons tomato paste
- Δ 2 teaspoons dried basil
- Δ Dash of salt and freshly ground pepper

1. In a large skillet heat the olive oil. Add garlic.
2. Add chopped carrots, cover for 5 minutes.
3. Add onions, celery and fennel. Sauté until soft.
4. In another skillet cook the ground turkey over medium heat until fully cooked, stirring often. Drain off excess fat.
5. Transfer the veggies to large soup pot and add the remaining ingredients, and the cooked turkey. Cover and cook over low heat for 40 minutes. Add extra water as desired.

Makes 8 servings

Nutritional Analysis: One serving equals: 274.1 calories, 6.3g fat, 480.2mg sodium, 34g carbohydrate, 10.5g fiber, and 21.5g protein.

Agave Teriyaki Salmon

During a trip to Kauai we picked up an amazing recipe for teriyaki salmon from Roy's restaurant. It's been more than 10 years since that trip but the recipe just never gets old. I've modified the recipe to use agave nectar instead of refined white sugar, and honestly think it tastes better than the original.



Here's what you need:

- Δ Wild caught salmon fillet
- Δ 1 cup soy sauce
- Δ 1/4 cup agave nectar
- Δ 3 tablespoons minced garlic
- Δ 3 tablespoons minced ginger root

1. Combine all ingredients in a large Ziploc bag. Allow to marinate in the fridge for 40-60 minutes.
2. Preheat oven to 350 degrees F. Remove salmon fillet from marinade and place in a large glass pan. Strain the minced garlic and ginger pieces from marinade and arrange them on the fillet. Bake for 20 minutes. Turn on broiler for an additional 5 minutes.

Makes 2 servings

Nutritional Analysis: One serving equals: 350 calories, 6.2g fat, 811mg sodium, 38g carbohydrate, 1.3g fiber, and 39g protein.

Southwest Stuffed Chicken

This dish is savory with the rich flavors of the Southwest. It's the perfect dish to make if you're in a boring grilled chicken breast rut.



Here's what you need:

- Δ 4 oz. light cream cheese, room temperature
- Δ 1 (15oz) can diced tomatoes, drained
- Δ 1/2 cup frozen corn kernels
- Δ 1 (4oz) can Hatch green chilies, roasted and chopped
- Δ Salt and pepper
- Δ 4 organic, boneless, skinless chicken breasts
- Δ Olive oil
- Δ Tajin seasoning (blend of dehydrated lime, ground chili peppers and salt)

1. Preheat oven to 350 degrees F .
2. In a medium bowl with an electric mixer on low speed, combine the cream cheese, drained tomatoes, corn and chilies.
3. Slice through the thick part of each chicken breast so that it opens like a book. Double wrap the chicken with plastic wrap and out it with a meat mallet (really good activity for stress relief!) until it's 1/2 to 1/4 inches thick.
4. Season one side of each chicken breast with salt and pepper, then flip it over and spread with 1/4 of the cream cheese filling. Roll each chicken breast up and place it seam side down in a baking dish. Rub a little olive oil over the top of the chicken then season with Tajin and salt and pepper.
5. Cover and bake for 35 minutes. Remove the cover and bake for another 15 minutes.
6. Thinly slice and then s e r v e .

Makes 4 Servings

Nutritional Analysis: One serving equals: 242 calories, 7g fat, 549mg sodium, 10g carbohydrate, 3g fiber, and 34g protein.

Real Healthy Fish Sticks

Fish sticks are a childhood food staple, but who really wants to feed their kids a dinner that's been battered and fried? This recipe gives you all the crispiness that kids love without the grease. Serve with a side of veggies and some tartar sauce.



Here's what you need:

- Δ Olive oil
- Δ 18 oz. white fish fillet, cut into strips
- Δ 1/3 cup coconut flour
- Δ 1 teaspoon garlic salt
- Δ dash of pepper
- Δ 1/2 cup almond meal
- Δ 1/2 cup ground walnuts
- Δ 2 organic, free range eggs

1. Preheat oven to 450 degrees F. Prepare a baking sheet by drizzling with olive oil and coating evenly. Set aside.
2. In a small bowl combine the coconut flour, garlic salt and pepper. In another small bowl combine the almond meal and ground walnuts. In a third small bowl whisk the eggs until frothy.
3. Take each strip of fish and dredge it in the flour mixture, then dip in the egg, and then coat with the ground walnuts. Place on prepared pan.
4. Bake for 20 minutes or until golden and crispy.

Makes 4 servings

Nutritional Analysis: One serving equals: 278.7 calories, 14.3g fat, 443mg sodium, 6g carbohydrate, 3.3g fiber, and 32.1g protein.

Dinner:

Easy Apple Pork Chops

I love easy, nutritious recipes like this that come together quickly. Putting apples and onions with pork chops and then smothering it in cinnamon creates a surprisingly delicious, healthy meal.



Here's what you need for 4 servings:

- Δ 2 apples, chopped
- Δ 1 medium yellow onion, chopped
- Δ 2 tablespoons coconut oil
- Δ cinnamon
- Δ sea salt
- Δ 4 lean pork chops
- Δ 1/4 cup white wine
- Δ 1/4 cup sliced almonds

1. In a large skillet warm 1 tablespoon of the coconut oil over medium heat. Add the apples and onions. Sauté for 5 minutes until the apples are tender.
2. Remove the apples and onions from the pan.
3. Add the remaining tablespoon of coconut oil to the pan and leave the heat on medium. Sprinkle cinnamon and salt on both sides of the pork chops then rub in.
4. Place the pork chops in the pan, sear on each side for 2 minutes.
5. Add the wine and bring to a boil. Add the apples and onions back to the pan, cover and cook for about 6 minutes.
6. Sprinkle with the almonds and serve the chops with a generous helping of the apples and onions.

4 Servings

Nutritional Analysis: One serving equals: 296 calories, 12g fat, 94mg sodium, 10g carbohydrate, 2g fiber, and 21g protein.

Quinoa Harvest Stew

This simple stew combines fresh autumn vegetables with protein rich quinoa. I love making a huge pot of stew and then eating it for a few days in a row.



Here's what you need:

- Δ 10 cups filtered water
- Δ 1/4 cup soy sauce (I use [Nama Shoyu](#) – raw unpasteurized soy sauce)
- Δ 1 cup uncooked [quinoa](#)
- Δ 4 small potatoes, peeled and chopped
- Δ 1 leek, chopped
- Δ 4 garlic cloves, minced
- Δ 2 zucchinis, chopped
- Δ 1 small head green cabbage, sliced
- Δ 4-6 medium sized tomatoes
- Δ 4-6 small carrots
- Δ dash of freshly ground salt and pepper
- Δ 2 tablespoons dried parsley
- Δ 2 teaspoons oregano

1. Place the water and soy sauce in a large soup pot over medium heat. Add the uncooked quinoa.
2. Allow the quinoa to simmer as you prepare the vegetables. Add the veggies as you chop them, adding them in the order listed. Add the seasonings and simmer until the potatoes are tender, about 45 minutes.

Makes 4-6 servings

Nutritional Analysis: One serving equals: 281.2 calories, 2.4g fat, 677mg sodium, 58.2g carbohydrate, 11g fiber, and 11g protein.

Tempeh and Veggie Stir Fry

What a great way to cook veggies and tempeh! If you're not into tempeh feel free to leave it out or to replace it with firm or baked tofu or seitan. The veggies below are just a guide — really any of the veggies that you have on hand would work beautifully!



Here's what you need:

- Δ 1 tablespoon sesame oil
- Δ 1 onion, cut in half and then sliced
- Δ 1 (8oz) package organic 5-grain tempeh, thinly sliced and halved
- Δ 2 small zucchinis, cut in half lengthwise and thinly sliced
- Δ 1 1/2 cup carrots, sliced
- Δ 1 tablespoon Nama shoyu (or Tamari or soy sauce)
- Δ 2 cups broccoli florets
- Δ 2 teaspoons toasted sesame oil

1. Heat the sesame oil in a large skillet. Throw in the onions, cook for a few minutes. Add the tempeh, cook for a few more minutes. Add the zucchini and cook for another few minutes.
2. Place the carrots on top of the veggies in the skillet, add 1/4 cup of water, cover and simmer for 7 minutes. Add the shoyu and broccoli to the pan, cover and simmer for another 5 minutes.
3. Remove from heat, drizzle with toasted sesame oil and mix to coat.

Makes 4 servings

Nutritional Analysis: One serving equals: 238.2 calories, 11.6 fat, 300mg sodium, 23g carbohydrate, 9.3g fiber, and 13.6g protein.

Real Healthy Fried Chicken

Excuse me, but who said that eating healthy meant only eating green things? I, for one, oppose that idea. Sure, salads are great...but not for every meal. I believe in eating everything that we want – and with just a few modifications we can make it healthier. For example...fried chicken. Who doesn't enjoy the crispy, crunchy, satisfying morsels? This recipe takes fried chicken to a happy, healthy place.



Here's what you need:

- Δ 2 eggs
- Δ 2 tablespoons fruit-only apricot preserves
- Δ 2 tablespoons Dijon mustard
- Δ 1/2 teaspoon garlic powder
- Δ 1/2 teaspoon red pepper flakes
- Δ 1/2 cup almond flour
- Δ 1/2 cup almond meal
- Δ 1/2 cup coconut flour
- Δ 1/2 teaspoon black pepper
- Δ 1/2 teaspoon dried thyme
- Δ 1/2 teaspoon sweet paprika
- Δ 1/2 teaspoon salt
- Δ 2 lbs. boneless, skinless organic chicken tenders

1. Preheat oven to 350 degrees F. Lightly grease a 13"x9" baking pan with coconut oil.
2. In a medium bowl whisk the eggs, apricot preserves, mustard, garlic powder, and red pepper flakes.
3. In another medium bowl combine the almond flour, almond meal, coconut flour, pepper, thyme, paprika and salt.
4. Dip each chicken tender in the egg mixture, then dredge through the flour mixture. Place in the prepared pan.
5. Bake for 35 minutes. Change oven to high broil for 2 minutes, flip each chicken tender and broil the other side for 2 minutes.
6. Serve with a side of sugar-free BBQ sauce or organic honey mustard.

Makes 6 Servings

Nutritional Analysis: One serving equals: 256 calories, 6g fat, 376mg sodium, 5g carbohydrate, 2g fiber, and 39g protein.

Best Spaghetti Squash Casserole

This casserole is a perfect replacement for heavy pasta dishes that leave you feeling sluggish. Spaghetti squash contains omega 3 essential fatty acids, good for preventing heart disease, cancer and inflammation caused by arthritis, and omega 6 fatty acids, which promotes brain function. Imagine that — a 'pasta' dish that is packed with many vitamins and minerals, which are required for proper functioning of the body. Almost too good to be true.



Here's what you need:

- Δ 1 spaghetti squash
- Δ 1 tablespoon olive oil
- Δ 3 cloves garlic
- Δ 1 sweet onion, chopped
- Δ 2 zucchinis, chopped
- Δ 2 medium tomatoes, chopped
- Δ 1/3 cup basil leaves, chopped
- Δ 2 teaspoons dried oregano
- Δ 1 jar organic spaghetti sauce
- Δ shredded soy cheese

1. Preheat oven to 400 degrees F .
2. Cut spaghetti squash in half. Scoop out the seeds. Splash inside of squash with water, then microwave each half individually for 5 minutes. Careful when removing from microwave — it will be hot. Set aside to cool.
3. Heat olive oil in a large skillet over medium heat. Add garlic. After a few minutes add onion. After a few minutes add zucchini. Finally add tomatoes, basil and oregano and cook for another 5 minutes, until everything is tender.
4. Scoop out the spaghetti squash and place in a large mixing bowl. Add the veggies from skillet. Pour the entire jar of spaghetti sauce into the bowl and mix well.
5. Place the squash mixture in a large casserole dish, top with cheese and bake for 20-25 minutes, until the cheese is golden.

Makes 8 servings

Nutritional Analysis: One serving equals: 161.5 calories, 6.2 fat, 523mg sodium, 20.8g carbohydrate, 5.3g fiber, and 8.4g protein.

Southwest Stuffed Chicken

This dish is savory with the rich flavors of the Southwest. It's the perfect dish to make if you're in a boring grilled chicken breast rut.



Here's what you need:

- Δ 4 oz. light cream cheese, room temperature
 - Δ 1 (15oz) can diced tomatoes, drained
 - Δ 1/2 cup frozen corn kernels
 - Δ 1 (4oz) can Hatch green chilies, roasted and chopped
 - Δ Salt and pepper
 - Δ 4 organic, boneless, skinless chicken breasts
 - Δ Olive oil
 - Δ Tajin seasoning (blend of dehydrated lime, ground chili peppers and salt)
7. Preheat oven to 350 degrees F .
 8. In a medium bowl with an electric mixer on low speed, combine the cream cheese, drained tomatoes, corn and chilies.
 9. Slice through the thick part of each chicken breast so that it opens like a book. Double wrap the chicken with plastic wrap and out it with a meat mallet (really good activity for stress relief!) until it's 1/2 to 1/4 inches thick.
 10. Season one side of each chicken breast with salt and pepper, then flip it over and spread with 1/4 of the cream cheese filling. Roll each chicken breast up and place it seam side down in a baking dish. Rub a little olive oil over the top of the chicken then season with Tajin and salt and pepper.
 11. Cover and bake for 35 minutes. Remove the cover and bake for another 15 minutes.
 12. Thinly slice and then s e r v e .

Makes 4 Servings

Nutritional Analysis: One serving equals: 242 calories, 7g fat, 549mg sodium, 10g carbohydrate, 3g fiber, and 34g protein.

Okra & Carrot Stew

Okra is one of my all time favorite comfort foods. There's something delicious about biting into the tender okra skin and then having the seeds pop in your mouth. This stew is incredibly simple and quick to make — perfect for a cold and gloomy day.



Here's what you need:

- Δ 1 tablespoon olive oil
- Δ 4 cloves garlic, minced (or save time and use 4 cubes of frozen minced garlic from Trader Joe's)
- Δ 1 cup baby carrots, sliced lengthwise and crosswise
- Δ 1 large sweet onion, chopped
- Δ 1 pound fresh okra
- Δ 1 (28oz) can whole tomatoes
- Δ 1 quart veggie broth (32oz)
- Δ 1/2 teaspoon freshly ground peppercorns
- Δ 1/4 teaspoon sea salt
- Δ 1/2 teaspoon dried oregano
- Δ 1/2 teaspoon ground cumin
- Δ 1 teaspoon dried thyme

1. In a very large skillet, or medium pot, heat olive oil. Add garlic, carrots and onion. Cover and cook, stirring occasionally, for 5 minutes.
2. Meanwhile, trim the ends from okra and cut in half crosswise.
3. Add okra, tomatoes, broth and spices to skillet. Gently break tomatoes apart with spoon. Mix and allow to cook, uncovered, on medium heat for 20-25 minutes, until okra is tender.

Makes 4 servings

Nutritional Analysis: One serving equals: 118 calories, 3.7g fat, 587.7mg sodium, 19.4g carbohydrate, 6g fiber, and 5.4g protein.

Turkey-Stuffed Bell Peppers

Eating healthy does not have to be boring! These turkey stuffed bell peppers are the perfect meal for those days when you're just sick and tired of eating healthy. Shhhh, your taste buds will never know that this dish is low carb and protein filled. Serve over a bed of greens for a complete meal.



Here's what you need for 5 bell peppers:

- Δ 5 organic bell peppers
- Δ 1 tablespoon olive oil
- Δ 2 cloves garlic (or 2 frozen minced garlic cubes from Trader Joe's)
- Δ 2 tablespoons fresh basil, minced (or 2 frozen minced basil cubes from Trader Joe's)
- Δ 1 yellow onion, minced
- Δ 1 tablespoon fresh rosemary, minced
- Δ 1 teaspoon dried parsley
- Δ dash of salt and pepper
- Δ 20 oz. organic ground turkey
- Δ 1 organic tomato, chopped
- Δ 3/4 cup spaghetti sauce
- Δ 1/2 cup shredded mozzarella cheese

1. Bring a large pot of water to boil, add a pinch of salt. Cut the tops off the bell peppers and remove the seeds. Place in the boiling water, using a spoon to keep them submerged for 3 minutes or until the skin is slightly softened. Drain and set aside.
2. Preheat the oven to 350 degrees F. Prepare a baking pan with non-stick cooking spray and set aside.
3. In a large skillet heat the oil on medium. Add the garlic, basil, onion, rosemary, parsley, salt and pepper. Cook for about 5 minutes, until the onions begin to soften. Add the ground turkey and continue to heat until the meat is browned. Add the tomato and cook for another 2 minutes.
4. Remove from heat. Pour the spaghetti sauce into the turkey mixture and mix well. Add the cheese and mix until well combined.
5. Stuff each prepared bell pepper with the turkey mixture and place on prepared baking sheet. Cook for 15-20 minutes until the bell peppers are tender.

Makes 5 servings

Nutritional Analysis: One serving equals: 294 calories, 14g fat, 347mg sodium, 15.5g carbohydrate, 3.8g fiber, and 27.5g protein.

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