

Paleo 2000 Calories

Day 1

Breakfast 7:00 AM	drinking water	2 Cup(s) (480 ml)	0 cal
	coconut vegetable oil	1/3 Tbsp	39 cal
	omega 3 eggs	2 egg	140 cal
	pork and beef sausage, cooked	1 1/2 oz (42 grams)	168 cal
	cantaloupe melon	1 cup, cubes	54 cal
	mixed vegetables, frozen no salt, boiled	1 Cup(s) (240 ml)	59 cal

Calories 461 cal / **Carbs** 28 g (24%) / **Protein** 22 g (19%) / **Fat** 30 g (59%) / **Fluid** 712

Snack 10:00 AM	almond butter	1 Tbsp	100 cal
	coconut water	1 Cup(s) (240 ml)	46 cal
	blueberries	1 1/2 Cup(s) (360 ml)	124 cal

Calories 270 cal / **Carbs** 43 g (64%) / **Protein** 6 g (9%) / **Fat** 9 g (31%) / **Fluid** 411

Lunch 12:00 PM	salmon, cooked	4 oz (112 grams)	174 cal
	avocados	1/3 avocado	107 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	kale	2 cup,	66 cal

Powered by Evolution Nutrition. Copyright © 2018. All Rights Reserved.


The contents of the Evolution Nutrition S services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition S services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition S services.

		chopped	
red peppers		1 cup, chopped	46 cal

Calories 414 cal / **Carbs** 31 g (30%) / **Protein** 37 g (35%) / **Fat** 18 g (38%) / **Fluid** 871

Snack 3:00 PM	mushrooms, no salt, boiled	2 Cup(s) (480 ml)	58 cal
	chicken, boneless, roasted	3 oz (84 grams)	142 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 200 cal / **Carbs** 11 g (22%) / **Protein** 26 g (51%) / **Fat** 7 g (30%) / **Fluid** 720

Dinner 6:00 PM	 sage & garlic roasted chicken (paleo)	1 serving	289 cal
	summer squash, no salt, boiled	2 cup, sliced	72 cal
	mushrooms, no salt, boiled	2 Cup(s) (480 ml)	58 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 419 cal / **Carbs** 30 g (29%) / **Protein** 37 g (36%) / **Fat** 20 g (43%) / **Fluid** 1,108

Snack 8:00 PM	egg whites, cooked	4 large	69 cal
	cherry tomatoes	10 tomatoes	20 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	oranges	1 fruit	69 cal
	almond beverage with calcium	1 1/2 Cup(s) (360 ml)	104 cal

Calories 262 cal / **Carbs** 40 g (61%) / **Protein** 18 g (28%) / **Fat** 4 g (15%) / **Fluid** 1,065

Day 2

Powered by Evolution Nutrition. Copyright © 2018. All Rights Reserved.

The contents of the Evolution Nutrition S services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition S services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition S services.

Breakfast 7:00 AM	spinach, no salt, boiled	2 Cup(s) (480 ml)	83 cal
	coconut vegetable oil	1/3 Tbsp	39 cal
	almond beverage with calcium	1 Cup(s) (240 ml)	69 cal
	bacon, low-sodium, cooked	2 slice cooked	87 cal
	oranges	1 fruit	69 cal
	egg whites, cooked	4 large	69 cal

Calories 415 cal / **Carbs** 43 g (42%) / **Protein** 33 g (32%) / **Fat** 15 g (33%) / **Fluid** 803

Snack 10:00 AM	coconut water	2 Cup(s) (480 ml)	91 cal
	turkey jerky	1/2 oz (14 grams)	35 cal
	broccoli flower clusters	1 1/2 cup flowerets	30 cal
	pine nuts	2/3 oz (18 grams)	127 cal

Calories 284 cal / **Carbs** 30 g (42%) / **Protein** 14 g (19%) / **Fat** 15 g (47%) / **Fluid** 553


Lunch 12:00 PM	turkey breast, roasted	8 oz (224 grams)	308 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	cabbage, no salt, cooked	2 cup, shredded	35 cal
	delicata squash	2 Cup(s) (480 ml)	80 cal

Calories 423 cal / **Carbs** 27 g (25%) / **Protein** 71 g (68%) / **Fat** 5 g (10%) / **Fluid** 765

Snack	almond butter	1 Tbsp	100 cal
	apples	1 large	110 cal

3:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	egg, hard boiled	1 large	78 cal

Calories 288 cal / **Carbs** 33 g (46%) / **Protein** 10 g (14%) / **Fat** 14 g (43%) / **Fluid** 692

Dinner 6:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	red peppers	1/2 cup, chopped	23 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	onions	1/2 cup, sliced	23 cal
	green leaf lettuce	2 cup shredded	11 cal
	 grilled swordfish with orange salad (paleo)	1 serving	387 cal

Calories 465 cal / **Carbs** 30 g (26%) / **Protein** 30 g (26%) / **Fat** 25 g (48%) / **Fluid** 804

Snack 8:00 PM	chicken, boneless, roasted	3 oz (84 grams)	142 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	summer squash, no salt, boiled	2 cup, sliced	72 cal

Calories 214 cal / **Carbs** 16 g (29%) / **Protein** 25 g (46%) / **Fat** 7 g (28%) / **Fluid** 868

Day 3

Breakfast 7:00 AM	mushrooms, no salt, boiled	2 Cup(s) (480 ml)	58 cal
	pork and beef sausage, cooked	2 oz (56 grams)	225 cal
	coconut vegetable oil	1/3 Tbsp	39 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Powered by Evolution Nutrition. Copyright © 2018. All Rights Reserved.

The contents of the Evolution Nutrition S services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition S services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition S services.

cantaloupe melon	1 1/2 cup, cubes	82 cal
omega 3 eggs	1 egg	70 cal

Calories 473 cal / **Carbs** 33 g (28%) / **Protein** 20 g (17%) / **Fat** 31 g (60%) / **Fluid** 904

Snack 10:00 AM	pine nuts	1/2 oz (14 grams)	95 cal
	blueberries	1 1/2 Cup(s) (360 ml)	124 cal
	coconut water	1 Cup(s) (240 ml)	46 cal
	apples	1 large	110 cal


Calories 375 cal / **Carbs** 72 g (76%) / **Protein** 6 g (6%) / **Fat** 11 g (27%) / **Fluid** 593

Lunch 12:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	ground turkey, cooked	4 oz (112 grams)	230 cal
	avocados	1/3 avocado	107 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	summer squash, no salt, boiled	1 cup, sliced	36 cal

Calories 395 cal / **Carbs** 18 g (18%) / **Protein** 34 g (35%) / **Fat** 22 g (51%) / **Fluid** 780

Snack 3:00 PM	mixed vegetables, frozen no salt, boiled	1 1/2 Cup(s) (360 ml)	89 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	egg whites, cooked	4 large	69 cal

Calories 157 cal / **Carbs** 19 g (48%) / **Protein** 18 g (46%) / **Fat** 0 g (2%) / **Fluid** 702

Dinner 6:00 PM	yams, no salt, boiled or baked	1/2 Cup(s) (120 ml)	79 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	 kale salad with chicken (paleo)	1 serving	344 cal

Calories 423 cal / **Carbs** 37 g (35%) / **Protein** 33 g (31%) / **Fat** 19 g (40%) / **Fluid** 790

Snack 8:00 PM	cherry tomatoes	10 tomatoes	20 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	chicken, boneless, roasted	2 oz (56 grams)	95 cal
	almond beverage with calcium	1 Cup(s) (240 ml)	69 cal

Calories 184 cal / **Carbs** 16 g (34%) / **Protein** 16 g (35%) / **Fat** 7 g (32%) / **Fluid** 748

Day 4

Breakfast 7:00 AM	mushrooms, no salt, boiled	2 Cup(s) (480 ml)	58 cal
	oranges	1 fruit	69 cal
	almond beverage with calcium	2 Cup(s) (480 ml)	139 cal
	egg whites, cooked	2 large	34 cal
	coconut vegetable oil	1/3 Tbsp	39 cal
	shrimp, cooked	3 oz (84 grams)	101 cal

Calories 440 cal / **Carbs** 52 g (48%) / **Protein** 34 g (31%) / **Fat** 12 g (25%) / **Fluid** 902

Snack 10:00 AM	coconut water	1 Cup(s) (240 ml)	46 cal
	spinach, no salt, boiled	1 1/2 Cup(s)	62 cal

		(360 ml)	
	turkey jerky	1 oz (28 grams)	71 cal


Calories 179 cal / **Carbs** 27 g (61%) / **Protein** 19 g (42%) / **Fat** 2 g (11%) / **Fluid** 474

Lunch 12:00 PM	yams, no salt, boiled or baked	1/2 Cup(s) (120 ml)	79 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	beef top sirloin, lean, broiled	4 oz (112 grams)	234 cal
	kale	2 cup, chopped	66 cal
	cauliflower, no salt, boiled	10 flowerets	41 cal

Calories 420 cal / **Carbs** 38 g (36%) / **Protein** 44 g (42%) / **Fat** 12 g (26%) / **Fluid** 870

Snack 3:00 PM	apples	1 large	110 cal
	egg, hard boiled	1 large	78 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	almond butter	2 Tbsp	200 cal

Calories 388 cal / **Carbs** 36 g (37%) / **Protein** 13 g (13%) / **Fat** 22 g (50%) / **Fluid** 692

Dinner 6:00 PM	 italian spiced pork chops (paleo)	1 serving	240 cal
	delicata squash	2 Cup(s) (480 ml)	80 cal
	green leaf lettuce	2 cup shredded	11 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	avocados	1/3	107 cal

		avocado	
	onions	1/4 cup, sliced	12 cal

Calories 470 cal / **Carbs** 39 g (33%) / **Protein** 48 g (41%) / **Fat** 14 g (27%) / **Fluid** 767

Snack 8:00 PM	chicken, boneless, roasted	2 oz (56 grams)	95 cal
	summer squash, no salt, boiled	1 cup, sliced	36 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 131 cal / **Carbs** 8 g (24%) / **Protein** 16 g (48%) / **Fat** 4 g (30%) / **Fluid** 680

Day 5

Breakfast 7:00 AM	omega 3 eggs	1 egg	70 cal
	coconut vegetable oil	1/3 Tbsp	39 cal
	mixed vegetables, frozen no salt, boiled	1 Cup(s) (240 ml)	59 cal
	cantaloupe melon	2 cup, cubes	109 cal
	pork and beef sausage, cooked	2 oz (56 grams)	225 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 501 cal / **Carbs** 41 g (32%) / **Protein** 19 g (15%) / **Fat** 31 g (55%) / **Fluid** 863

Snack 10:00 AM	pine nuts	2/3 oz (18 grams)	127 cal
	coconut water	2 Cup(s) (480 ml)	91 cal
	cherry tomatoes	10 tomatoes	20 cal


Calories 239 cal / **Carbs** 25 g (42%) / **Protein** 7 g (12%) / **Fat** 14 g (53%) / **Fluid** 456

Lunch 12:00 PM	yams, no salt, boiled or baked	1 Cup(s) (240 ml)	158 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	cabbage, no salt, cooked	2 cup, shredded	35 cal
	avocados	1/4 avocado	80 cal
	turkey breast, roasted	4 oz (112 grams)	154 cal

Calories 427 cal / **Carbs** 50 g (47%) / **Protein** 38 g (36%) / **Fat** 10 g (21%) / **Fluid** 821

Snack 3:00 PM	summer squash, no salt, boiled	1 1/2 cup, sliced	54 cal
	chicken, boneless, roasted	4 oz (112 grams)	189 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 243 cal / **Carbs** 12 g (19%) / **Protein** 31 g (51%) / **Fat** 8 g (31%) / **Fluid** 803

Dinner 6:00 PM	 italian style veal with spaghetti squash (paleo)	1 serving	350 cal
	broccoli, no salt, boiled	1 Cup(s) (240 ml)	55 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 405 cal / **Carbs** 30 g (30%) / **Protein** 27 g (26%) / **Fat** 22 g (48%) / **Fluid** 1,046

Snack 8:00 PM	blueberries	1 Cup(s) (240 ml)	83 cal
	egg whites, cooked	4 large	69 cal
	drinking water	1 Cup(s) (240 ml)	0 cal

almond beverage with calcium 1 Cup(s) 69 cal
(240 ml)

Calories 221 cal / **Carbs** 33 g (60%) / **Protein** 16 g (30%) / **Fat** 3 g (13%) / **Fluid** 711

Day 6

Breakfast
7:00
AM

mushrooms, no salt, boiled	2 Cup(s) (480 ml)	58 cal
bacon, low-sodium, cooked	2 slice cooked	87 cal
coconut vegetable oil	1/3 Tbsp	39 cal
almond beverage with calcium	1 1/2 Cup(s) (360 ml)	104 cal
egg whites, cooked	4 large	69 cal
oranges	1 fruit	69 cal

Calories 425 cal / **Carbs** 46 g (44%) / **Protein** 28 g (26%) / **Fat** 16 g (35%) / **Fluid** 783

Snack
10:00
AM

pine nuts	1 oz (28 grams)	191 cal
coconut water	1 Cup(s) (240 ml)	46 cal
turkey jerky	1 oz (28 grams)	71 cal

Calories 307 cal / **Carbs** 21 g (27%) / **Protein** 15 g (19%) / **Fat** 21 g (61%) / **Fluid** 229

Lunch
12:00
PM


coho salmon fish, cooked	6 oz (168 grams)	236 cal
red peppers	1 cup, chopped	46 cal
kale	2 cup, chopped	66 cal
avocados	1/3 avocado	107 cal
balsamic vinegar	1 1/2 Tbsp	21 cal

drinking water	2 Cup(s) (480 ml)	0 cal
----------------	----------------------	-------

Calories 477 cal / **Carbs** 31 g (26%) / **Protein** 49 g (41%) / **Fat** 19 g (36%) / **Fluid** 912

Snack 3:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	egg, hard boiled	2 large	155 cal
	apples	1 large	110 cal

Calories 265 cal / **Carbs** 30 g (46%) / **Protein** 13 g (20%) / **Fat** 11 g (37%) / **Fluid** 729

Dinner 6:00 PM	 italian-style round steak (paleo)	1 serving	308 cal
	yams, no salt, boiled or baked	1 Cup(s) (240 ml)	158 cal
	onions	1/4 cup, sliced	12 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 477 cal / **Carbs** 53 g (44%) / **Protein** 32 g (27%) / **Fat** 16 g (30%) / **Fluid** 778

Snack 8:00 PM	drinking water	2 Cup(s) (480 ml)	0 cal
	chicken, boneless, roasted	2 oz (56 grams)	95 cal
	mixed vegetables, frozen no salt, boiled	1/2 Cup(s) (120 ml)	30 cal

Calories 124 cal / **Carbs** 6 g (19%) / **Protein** 15 g (50%) / **Fat** 4 g (28%) / **Fluid** 549

Day 7


Breakfast 7:00 AM	omega 3 eggs	1 egg	70 cal
	kale	2 cup, chopped	66 cal
	blackberries	1 1/2 Cup(s)	93 cal

		(360 ml)	
	coconut vegetable oil	1/3 Tbsp	39 cal
	turkey breast, roasted	4 oz (112 grams)	154 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 422 cal / **Carbs** 33 g (32%) / **Protein** 48 g (46%) / **Fat** 14 g (30%) / **Fluid** 853

Snack 10:00 AM	tomatoes juice, low-sodium	1 Cup(s) (240 ml)	53 cal
	blueberries	1 1/2 Cup(s) (360 ml)	124 cal
	almond butter	1 Tbsp	100 cal


Calories 277 cal / **Carbs** 46 g (66%) / **Protein** 6 g (9%) / **Fat** 9 g (29%) / **Fluid** 409

Lunch 12:00 PM	 ham and sweet potato soup (paleo)	1 serving	260 cal
	avocados	1/3 avocado	107 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	green leaf lettuce	2 cup shredded	11 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 399 cal / **Carbs** 44 g (44%) / **Protein** 21 g (21%) / **Fat** 16 g (35%) / **Fluid** 962

Snack 3:00 PM	chicken, boneless, roasted	4 oz (112 grams)	189 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	mixed vegetables, frozen no salt, boiled	1 Cup(s) (240 ml)	59 cal

Calories 249 cal / **Carbs** 12 g (19%) / **Protein** 31 g (50%) / **Fat** 8 g (28%) / **Fluid** 625

Dinner 6:00 PM	 halibut with dijon & almonds (paleo)	1 serving	341 cal
	broccoli, no salt, boiled	3 Cup(s) (720 ml)	164 cal
	drinking water	2 Cup(s) (480 ml)	0 cal

Calories 505 cal / **Carbs** 34 g (27%) / **Protein** 53 g (42%) / **Fat** 18 g (33%) / **Fluid** 1,073

Snack 8:00 PM	egg whites, cooked	4 large	69 cal
	red peppers	2 cup, chopped	92 cal
	drinking water	2 Cup(s) (480 ml)	0 cal
	almond beverage with calcium	1 Cup(s) (240 ml)	69 cal

Calories 230 cal / **Carbs** 30 g (52%) / **Protein** 18 g (32%) / **Fat** 4 g (14%) / **Fluid** 1,100

1 Servings



sage & garlic roasted chicken (paleo)

Ingredients

sage, ground	1 tsp
olive oil	1 Tbsp
black pepper	1 tsp
garlic powder	1 tsp
chicken breast, boneless skinless	5 oz

Nutrition Totals

Calories 289 / **Carbs** 4 g / **Protein** 30 g / **Fat** 18 g / **Fluid** 108 g

Instructions

Preheat oven to 375. Wash chicken inside and out, pat dry with paper towels. In a small bowl, whisk together sage, oil, garlic and pepper. Rub this mixture under the skin of the breast and on the skin all over the chicken. Place chicken, breast side down, on lightly greased pan. Roast for 30 minutes, then turn chicken breast side up and continue roasting until internal temperature reaches 180.

Nutrition Label

sage & garlic roasted chicken (paleo)		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 289	Calories from Fat 161.3	
% Daily Value*		
Total Fat	17.9g	28%
Saturated Fat	2.7g	14%
Trans Fat	0g	
Cholesterol	90.7mg	30%
Sodium	247.6mg	10%
Total Carbohydrates	3.8g	1%
Dietary Fiber	1g	4%
Sugars	0g	
Protein	29.5g	
Vitamin A 2%	•	Vitamin C 0%
Calcium 10%	•	Iron 1%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

1 Servings



grilled swordfish with orange salad (paleo)

Ingredients

olive oil	1 Tbsp
lemon juice	1/4 fl. oz.
oranges	1/2 fruit
black olives	4 olives
mint (fresh)	1/4 tablespoon(s)
onions	1/4 Cup(s)
swordfish	1 piece

Nutrition Totals

Calories 387 / **Carbs** 14 g / **Protein** 28 g / **Fat** 24 g / **Fluid** 171 g

Instructions

With a sharp knife, peel oranges, making sure to remove the white pith. Holding oranges over a medium bowl, remove sections by cutting along membranes with a small knife, letting sections fall into bowl. Stir in the olives, mint, onion, crushed pepper, 1 Tbsp of the oil and the lemon juice. Refrigerate. Heat grill to HIGH and brush with about 1/2 of the oil. Brush swordfish with the other half, and sprinkle with pepper. Grill fish 2-3 minutes on each side, or just until cooked thru. Transfer fish to serving plates, top with the orange/olive salad, and serve.

Nutrition Label

grilled swordfish with orange salad (paleo)		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 387	Calories from Fat 218.7	
% Daily Value*		
Total Fat	24.3g	37%
Saturated Fat	4.3g	22%
Trans Fat	0g	
Cholesterol	89.7mg	30%
Sodium	200.8mg	8%
Total Carbohydrates	13.8g	5%
Dietary Fiber	2.2g	9%
Sugars	7.8g	
Protein	27.9g	
Vitamin A 7%	•	Vitamin C 79%
Calcium 34%	•	Iron 263%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

1 Servings



kale salad with chicken (paleo)

Ingredients

kale	3 cup, chopped
olive oil	1 Tbsp
lemon juice	1 Tbsp
chicken breast, boneless skinless	4 oz

Nutrition Totals

Calories 344 / **Carbs** 19 g / **Protein** 32 g / **Fat** 19 g / **Fluid** 269 g

Instructions

1. Wash kale and remove leaves from woody stems. Slice leaves thinly.
2. In a large bowl, combine kale, olive oil, lemon juice, sea salt (if desired) and freshly ground black pepper. Toss to coat leaves completely.
3. Top each salad with a cooked chicken breast to serve.

Nutrition Label

kale salad with chicken (paleo)		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories	344	Calories from Fat
		169.2
% Daily Value*		
Total Fat	18.8g	29%
Saturated Fat	2.6g	13%
Trans Fat	0g	
Cholesterol	72.5mg	24%
Sodium	272.9mg	11%
Total Carbohydrates	18.6g	6%
Dietary Fiber	7.2g	29%
Sugars	4.9g	
Protein	31.6g	
Vitamin A 402%	•	Vitamin C 412%
Calcium 2,012%	•	Iron 1,373%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

1 Servings



italian spiced pork chops (paleo)

Ingredients

pork tenderloin	7 oz
sage, ground	1/4 tsp
onions	1/2 cup, sliced

Nutrition Totals

Calories 240 / **Carbs** 5 g / **Protein** 42 g / **Fat** 4 g / **Fluid** 156 g

Instructions

1. Preheat oven to 425'.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.

Nutrition Label

italian spiced pork chops (paleo)		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 240	Calories from Fat 39.4	
% Daily Value*		
Total Fat	4.3g	7%
Saturated Fat	1.4g	7%
Trans Fat	0g	
Cholesterol	128.9mg	43%
Sodium	107.4mg	4%
Total Carbohydrates	5.4g	2%
Dietary Fiber	1g	4%
Sugars	2.4g	
Protein	42.2g	
Vitamin A 0%	•	Vitamin C 7%
Calcium 1%	•	Iron 24%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

4 Servings



italian style veal with spaghetti squash (paleo)

Ingredients

veal breast meat, lean	16 oz
vegetable oil, canola	1 Tbsp
tomatoes	5 Cup(s)
garlic	2 clove
spaghetti squash, no salt, cooked	4 Cup(s)

Nutrition Totals

Calories 1401 / **Carbs** 77 g / **Protein** 92 g / **Fat** 84 g / **Fluid** 1733 g

Instructions

1. Heat oil in a large saute pan over medium heat.
2. Season the 4, 4 oz veal breasts on each side with salt, pepper, and oregano.
3. Carefully add veal to hot oil and brown on both sides.
4. While veal is browning, mince garlic.
5. Reduce heat to low and add garlic; cook until garlic is browned.
6. Add canned tomatoes and parsley.
7. Cover with lid and reduce heat to low simmer until veal is tender (about 1 hour).
8. Serve over cooked spaghetti squash.

Nutrition Label

italian style veal with spaghetti squash (paleo)		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 1401	Calories from Fat 754.6	
% Daily Value*		
Total Fat	83.8g	129%
Saturated Fat	28.3g	142%
Trans Fat	0g	
Cholesterol	322mg	107%
Sodium	479.6mg	20%
Total Carbohydrates	77g	26%
Dietary Fiber	19.6g	78%
Sugars	39.4g	
Protein	91.6g	
Vitamin A 164%	•	Vitamin C 245%
Calcium 818%	•	Iron 816%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Greater than	65g
Saturated Fat	Greater than	20g
Cholesterol	Greater than	300mg
Sodium	Less than	2400mg
Total Carbohydrate	Less than	300g
Dietary Fiber	Less than	25g
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

1 Servings



italian-style round steak (paleo)

Ingredients

garlic	1 clove
carrots	2 medium
beef top sirloin, lean	5 oz

Nutrition Totals

Calories 308 / **Carbs** 13 g / **Protein** 30 g / **Fat** 16 g / **Fluid** 207 g

Instructions

1. Bring the steaks to room temperature. Rub the steaks with oil per side and generously season with oregano and garlic .
2. Preheat oven to 500 degrees F (260 degrees C) (a very hot oven produces a juicy interior). Place a 10-inch ovenproof skillet or cast-iron skillet in the oven as it preheats. When oven reaches 500 degrees F (260 degrees C), use a baking mitt to remove the pan from oven. Place the pan on the stovetop and turn the heat to high.
3. Immediately place steaks in the middle of the hot, dry pan. Cook 1 to 2 minutes without moving; turn steaks with tongs, and cook another 1 to 2 minutes.
4. Transfer the pan with the seared steaks to the hot oven. Roast in the center of the oven until the steaks are cooked to your liking, about 3 to 5 minutes.
5. Garnish with carrots and additional onions to liking

Nutrition Label

italian-style round steak (paleo)		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 308	Calories from Fat 141.8	
% Daily Value*		
Total Fat	15.7g	24%
Saturated Fat	5.6g	28%
Trans Fat	0.9g	
Cholesterol	96.3mg	32%
Sodium	195.2mg	8%
Total Carbohydrates	12.6g	4%
Dietary Fiber	3.4g	14%
Sugars	5.8g	
Protein	29.8g	
Vitamin A 408%	•	Vitamin C 14%
Calcium 2,040%	•	Iron 45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

4 Servings



ham and sweet potato soup (paleo)

Ingredients

sliced ham, extra lean, low-sodium	10 oz
onions	2 medium
garlic	2 clove
coriander/ cilantro/ chinese parsley	1/2 tsp
coconut milk	1 1/2 Cup(s)
sweet potato	14 oz
chicken broth soup, low-sodium	3 Cup(s)
bay leaf	1/2 tsp, crumbled
allspice, ground	1 tsp

Nutrition Totals

Calories 1041 / **Carbs** 128 g / **Protein** 72 g / **Fat** 23 g / **Fluid** 1410 g

Instructions

1. Dice ham and brown in large Dutch oven over medium heat for 3 minutes.
2. Add in diced onions and cook for 5 to 7 minutes.
3. Mince garlic and add to pan.
4. Add in coriander and allspice and cook until fragrant, about 30 seconds.
5. Gradually stir in broth, scraping up any browned bits.
6. Stir in the coconut milk, diced sweet potatoes, and bay leaf and bring to a boil. 7. Reduce heat to a gentle simmer and cook until the potatoes are tender.
8. Season to taste with salt and pepper.

Nutrition Label

ham and sweet potato soup (paleo)		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 1041	Calories from Fat 204.3	
% Daily Value*		
Total Fat	22.7g	35%
Saturated Fat	4.6g	23%
Trans Fat	0g	
Cholesterol	116.2mg	39%
Sodium	1661.9mg	69%
Total Carbohydrates	128g	43%
Dietary Fiber	16.2g	65%
Sugars	37.8g	
Protein	72.2g	
Vitamin A 1,127%	•	Vitamin C 50%
Calcium 5,636%	•	Iron 168%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

1 Servings



halibut with dijon & almonds (paleo)

Ingredients

halibut fish	8 oz
olive oil	1 Tbsp
dijon mustard	1 Tbsp

Nutrition Totals

Calories 341 / **Carbs** 0 g / **Protein** 42 g / **Fat** 17 g / **Fluid** 182 g

Instructions

1. Preheat the oven to 350 degrees F.
2. Lightly grease a baking sheet with olive or coconut oil.
3. Lay fish in the pan skin side down.
4. Spread Dijon mustard over fish and sprinkle with chopped almonds.
5. Bake for 12-15 minutes, or until fish flakes easily with a fork.

Nutrition Label

halibut with dijon & almonds (paleo)		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 341	Calories from Fat 148.6	
% Daily Value*		
Total Fat	16.5g	25%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	111.1mg	37%
Sodium	514.8mg	21%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	42g	
Vitamin A 3%	•	Vitamin C 0%
Calcium 15%	•	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		

Meal Plan Shopping List

Accompaniments	dijon mustard	1 Tbsp
Beef	beef top sirloin, lean	5 oz
	beef top sirloin, lean, broiled	4 oz
Beverages	almond beverage with calcium	9 Cup(s)
	coconut milk	0.38 Cup(s)
	coconut water	8 Cup(s)
	drinking water	63 Cup(s)
	tomatoes juice, low-sodium	1 Cup(s)
Dairy & Egg	egg, hard boiled	4 large
	egg whites, cooked	26 large
	omega 3 eggs	5 egg
Fats & Oils	coconut vegetable oil	2.31 Tbsp
	olive oil	4 Tbsp
	vegetable oil, canola	0.25 Tbsp
Finfish & Shellfish	coho salmon fish, cooked	6 oz
	halibut fish	8 oz

	salmon, cooked	4 oz
	shrimp, cooked	3 oz
	swordfish	1 piece
Fruits & Juices	apples	4 large
	avocados	1.9 avocado
	blackberries	1.5 Cup(s)
	blueberries	5.5 Cup(s)
	cantaloupe melon	4.5 cup, cubes
	lemon juice	0.25 fl. oz.
		1 Tbsp
	oranges	4.5 fruit
Ingredients	balsamic vinegar	9 Tbsp
Lamb, Veal, Game	veal breast meat, lean	4 oz
Nuts & Seeds	almond butter	5 Tbsp
	pine nuts	2.84 oz
Pork	bacon, low-sodium, cooked	4 slice cooked
	pork tenderloin	7 oz
Poultry	chicken, boneless, roasted	20 oz
	chicken breast, boneless skinless	9 oz






	ground turkey, cooked	4 oz
	turkey breast, roasted	16 oz
Sausages & Meats	pork and beef sausage, cooked	5.5 oz
	sliced ham, extra lean, low-sodium	2.5 oz
Snacks	turkey jerky	2.5 oz
Soup	chicken broth soup, low-sodium	0.75 Cup(s)
Spices & Herbs	allspice, ground	0.25 tsp
	bay leaf	0.13 tsp, crumbled
	black pepper	1 tsp
	coriander/ cilantro/ chinese parsley	0.13 tsp
	garlic powder	1 tsp
	mint (fresh)	0.25 tablespoon(s)
	sage, ground	1.25 tsp
Vegetables	black olives	20 olives
	broccoli, no salt, boiled	2 Cup(s)
	broccoli flower clusters	1.5 cup flowerets
	cabbage, no salt, cooked	4 cup, shredded
	carrots	2 medium
	cauliflower, no salt, boiled	30 flowerets

cherry tomatoes	210 tomatoes
delicata squash	3 Cup(s)
garlic	2 clove
green leaf lettuce	6 cup shredded
kale	11 cup, chopped
mixed vegetables, frozen no salt, boiled	5 Cup(s)
mushrooms, no salt, boiled	15 Cup(s)
onions	1.5 cup, sliced
	0.25 Cup(s)
	0.5 medium
red peppers	4.5 cup, chopped
spaghetti squash, no salt, cooked	1 Cup(s)
spinach, no salt, boiled	3.5 Cup(s)
summer squash, no salt, boiled	7.5 cup, sliced
sweet potato	3.5 oz
tomatoes	1.25 Cup(s)
yams, no salt, boiled or baked	3 Cup(s)







Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

				
Golf Ball 1/4 cup / 1 oz / 2 tbsp	Tennis Ball 1/3 cup	Computer Mouse 1/2 cup	Baseball 1 cup	Rounded Handful 1/2 cup 1 oz dried goods
				
Hockey Puck 3 oz muffin or biscuit	Matchbox 1 oz serving of meat	Deck of Cards 3 oz of chicken, meat, or fish	This Paperback Book 8 oz serving of meat	Thumb 1 tsp
				
Poker Chip 1 tbsp	Shot Glass 1 oz / 2 tbsp	CD 1 slice of bread 1 oz lunch meat	3 Dice 1 1/2 oz cheese	Kids' Milk Carton 8 oz drink

Useful Examples

		
Bread & Grains 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked paste = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	Fruits & Vegetables 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
		
Dairy & Cheese 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	Swets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox