

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