



Eating right, simplified.

Femal - 135-155lb

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DAY 1

Breakfast 7:00 AM	egg (omega 3)	2 egg	140 cal
	turkey bacon, low sodium	6 3/8 slices	223 cal
	mixed vegetables (boiled)	1 1/2 Cup(s)	89 cal
	coconut oil	1/2 Tbsp	58 cal
	cantaloupe melon	1 Cup(s)	54 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 564 cal / Carbs 36 g (24%) / Protein 30 g (20%) / Fat 36 g (56%) / Fluid 25 fl oz

NOTES:

Snack 10:00 AM	almond butter	1 Tbsp	100 cal
	blueberries	1 1/2 Cup(s)	124 cal
	coconut water	16 fl oz	91 cal

MEAL TOTAL: Calories 315 cal / Carbs 52 g (63%) / Protein 8 g (10%) / Fat 10 g (27%) / Fluid 22 fl oz

NOTES:

Lunch 12:00 PM	salmon (cooked)	6 oz	260 cal
	kale	2 Cup(s)	66 cal
	red pepper	1 Cup(s)	46 cal
	avocado	1/4 avocado	80 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 474 cal / Carbs 29 g (24%) / Protein 50 g (42%) / Fat 18 g (34%) / Fluid 30 fl oz

NOTES:

Dinner 6:00 PM	 sage & garlic roasted chicken	1 serving	289 cal
	summer squash (boiled)	2 1/2 Cup(s)	90 cal
	mushrooms (boiled)	2 Cup(s)	58 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 437 cal / Carbs 34 g (29%) / Protein 38 g (32%) / Fat 20 g (39%) / Fluid 40 fl oz

NOTES:

DAY 1 TOTAL: Calories 1,791 cal / Carbs 152 g (32%) / Protein 126 g (27%) / Fat 84 g (41%) / Fluid 117 fl oz

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DAY 2

Breakfast 7:00 AM	egg (omega 3)	2 egg	140 cal
	bacon, low sodium (cooked)	2 slice cooked	87 cal
	spinach (boiled)	2 Cup(s)	83 cal
	coconut oil	1/2 Tbsp	58 cal
	orange	1 fruit	69 cal
	almond beverage, calcium added	16 fl oz	130 cal

MEAL TOTAL: Calories 567 cal / **Carbs** 54 g (36%) / **Protein** 32 g (21%) / **Fat** 29 g (43%) / **Fluid** 31 fl oz

NOTES:

Snack 10:00 AM	turkey jerky	1/2 oz	35 cal
	broccoli florets	2 Cup(s)	40 cal
	pine nuts	1/2 oz	95 cal
	coconut water	16 fl oz	91 cal


MEAL TOTAL: Calories 262 cal / **Carbs** 31 g (43%) / **Protein** 14 g (20%) / **Fat** 12 g (37%) / **Fluid** 20 fl oz

NOTES:

Lunch 12:00 PM	turkey breast (cooked)	8 oz	308 cal
	cabbage (cooked)	2 1/2 Cup(s)	43 cal
	yam (baked)	1 Cup(s)	158 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 509 cal / **Carbs** 48 g (37%) / **Protein** 71 g (55%) / **Fat** 5 g (8%) / **Fluid** 30 fl oz

NOTES:

Dinner 6:00 PM	 grilled swordfish with orange salad	1 serving	378 cal
	green leaf lettuce	2 Cup(s)	11 cal
	red pepper	1 Cup(s)	46 cal
	onion	1/4 Cup(s)	12 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 467 cal / **Carbs** 32 g (27%) / **Protein** 29 g (25%) / **Fat** 25 g (48%) / **Fluid** 29 fl oz

NOTES:

DAY 2 TOTAL: Calories 1,805 cal / **Carbs** 165 g (35%) / **Protein** 147 g (31%) / **Fat** 71 g (34%) / **Fluid** 110 fl oz

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DAY 3

Breakfast 7:00 AM	egg (omega 3)	2 egg	140 cal
	egg	2 1/2 large	227 cal
	mushrooms (boiled)	2 Cup(s)	58 cal
	coconut oil	1/2 Tbsp	58 cal
	cantaloupe melon	1 1/2 Cup(s)	82 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 565 cal / **Carbs** 35 g (24%) / **Protein** 34 g (23%) / **Fat** 35 g (53%) / **Fluid** 34 fl oz

NOTES:

Snack 10:00 AM	boneless chicken (cooked)	2 oz	95 cal
	cherry tomatoes	10 tomatoes	20 cal
	drinking water	8 fl oz	0 cal
	almond beverage, calcium added	8 fl oz	65 cal

MEAL TOTAL: Calories 180 cal / **Carbs** 15 g (33%) / **Protein** 16 g (35%) / **Fat** 6 g (32%) / **Fluid** 17 fl oz

NOTES:

Lunch 12:00 PM	ground turkey (cooked)	6 oz	345 cal
	summer squash (boiled)	1 Cup(s)	36 cal
	avocado	1/2 avocado	161 cal
	balsamic vinegar	1 Tbsp	14 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 556 cal / **Carbs** 19 g (13%) / **Protein** 50 g (35%) / **Fat** 33 g (52%) / **Fluid** 28 fl oz

NOTES:

Dinner 6:00 PM	 kale salad with chicken	1 serving	344 cal
	yam (baked)	1 Cup(s)	158 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 501 cal / **Carbs** 56 g (43%) / **Protein** 34 g (25%) / **Fat** 19 g (32%) / **Fluid** 28 fl oz

NOTES:

DAY 3 TOTAL: Calories 1,803 cal / **Carbs** 125 g (27%) / **Protein** 134 g (29%) / **Fat** 93 g (44%) / **Fluid** 107 fl oz



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DAY 4

Breakfast 7:00 AM	egg (omega 3)	2 egg	140 cal
	shrimp (cooked)	3 oz	101 cal
	mushrooms (boiled)	2 Cup(s)	58 cal
	coconut oil	1/2 Tbsp	58 cal
	orange	1 fruit	69 cal
	almond beverage, calcium added	16 fl oz	130 cal

MEAL TOTAL: Calories 557 cal / **Carbs** 53 g (36%) / **Protein** 39 g (27%) / **Fat** 24 g (37%) / **Fluid** 28 fl oz

NOTES:

Snack 10:00 AM	egg (white only, cooked)	4 1/8 large	71 cal
	cherry tomatoes	15 tomatoes	30 cal
	coconut water	16 fl oz	91 cal

MEAL TOTAL: Calories 192 cal / **Carbs** 26 g (53%) / **Protein** 20 g (40%) / **Fat** 2 g (7%) / **Fluid** 19 fl oz

NOTES:

Lunch 12:00 PM	lean beef top sirloin (broiled)	6 oz	350 cal
	yam (baked)	1 1/2 Cup(s)	237 cal
	cauliflower (boiled)	10 flowerets	41 cal
	kale	2 Cup(s)	66 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 694 cal / **Carbs** 75 g (43%) / **Protein** 63 g (35%) / **Fat** 17 g (22%) / **Fluid** 34 fl oz

NOTES:

Dinner 6:00 PM	 italian spiced pork chops (paleo)	1 serving	377 cal
	yam (baked)	1 Cup(s)	158 cal
	green leaf lettuce	2 Cup(s)	11 cal
	avocado	1/4 avocado	80 cal
	onion	1/4 Cup(s)	12 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 658 cal / **Carbs** 57 g (34%) / **Protein** 34 g (20%) / **Fat** 34 g (46%) / **Fluid** 24 fl oz

NOTES:

DAY 4 TOTAL: Calories 2,101 cal / **Carbs** 210 g (39%) / **Protein** 155 g (29%) / **Fat** 77 g (32%) / **Fluid** 105 fl oz

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DAY 5

Breakfast 7:00 AM	egg (omega 3)	1 egg	70 cal
	egg	2 1/2 large	227 cal
	mixed vegetables (boiled)	1 Cup(s)	59 cal
	coconut oil	1/2 Tbsp	58 cal
	cantaloupe melon	2 Cup(s)	109 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 523 cal / **Carbs** 41 g (31%) / **Protein** 27 g (20%) / **Fat** 29 g (49%) / **Fluid** 32 fl oz

NOTES:

Snack 10:00 AM	pine nuts	3/4 oz	143 cal
	cherry tomatoes	10 tomatoes	20 cal
	coconut water	16 fl oz	91 cal


MEAL TOTAL: Calories 254 cal / **Carbs** 25 g (37%) / **Protein** 7 g (11%) / **Fat** 16 g (52%) / **Fluid** 15 fl oz

NOTES:

Lunch 12:00 PM	turkey breast (cooked)	6 oz	231 cal
	yam (baked)	1 Cup(s)	158 cal
	cabbage (cooked)	2 Cup(s)	35 cal
	avocado	1/4 avocado	80 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 504 cal / **Carbs** 50 g (38%) / **Protein** 55 g (43%) / **Fat** 11 g (19%) / **Fluid** 29 fl oz

NOTES:

Dinner 6:00 PM	 italian style veal with spaghetti squash (paleo)	1 serving	347 cal
	broccoli (boiled)	1 Cup(s)	55 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 402 cal / **Carbs** 31 g (29%) / **Protein** 26 g (25%) / **Fat** 21 g (46%) / **Fluid** 35 fl oz

NOTES:

DAY 5 TOTAL: Calories 1,684 cal / **Carbs** 147 g (34%) / **Protein** 115 g (26%) / **Fat** 77 g (40%) / **Fluid** 112 fl oz

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DAY 6

Breakfast 7:00 AM	egg (omega 3)	2 egg	140 cal
	bacon, low sodium (cooked)	2 slice cooked	87 cal
	mushrooms (boiled)	2 Cup(s)	58 cal
	coconut oil	1/2 Tbsp	58 cal
	orange	2 fruit	137 cal
	almond beverage, calcium added	12 fl oz	98 cal

MEAL TOTAL: Calories 578 cal / **Carbs** 64 g (42%) / **Protein** 26 g (17%) / **Fat** 28 g (41%) / **Fluid** 26 fl oz

NOTES:

Snack 10:00 AM	nonfat plain greek yogurt	4 1/4 oz	71 cal
	pine nuts	1 oz	191 cal
	coconut water	16 fl oz	91 cal

MEAL TOTAL: Calories 353 cal / **Carbs** 26 g (28%) / **Protein** 20 g (21%) / **Fat** 21 g (51%) / **Fluid** 19 fl oz

NOTES:

Lunch 12:00 PM	coho salmon (cooked)	6 oz	236 cal
	kale	2 Cup(s)	66 cal
	red pepper	2 Cup(s)	92 cal
	avocado	1/4 avocado	80 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 496 cal / **Carbs** 38 g (30%) / **Protein** 50 g (40%) / **Fat** 17 g (30%) / **Fluid** 35 fl oz

NOTES:

Dinner 6:00 PM	 italian-style round steak	1 serving	348 cal
	yam (baked)	1 Cup(s)	158 cal
	mushrooms (boiled)	1/2 Cup(s)	15 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 521 cal / **Carbs** 53 g (40%) / **Protein** 33 g (25%) / **Fat** 21 g (35%) / **Fluid** 28 fl oz

NOTES:

DAY 6 TOTAL: Calories 1,948 cal / **Carbs** 181 g (36%) / **Protein** 129 g (25%) / **Fat** 87 g (39%) / **Fluid** 108 fl oz

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DAY 7

Breakfast 7:00 AM	egg (omega 3)	1 egg	70 cal
	turkey breast (cooked)	4 oz	154 cal
	kale	2 Cup(s)	66 cal
	coconut oil	1/2 Tbsp	58 cal
	blackberries	1 1/2 Cup(s)	93 cal
	drinking water	16 fl oz	0 cal


MEAL TOTAL: Calories 441 cal / **Carbs** 33 g (28%) / **Protein** 48 g (41%) / **Fat** 16 g (31%) / **Fluid** 29 fl oz

NOTES:

Snack 10:00 AM	blueberries	1 1/2 Cup(s)	124 cal
	almond butter	1 Tbsp	100 cal
	coconut water	16 fl oz	91 cal

MEAL TOTAL: Calories 315 cal / **Carbs** 52 g (63%) / **Protein** 8 g (10%) / **Fat** 10 g (27%) / **Fluid** 22 fl oz

NOTES:

Lunch 12:00 PM	 ham and sweet potato soup	1 serving	260 cal
	green leaf lettuce	2 Cup(s)	11 cal
	avocado	1/2 avocado	161 cal
	balsamic vinegar	1 1/2 Tbsp	21 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 453 cal / **Carbs** 47 g (41%) / **Protein** 21 g (19%) / **Fat** 21 g (40%) / **Fluid** 33 fl oz

NOTES:

Dinner 6:00 PM	 halibut with dijon & almonds (paleo)	1 1/2 serving	514 cal
	broccoli (boiled)	1 Cup(s)	55 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 568 cal / **Carbs** 16 g (11%) / **Protein** 71 g (52%) / **Fat** 23 g (37%) / **Fluid** 30 fl oz

NOTES:

DAY 7 TOTAL: Calories 1,778 cal / **Carbs** 148 g (33%) / **Protein** 149 g (33%) / **Fat** 69 g (34%) / **Fluid** 114 fl oz

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1 Servings

sage & garlic roasted chicken

Ingredients

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

Nutrition Totals

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

Instructions

1. Preheat oven to 400 degrees F.
2. In a small bowl, whisk together sage, oil, garlic and pepper.
3. Rub this mixture on all sides of chicken.
4. Place chicken on lightly greased pan.
5. Roast for 22-26 minutes (varies depending on size/thickness), or until juices run clear and cooked through (165 degrees F).

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Nutrition Label

Sage & Garlic Roasted Chicken

**Amount Per
Serving**

Calories 289

% 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%**

Total Sugar 0g

Protein 29.5g

Vitamin D 2.8IU **0%**

Calcium 30.3mg **3%**

Iron 1.1mg **6%**

Potassium 539.5mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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1 Servings



grilled swordfish with orange salad

Ingredients

orange	1/2 fruit
black olives	4 olives
onion	1/4 Cup(s)
extra virgin olive oil	1 Tbsp
lemon juice	1/2 Tbsp
swordfish	4 1/2 oz

Nutrition Totals

Calories 378 / **Carbs** 14 g / **Protein** 27 g / **Fat** 24 g / **Fluid** 6 fl oz

Instructions

1. With a sharp knife, peel oranges, making sure to remove the white pith.
2. Holding oranges over a medium bowl, remove sections by cutting along membranes with a small knife, letting sections fall into bowl.
3. Slice olives and onion. Place in bowl with oranges.
4. Stir in the mint leaves, 1/2 Tbsp of the oil and the lemon juice. Refrigerate.
5. Heat grill to high.
6. Brush swordfish with remaining olive oil. Season with salt and pepper to taste.
7. Grill fish 2-3 minutes on each side, or just until cooked through and fish flakes easily with a fork.
8. Transfer fish to serving plate. Serve with orange salad.

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Nutrition Label

Grilled Swordfish With Orange Salad

**Amount Per
Serving**

Calories 378

% Daily Value*

Total Fat 24.3g **37%**

Saturated Fat 4.4g **22%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 194.7mg **8%**

Total Carbohydrates 13.8g **5%**

Dietary Fiber 2.2g **9%**

Total Sugar 7.8g

Protein 26.5g

Vitamin D 718.9IU **120%**

Calcium 46.2mg **5%**

Iron 1.5mg **9%**

Potassium 721mg

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1 Servings

kale salad with chicken

Ingredients

kale	3 Cup(s)
olive oil	1 Tbsp
lemon juice	1 Tbsp
boneless skinless chicken breast (uncooked)	4 oz

Nutrition Totals

Calories 344 / **Carbs** 19 g / **Protein** 32 g / **Fat** 19 g / **Fluid** 9 fl oz

Instructions

1. Wash kale and remove leaves from woody stems. Slice leaves thinly.
2. In a large bowl, combine kale, olive oil, and lemon juice.
3. Season to taste with sea salt and freshly ground black pepper.
4. Top salad with cooked chicken breast to serve.

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Nutrition Label

Kale Salad With Chicken	
Amount Per Serving	
Calories	344
% 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%
Total Sugar 4.9g	
Protein 31.6g	
Vitamin D 2.2IU	0%
Calcium 308.2mg	31%
Iron 3.4mg	19%
Potassium 1379.3mg	

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1 Servings



italian spiced pork chops (paleo)

Ingredients

black pepper	1/4 tsp
paprika	1/4 tsp
sage, ground	1/4 tsp
boneless pork chops	5 oz
lard	2 tsp
onion	1/2 Cup(s)

Nutrition Totals

Calories 377 / **Carbs** 6 g / **Protein** 30 g / **Fat** 26 g / **Fluid** 0 fl oz

Instructions

1. Preheat oven to 425 degrees F.
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 20-30 minutes (timing depends on size/thickness), or until pork juices run clear and pork is cooked through (145 degrees F).

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Nutrition Label

Italian Spiced Pork Chops (Paleo)

**Amount Per
Serving**

Calories 377

% Daily Value*

Total Fat 26.2g **40%**

Saturated Fat 3.4g **17%**

Trans Fat 0g

Cholesterol 8.1mg **3%**

Sodium 2.7mg **0%**

Total Carbohydrates 6g **2%**

Dietary Fiber 1.3g **5%**

Total Sugar 2.4g

Protein 29.5g

Vitamin D 8.7IU **1%**

Calcium 19.6mg **2%**

Iron 0.3mg **2%**

Potassium 104.7mg

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4 Servings

italian style veal with spaghetti squash (paleo)

Ingredients

vegetable oil, canola	1 Tbsp
veal breast meat, lean	16 oz
kosher salt	1/8 tsp
black pepper	1/8 tsp
oregano, dried	1/2 tsp
garlic	2 clove
tomatoes, no salt, canned	30 oz
parsley	2 tablespoons
spaghetti squash (cooked)	4 Cup(s)

Nutrition Totals

Calories 1389 / **Carbs** 77 g / **Protein** 91 g / **Fat** 83 g / **Fluid** 57 fl oz

Instructions

1. Heat oil in a large saute pan over medium heat.
2. Season the 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.

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Nutrition Label

Italian Style Veal With Spaghetti Squash (Paleo)

**Amount Per
Serving**

Calories 347

% Daily Value*

Total Fat 20.8g **32%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 80.5mg **27%**

Sodium 142.1mg **6%**

Total Carbohydrates 19.3g **6%**

Dietary Fiber 4.4g **18%**

Total Sugar 9g

Protein 22.6g

Vitamin D 0IU **0%**

Calcium 115.5mg **12%**

Iron 3.4mg **19%**

Potassium 925.5mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Eating right, simplified.



1 Servings

italian-style round steak

Ingredients

beef top sirloin, lean	5 oz
extra virgin olive oil	1 tsp
oregano, dried	1/2 tsp
garlic powder	1/4 tsp
carrots	2 medium

Nutrition Totals

Calories 348 / **Carbs** 13 g / **Protein** 30 g / **Fat** 20 g / **Fluid** 7 fl oz

Instructions

1. Rub steak with oil and generously rub each side with oregano and garlic powder.
2. Preheat oven to 500 degrees F.
3. Place a 10-inch ovenproof skillet or cast-iron skillet in the oven as it preheats.
4. When oven reaches temperature, use a baking mitt to remove the pan from oven. Place the pan on the stovetop and turn the heat to high.
5. Immediately place steak in the middle of the hot, dry pan. Cook 1 to 2 minutes without moving; turn steak with tongs, and cook another 1 to 2 minutes.
6. 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.
7. Meanwhile shred carrots.
8. Place cooked steak on shredded carrots.

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Eating right, simplified.

Nutrition Label

Italian-Style Round Steak	
Amount Per Serving	
Calories	348
% Daily Value*	
Total Fat 20.4g	31%
Saturated Fat 5.6g	28%
Trans Fat 0.9g	
Cholesterol 96.3mg	32%
Sodium 195.3mg	8%
Total Carbohydrates 12.8g	4%
Dietary Fiber 3.8g	15%
Total Sugar 5.8g	
Protein 29.8g	
Vitamin D 7IU	1%
Calcium 65.1mg	7%
Iron 4.6mg	26%
Potassium 890.6mg	

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Eating right, simplified.



4 Servings

ham and sweet potato soup

Ingredients

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

Nutrition Totals

Calories 1042 / **Carbs** 128 g / **Protein** 72 g / **Fat** 23 g / **Fluid** 48 fl oz

Instructions

1. Dice ham and brown in large Dutch oven or soup pot, over medium heat for 3 minutes.
2. Dice onions and mince garlic and add to pan. Stir constantly and cook until onions are translucent.
3. Add in coriander and allspice and cook until fragrant, about 30 seconds.
4. Gradually stir in broth, scraping up any browned bits.
5. Peel and dice sweet potatoes.
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.

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Eating right, simplified.

Nutrition Label

Ham And Sweet Potato Soup	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 5.6g	9%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 29mg	10%
Sodium 415.6mg	17%
Total Carbohydrates 32g	11%
Dietary Fiber 4g	16%
Total Sugar 9.4g	
Protein 18g	
Vitamin D 19.8IU	3%
Calcium 61.5mg	6%
Iron 1.6mg	9%
Potassium 914.9mg	

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Eating right, simplified.

1 Servings



halibut with dijon & almonds (paleo)

Ingredients

extra virgin olive oil	1 tsp
halibut fish	8 oz
dijon mustard	1 Tbsp
almonds	1/2 oz

Nutrition Totals

Calories 342 / **Carbs** 3 g / **Protein** 45 g / **Fat** 15 g / **Fluid** 6 fl oz

Instructions

1. Preheat the oven to 350 degrees F.
2. Lightly grease a baking sheet with olive oil.
3. Place fish in the prepared 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.

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Eating right, simplified.

Nutrition Label

Halibut With Dijon & Almonds (Paleo)

**Amount Per
Serving**

Calories 342

% Daily Value*

Total Fat 14.6g **23%**

Saturated Fat 1.1g **6%**

Trans Fat 0g

Cholesterol 111.1mg **37%**

Sodium 514.7mg **21%**

Total Carbohydrates 3g **1%**

Dietary Fiber 1.7g **7%**

Total Sugar 0.5g

Protein 45g

Vitamin D 430.9IU **72%**

Calcium 53.5mg **5%**

Iron 0.8mg **5%**

Potassium 1089.1mg

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Eating right, simplified.

Shopping List

Prepared by: Daniel Gutierrez

Created: 01-12-2021

Accompaniments

dijon mustard	1.5 Tbsp
kosher salt	0.03 tsp

Beef

beef top sirloin, lean	5 oz
lean beef top sirloin	6 oz

Beverages

almond beverage, calcium added	52 fl oz
coconut milk	0.38 Cup(s)
coconut water	96 fl oz
drinking water	296 fl oz

Dairy & Egg

egg	12 egg
	9.13 large
nonfat plain greek yogurt	4.25 oz

Fats & Oils

coconut oil	3.5 Tbsp
extra virgin olive oil	1 Tbsp
	2.5 tsp
olive oil	2 Tbsp
vegetable oil, canola	0.25 Tbsp

Finfish & Shellfish

coho salmon	6 oz
halibut fish	12 oz
salmon	6 oz
shrimp	3 oz
swordfish	4.5 oz

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Eating right, simplified.

Fruits & Juices

avocado	2 avocado
blackberries	1.5 Cup(s)
blueberries	3 Cup(s)
cantaloupe melon	4.5 Cup(s)
lemon juice	1.5 Tbsp
orange	4.5 fruit

Ingredients

balsamic vinegar	8.5 Tbsp
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Lamb, Veal, Game

veal breast meat, lean	4 oz
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Nuts & Seeds

almond butter	2 Tbsp
almonds	0.75 oz
pine nuts	2.25 oz

Pork

bacon, low sodium (cooked)	4 slice cooked
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Poultry

boneless chicken	2 oz
boneless skinless chicken breast (uncooked)	9 oz
ground turkey	6 oz
turkey bacon, low sodium	6.38 slices
turkey breast (cooked)	18 oz

Sausages & Meats

extra lean sliced ham, low sodium	2.5 oz
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Snacks

turkey jerky	0.5 oz
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Eating right, simplified.

Soup

chicken broth soup, low-sodium

0.75 Cup(s)

Spices & Herbs

allspice, ground	0.25 tsp
bay leaf	0.13 tsp
black pepper	1.28 tsp
coriander/ cilantro/ chinese parsley	0.25 tsp
garlic powder	1.25 tsp
oregano, dried	0.63 tsp
paprika	0.25 tsp
parsley	0.5 tablespoons
sage, ground	1.25 tsp

Uncategorized

boneless pork chops	5 oz
lard	2 tsp

Vegetables

black olives	4 olives
broccoli	2 Cup(s)
broccoli florets	2 Cup(s)
cabbage	4.5 Cup(s)
carrots	2 medium
cauliflower	10 flowerets
cherry tomatoes	35 tomatoes
garlic	1 clove
green leaf lettuce	6 Cup(s)
kale	11 Cup(s)
mixed vegetables	2.5 Cup(s)
mushrooms	8.5 Cup(s)
onion	1.25 Cup(s)
	0.5 medium
red pepper	4 Cup(s)
spaghetti squash	1 Cup(s)
spinach	2 Cup(s)
summer squash	3.5 Cup(s)
sweet potato	3.5 oz
tomatoes, no salt, canned	7.5 oz
yam	6.5 Cup(s)

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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 pasta = 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	 Sweets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox