



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories] Paleo Lifestyle - Day 01</b>							
<b>Breakfast - Avocado Poached Egg with Turkey</b>							
7	0.1	1 fruit without skin and seeds	Avocados, raw, California	0.34	1.49	2.67	28.89
5	1.0	1 large	Egg, whole, cooked, poached	6.26	0.35	4.74	71.50
11	1.0	ounce(s)	Pastured Turkey, Dark Meat	6.02	0.00	0.71	31.00
6	1.0	1 can (11.5 oz), prepared	Spinach, raw	0.86	1.09	0.12	6.90
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
<b>Totals for Breakfast</b>				<b>13.73</b>	<b>5.18</b>	<b>8.24</b>	<b>153.29</b>
<b>Snack 1 - Enjoy a piece of fruit and a handful of nuts</b>							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
4	0.5	ounce(s)	Walnuts, Sprouted	2.09	3.04	7.60	89.00
<b>Totals for Snack 1</b>				<b>2.39</b>	<b>24.04</b>	<b>8.10</b>	<b>170.00</b>
<b>Lunch - Chicken w/ veggies and a salad</b>							
3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
7	1.0	1 lemon yields	Lemon juice, raw	0.17	3.31	0.12	10.56
11	1.0	ounce(s)	Pastured Chicken Breast	8.70	0.00	1.00	47.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<b>Totals for Lunch</b>				<b>32.24</b>	<b>36.64</b>	<b>4.74</b>	<b>279.76</b>
<b>Snack 2 - Wild Salmon Avocado Nori Wrap.</b>							
6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
12	1.8	0.5 fillet	Fish, salmon, coho, wild, raw	74.91	0.00	20.55	505.89
0	1.0	each	Nori	1.00	0.00	0.00	10.00
23	0.1	cup	Sliced avocado	0.30	1.20	2.10	23.00
<b>Totals for Snack 2</b>				<b>76.41</b>	<b>2.80</b>	<b>22.85</b>	<b>546.89</b>
<b>Dinner - Pastured Pork w/ veggies and salad</b>							
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	0.8	1 tablespoon	Oil, coconut	0.00	0.00	10.20	87.92
1	1.0	ounce(s)	Pastured Pork	6.00	0.00	2.00	35.00
<b>Totals for Dinner</b>				<b>9.59</b>	<b>10.04</b>	<b>12.62</b>	<b>172.22</b>
<b>Totals For 1300 Calories] Paleo Lifestyle - Day 01</b>				<b>134.36</b>	<b>78.70</b>	<b>56.55</b>	<b>1322.16</b>

1300 Calories] Paleo Lifestyle - Day 02

**Breakfast - Spinach omlette with Turkey**

5	1.0	1 large	Egg, whole, cooked, poached	6.26	0.35	4.74	71.50
11	1.0	ounce(s)	Pastured Turkey, Dark Meat	6.02	0.00	0.71	31.00
6	1.0	1 can (11.5 oz), prepared	Spinach, raw	0.86	1.09	0.12	6.90
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Breakfast</i>				<b>13.64</b>	<b>5.94</b>	<b>5.57</b>	<b>139.40</b>

**Snack 1 - Enjoy a piece of fruit and a handful of nuts**

7	1.0	each	Nectarine - medium, 2.5" diam.	1.30	16.00	0.60	67.00
4	0.8	ounce(s)	Walnuts, Sprouted	3.13	4.55	11.40	133.50
<i>Totals for Snack 1</i>				<b>4.43</b>	<b>20.55</b>	<b>12.00</b>	<b>200.50</b>

**Lunch - Chicken Salad**

3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
6	1.0	1 cup, chopped	Kale, raw	2.87	5.86	0.62	32.83
0	1.0	tablespoon	Lemon juice -	0.10	1.30	0.00	4.00
23	1.0	1 tablespoon	Oil, coconut	0.00	0.00	13.60	117.23
6	3.0	tablespoon	Onion - chopped	0.30	2.70	0.00	12.00
11	2.0	ounce(s)	Pastured Chicken Breast	17.40	0.00	2.00	94.00
0	0.3	tablespoon	Pepper - black, ground	0.17	1.05	0.05	4.00
0	1.0	1 teaspoon	Spices, paprika	0.33	1.24	0.30	6.49
<i>Totals for Lunch</i>				<b>23.40</b>	<b>18.59</b>	<b>16.67</b>	<b>302.55</b>

**Snack 2 - Chicken lettuce wraps**

6	1.0	1 leaf	Lettuce, butterhead (includes boston and bibb types), raw	0.07	0.11	0.01	0.65
11	1.0	ounce(s)	Pastured Chicken Breast	8.70	0.00	1.00	47.00
23	0.1	cup	Sliced avocado	0.30	1.20	2.10	23.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Snack 2</i>				<b>18.79</b>	<b>13.65</b>	<b>4.44</b>	<b>148.85</b>

**Dinner - Garlic rosemary salmon with salad**

6	3.0	1 clove	Garlic, raw	0.57	2.98	0.05	13.41
6	3.0	cup	Green salad w/ raw vegetables	5.18	13.33	0.29	66.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
0	2.0	1 tablespoon	Rosemary, fresh	0.11	0.70	0.20	4.45
1	5.0	ounce(s)	Salmon - broiled	31.35	0.00	17.50	290.00
6	2.0	cup	Zucchini	4.00	10.00	0.00	50.00
<i>Totals for Dinner</i>				<b>41.21</b>	<b>27.01</b>	<b>25.04</b>	<b>488.86</b>

<b>Totals For 1300 Calories] Paleo Lifestyle - Day 02</b>				<b>101.47</b>	<b>85.74</b>	<b>63.72</b>	<b>1280.16</b>
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1300 Calories] Paleo Lifestyle - Day 03

**Breakfast - Egg with mushrooms and peppers**

5	1.0	1 large	Egg, whole, cooked, poached	6.26	0.35	4.74	71.50
6	0.5	1 cup	Mushrooms, morel, raw	1.03	1.68	0.19	10.23
23	0.5	1 teaspoon	Oil, coconut	0.00	0.00	2.25	19.40
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
<i>Totals for Breakfast</i>				<b>7.89</b>	<b>6.63</b>	<b>7.28</b>	<b>120.13</b>

**Snack 1 - Guacamole and crudites**

7	0.3	cup	Avocado - pureed	1.15	4.25	8.80	92.50
6	2.0	each	Carrot - raw, medium	0.02	2.40	0.20	12.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
7	1.0	1 fl oz	Lemon juice, raw	0.11	2.10	0.07	6.71
6	1.0	0.5 cup slices	Radishes, raw	0.39	1.97	0.06	9.28
<i>Totals for Snack 1</i>				<b>3.36</b>	<b>17.71</b>	<b>9.15</b>	<b>154.96</b>

**Lunch - Tuna Salad**

12	2.0	3 oz	Fish, tuna, yellowfin, fresh, cooked, dry heat	49.55	0.00	1.00	221.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
7	3.0	1 lemon yields	Lemon juice, raw	0.50	9.94	0.35	31.68
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
<i>Totals for Lunch</i>				<b>53.50</b>	<b>18.83</b>	<b>8.54</b>	<b>361.68</b>

**Snack 2 - Enjoy a piece of fruit and a handful of nuts**

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	1.0	1 oz (10-12 kernels)	Nuts, macadamia nuts, raw	2.24	3.92	21.48	203.55
<i>Totals for Snack 2</i>				<b>2.54</b>	<b>24.92</b>	<b>21.98</b>	<b>284.55</b>

**Dinner - Broiled Halibut w/ salad**

6	7.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	2.46	4.35	0.13	22.40
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
1	6.0	ounce(s)	Halibut - broiled	45.00	0.00	6.00	240.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Dinner</i>				<b>52.01</b>	<b>30.64</b>	<b>6.62</b>	<b>375.40</b>

<b>Totals For 1300 Calories] Paleo Lifestyle - Day 03</b>				<b>119.30</b>	<b>98.73</b>	<b>53.57</b>	<b>1296.72</b>
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1300 Calories] Paleo Lifestyle - Day 04

**Breakfast - Poached Salmon with spinach**

12	1.0	0.5 fillet	Fish, salmon, coho, wild, raw	42.81	0.00	11.74	289.08
6	2.0	cup	Spinach - boiled, drained	10.80	13.60	0.80	84.00
<i>Totals for Breakfast</i>				<b>53.61</b>	<b>13.60</b>	<b>12.54</b>	<b>373.08</b>

**Snack 1**

7	0.3	1 NLEA Serving	Avocados, raw, California	0.15	0.65	1.16	12.53
6	1.0	1 cup	Chard, swiss, raw	0.65	1.35	0.07	6.84
5	1.0	1 large	Egg, whole, cooked, poached	6.26	0.35	4.74	71.50
<i>Totals for Snack 1</i>				<b>7.06</b>	<b>2.35</b>	<b>5.97</b>	<b>90.87</b>

**Lunch - California Salad**

7	0.2	1 cup, pureed	Avocados, raw, California	0.90	3.97	7.09	76.82
0	1.0	tablespoon	Lemon juice -	0.10	1.30	0.00	4.00
11	2.0	ounce(s)	Pastured Turkey, Dark Meat	12.04	0.00	1.42	62.00
3	2.0	medium	Salad - med. garden w/tomato, onion	3.90	28.50	1.20	148.00
<i>Totals for Lunch</i>				<b>16.94</b>	<b>33.77</b>	<b>9.71</b>	<b>290.82</b>

**Snack 2 - Berries with walnuts.**

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
4	0.8	ounce(s)	Walnuts, Sprouted	3.13	4.55	11.40	133.50
<i>Totals for Snack 2</i>				<b>3.95</b>	<b>20.63</b>	<b>11.77</b>	<b>196.77</b>

**Dinner - Fish & Veggies with salad**

6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, with salt	1.14	2.55	0.28	14.26
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.0	tablespoon	Lemon juice -	0.10	1.30	0.00	4.00
23	0.8	tablespoon	Olive oil - pure	0.00	0.00	10.50	97.50
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
1	5.0	ounce(s)	Orange Roughy- broiled or grilled	26.50	0.00	1.35	125.00
0	1.0	1 teaspoon, ground	Spices, oregano, dried	0.16	1.24	0.08	4.77
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
<i>Totals for Dinner</i>				<b>32.45</b>	<b>31.85</b>	<b>12.70</b>	<b>360.90</b>

<b>Totals For 1300 Calories] Paleo Lifestyle - Day 04</b>				<b>114.01</b>	<b>102.20</b>	<b>52.69</b>	<b>1312.44</b>
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1300 Calories] Paleo Lifestyle - Day 05

**Breakfast - Spinach omlette with Turkey**

5	1.0	1 large	Egg, whole, cooked, poached	6.26	0.35	4.74	71.50
6	1.0	1 cup, chopped	Kale, raw	2.87	5.86	0.62	32.83
23	0.5	1 tablespoon	Oil, coconut	0.00	0.00	6.80	58.62
11	2.0	ounce(s)	Pastured Turkey, Dark Meat	12.04	0.00	1.42	62.00
6	0.3	small	Tomato - sm. w/peel, 2.5" diam.	0.25	1.42	0.10	6.50
<i>Totals for Breakfast</i>				<b>21.42</b>	<b>7.63</b>	<b>13.68</b>	<b>231.45</b>

**Snack 1**

3	1.0	each	Carrot - raw medium	0.70	7.30	0.10	31.00
12	1.0	0.5 fillet	Fish, salmon, coho, wild, raw	42.81	0.00	11.74	289.08
0	1.0	each	Nori	1.00	0.00	0.00	10.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Snack 1</i>				<b>45.26</b>	<b>10.30</b>	<b>17.09</b>	<b>387.58</b>

**Lunch - Chicken Salad**

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
7	3.0	1 fl oz	Lemon juice, raw	0.32	6.31	0.22	20.13
11	1.0	ounce(s)	Pastured Chicken Breast	8.70	0.00	1.00	47.00
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Lunch</i>				<b>14.56</b>	<b>18.24</b>	<b>9.01</b>	<b>200.13</b>

**Snack 2 - Apple sprinkles with cinnamon and sliced avocado.**

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
23	0.1	cup	Sliced avocado	0.30	1.20	2.10	23.00
<i>Totals for Snack 2</i>				<b>0.68</b>	<b>23.55</b>	<b>2.65</b>	<b>108.50</b>

**Dinner - Steak w/ mushrooms, and salad**

18	1.3	3 oz ( 1 serving )	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	25.46	0.00	20.47	293.25
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
6	0.8	1 cup, whole	Mushrooms, enoki, raw	0.86	2.52	0.09	11.93
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
<i>Totals for Dinner</i>				<b>31.77</b>	<b>18.63</b>	<b>21.30</b>	<b>384.15</b>

<b>Totals For 1300 Calories] Paleo Lifestyle - Day 05</b>				<b>113.69</b>	<b>78.35</b>	<b>63.73</b>	<b>1311.81</b>
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1300 Calories] Paleo Lifestyle - Day 06

**Breakfast - Turkey omelette with basil**

0	0.5	2 tbsp, chopped	Basil, fresh	0.08	0.07	0.02	0.61
7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
11	1.0	ounce(s)	Pastured Turkey, Dark Meat	6.02	0.00	0.71	31.00
<i>Totals for Breakfast</i>				<b>15.10</b>	<b>23.67</b>	<b>8.83</b>	<b>224.61</b>

**Snack 1 - Celery, carrot, radish, tomato homemade guacamole**

7	0.2	cup	Avocado - pureed	0.69	2.55	5.28	55.50
6	0.2	cup	Carrots	0.17	1.75	0.04	7.50
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
7	0.1	1 cup	Lemon juice, raw	0.09	1.68	0.06	5.37
6	0.1	1 cup, chopped	Tomatoes, orange, raw	0.18	0.50	0.03	2.53
<i>Totals for Snack 1</i>				<b>1.82</b>	<b>9.47</b>	<b>5.43</b>	<b>85.37</b>

**Lunch - Shrimp salad**

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	0.85	3.74	6.66	72.23
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	0.25 cup	Coriander (cilantro) leaves, raw	0.09	0.15	0.02	0.92
6	3.0	cup	Green salad w/ raw vegetables	5.18	13.33	0.29	66.00
7	3.0	1 lemon yields	Lemon juice, raw	0.50	9.94	0.35	31.68
1	4.0	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Lunch</i>				<b>34.52</b>	<b>42.86</b>	<b>9.16</b>	<b>367.43</b>

**Snack 2**

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	1 large	Egg, whole, cooked, poached	6.26	0.35	4.74	71.50
<i>Totals for Snack 2</i>				<b>6.56</b>	<b>21.35</b>	<b>5.24</b>	<b>152.50</b>

**Dinner - Fish & Veggies with salad**

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
3	1.0	each	Carrot - raw medium	0.70	7.30	0.10	31.00
1	5.0	ounce(s)	Cod - Pacific, broiled	32.50	0.00	1.15	150.00
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	0.5 cup slices	Radishes, raw	0.39	1.97	0.06	9.28
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
<i>Totals for Dinner</i>				<b>41.90</b>	<b>20.55</b>	<b>18.59</b>	<b>412.71</b>

<b>Totals For 1300 Calories] Paleo Lifestyle - Day 06</b>				<b>99.90</b>	<b>117.90</b>	<b>47.25</b>	<b>1242.62</b>
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1300 Calories] Paleo Lifestyle - Day 07

**Breakfast**

5	1.0	1 large	Egg, whole, cooked, poached	6.26	0.35	4.74	71.50
0	0.5	1 cup	Raspberries, wild (Northern Plains Indians)	0.73	9.00	0.18	40.30
6	1.0	cup	Spinach - boiled, drained	5.40	6.80	0.40	42.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Breakfast</i>				<b>16.56</b>	<b>22.22</b>	<b>20.52</b>	<b>331.80</b>

**Snack 1 - Guacamole and crudites**

7	0.2	cup	Avocado - pureed	0.69	2.55	5.28	55.50
6	0.3	cup	Carrots	0.28	2.92	0.07	12.50
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
7	0.1	1 cup	Lemon juice, raw	0.09	1.68	0.06	5.37
6	0.1	1 cup, chopped	Tomatoes, orange, raw	0.18	0.50	0.03	2.53
<i>Totals for Snack 1</i>				<b>1.93</b>	<b>10.64</b>	<b>5.46</b>	<b>90.37</b>

**Lunch - Chicken Salad**

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
7	3.0	1 wedge yields	Lemon juice, raw	0.06	1.22	0.04	3.89
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
11	2.0	ounce(s)	Pastured Chicken Breast	17.40	0.00	2.00	94.00
<i>Totals for Lunch</i>				<b>21.21</b>	<b>31.11</b>	<b>7.23</b>	<b>262.89</b>

**Snack 2**

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
4	0.5	ounce(s)	Walnuts, Sprouted	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				<b>2.36</b>	<b>8.40</b>	<b>7.72</b>	<b>110.09</b>

**Dinner - Chicken Fajitas**

7	0.3	1 cup, pureed	Avocados, raw, California	1.13	4.97	8.86	96.03
6	1.0	0.25 cup	Coriander (cilantro) leaves, raw	0.09	0.15	0.02	0.92
0	1.0	tablespoon	cumin, powder	1.00	2.00	1.00	22.00
6	2.0	1 clove	Garlic, raw	0.38	1.98	0.03	8.94
6	1.5	cup	Green salad w/ raw vegetables	2.59	6.67	0.15	33.00
6	3.0	tablespoon	Onion - chopped	0.30	2.70	0.00	12.00
6	1.0	1 tablespoon	Parsley, fresh	0.11	0.24	0.03	1.37
11	6.0	ounce(s)	Pastured Chicken Breast	52.20	0.00	6.00	282.00
0	1.0	tablespoon	Pepper - black, ground	0.70	4.20	0.20	16.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals For 1300 Calories] Paleo Lifestyle - Day 07</i>				<b>102.16</b>	<b>106.05</b>	<b>57.72</b>	<b>1314.78</b>