



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Paleo R2 - Day 01							
Breakfast							
7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
5	1.0	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
1	2.0	ounce(s)	Turkey, Italian Style-Trader Joes	12.00	1.00	0.50	60.00
<i>Totals for Breakfast</i>				31.07	16.22	16.41	360.28
Snack 1							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
<i>Totals for Snack 1</i>				4.11	24.88	9.49	185.22
Lunch							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
3	3.0	ounce(s)	Green beans - string boiled & drained	1.57	6.67	0.23	30.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				54.14	38.10	4.35	388.20
Snack 2							
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
14	0.3	1 cup	Seeds, sunflower seed kernels, dry roasted, with salt added	6.19	7.70	15.94	186.24
<i>Totals for Snack 2</i>				8.19	21.54	16.65	248.16
Dinner							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
0	1.5	each	Broiled Tenderloin of Pork and Spicy Rub	40.06	3.50	22.08	383.48
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Dinner</i>				55.22	33.48	24.15	548.28
Totals For 1700 Calories Paleo R2 - Day 01				152.73	134.22	71.05	1730.14

1700 Calories Paleo R2 - Day 02**Breakfast**

1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
5	1.0	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
0	0.5	cup	milk, coconut-Dairy free	0.00	4.00	2.25	35.00
6	1.0	1 can (11.5 oz), prepared	Spinach, raw	0.86	1.09	0.12	6.90
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
1	4.0	ounce(s)	Turkey, Italian Style-Trader Joes	24.00	2.00	1.00	120.00
<i>Totals for Breakfast</i>				49.81	17.98	10.48	400.84

Snack 1

7	1.0	each	Nectarine - medium, 2.5" diam.	1.30	16.00	0.60	67.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 1</i>				6.38	21.17	12.58	205.96

Lunch

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
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	0.5	1 tablespoon	Oil, flaxseed, cold pressed	0.01	0.00	6.80	60.11
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
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>				44.96	25.53	9.89	368.60

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	1.5	1 tablespoon	Seeds, sunflower seed butter, without salt	4.15	5.60	13.25	148.08
<i>Totals for Snack 2</i>				4.45	26.60	13.75	229.08

Dinner

6	3.0	1 clove	Garlic, raw	0.57	2.98	0.05	13.41
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	2.0	1 tablespoon	Rosemary, fresh	0.11	0.70	0.20	4.45
1	6.0	ounce(s)	Salmon - broiled	37.62	0.00	21.00	348.00
6	1.0	1 cup, cubes	Squash, winter, butternut, cooked, baked, without salt	1.84	21.50	0.18	82.00
<i>Totals for Dinner</i>				45.69	42.97	21.92	531.86
Totals For 1700 Calories Paleo R2 - Day 02				151.29	134.25	68.62	1736.34

1700 Calories Paleo R2 - Day 03**Breakfast**

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
5	1.0	1 large	Egg, whole, cooked, poached	6.26	0.35	4.74	71.50
0	1.0	cup	milk, coconut-Dairy free	0.00	8.00	4.50	70.00
<i>Totals for Breakfast</i>				17.30	19.76	9.48	233.83

Snack 1

21	1.5	tablespoon	Almond Butter	3.00	4.50	13.50	151.50
3	5.0	each	Celery - raw stalk trimmed	2.50	10.00	0.00	50.00
<i>Totals for Snack 1</i>				5.50	14.50	13.50	201.50

Lunch

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
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
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
1	6.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	30.00	0.00	2.00	180.00
<i>Totals for Lunch</i>				36.27	46.46	11.74	440.02

Snack 2

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>				2.54	24.92	21.98	284.55

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
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	0.5	1 fruit without skin, medium	Kiwifruit, green, raw	0.43	5.57	0.20	23.18
7	0.5	1 cup	Tangerines, (mandarin oranges), canned, juice pack, drained	0.71	8.89	0.04	35.91
<i>Totals for Dinner</i>				51.00	25.83	6.51	355.89
Totals For 1700 Calories Paleo R2 - Day 03				112.61	131.47	63.21	1515.79

1700 Calories Paleo R2 - Day 04**Breakfast**

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	1.0	cup	milk, coconut-Dairy free	0.00	8.00	4.50	70.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Breakfast</i>				4.29	46.74	12.70	324.00

Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
14	0.5	ounce(s)	Nuts - cashew & peanuts, Planters	2.50	4.50	6.00	85.00
<i>Totals for Snack 1</i>				8.79	5.06	11.30	162.50

Lunch

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	0.3	1 cup, pureed	Avocados, raw, California	1.49	6.56	11.70	126.75
0	1.0	tablespoon	Lemon juice -	0.10	1.30	0.00	4.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	6.0	ounce(s)	Turkey, Italian Style-Trader Joes	36.00	3.00	1.50	180.00
<i>Totals for Lunch</i>				40.49	50.86	14.50	489.75

Snack 2

7	2.0	1 small box (1.5 oz)	Raisins, seedless	2.64	68.09	0.40	257.14
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				4.73	71.13	8.00	346.14

Dinner

6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, with salt	2.28	5.10	0.56	28.52
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	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
1	6.0	ounce(s)	Orange Roughy- broiled or grilled	31.80	0.00	1.62	150.00
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>				37.79	17.00	16.45	363.66
Totals For 1700 Calories Paleo R2 - Day 04				96.09	190.79	62.95	1686.05

1700 Calories Paleo R2 - Day 05

Breakfast

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
0	1.0	cup	milk, coconut-Dairy free	0.00	8.00	4.50	70.00
6	0.3	1 bunch	Spinach, raw	2.43	3.09	0.33	19.55
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
1	4.0	ounce(s)	Turkey, Italian Style-Trader Joes	24.00	2.00	1.00	120.00
<i>Totals for Breakfast</i>				37.93	19.69	6.23	286.55

Snack 1

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
14	1.0	1 cup	Nuts, coconut water (liquid from coconuts)	1.73	8.90	0.48	45.60
<i>Totals for Snack 1</i>				3.73	22.74	1.19	107.52

Lunch

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
<i>Totals for Lunch</i>				43.79	18.56	6.54	314.50

Snack 2

21	1.5	tablespoon	Almond Butter	3.00	4.50	13.50	151.50
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	1.0	tea spoon	Cinnamon	0.30	5.40	0.20	18.00
<i>Totals for Snack 2</i>				3.60	30.90	14.20	250.50

Dinner

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
18	1.5	1 serving (3 oz)	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	30.55	0.00	24.57	351.90
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.0	each	Marinated Mushrooms	3.30	7.25	10.91	150.82
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
6	1.0	1 cup, cubes	Yam, raw	2.29	41.82	0.26	177.00
<i>Totals for Dinner</i>				39.59	62.43	35.93	746.09
Totals For 1700 Calories Paleo R2 - Day 05				128.64	154.32	64.09	1705.16

1700 Calories Paleo R2 - Day 06

Breakfast

0	0.5	2 tablespoon	Basil, fresh	0.08	0.07	0.02	0.61
7	1.0	each	Cantaloupe - muskmelon	4.60	44.60	1.60	186.00
1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
1	4.0	ounce(s)	Turkey, Italian Style-Trader Joes	24.00	2.00	1.00	120.00
<i>Totals for Breakfast</i>				46.18	48.17	2.62	391.61

Snack 1

21	1.5	tablespoon	Almond Butter	3.00	4.50	13.50	151.50
3	5.0	each	Celery - raw stalk trimmed	2.50	10.00	0.00	50.00
<i>Totals for Snack 1</i>				5.50	14.50	13.50	201.50

Lunch

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
6	1.0	0.25 cup	Coriander (cilantro) leaves, raw	0.09	0.15	0.02	0.92
3	2.0	ounce(s)	Green beans - string boiled & drained	1.05	4.45	0.15	20.00
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
7	0.3	1 cup, sliced	Mangos, raw	0.45	8.16	0.21	32.67
1	6.0	ounce(s)	Shrimp - boiled or steamed	35.52	0.00	1.80	168.00
<i>Totals for Lunch</i>				42.18	36.52	11.52	392.61

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, hard-boiled	6.29	0.56	5.30	77.50
<i>Totals for Snack 2</i>				6.59	21.56	5.80	158.50

Dinner

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
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	6.0	ounce(s)	Fish, Tilapia	42.00	0.00	6.00	216.00
14	12.0	1 almond	Nuts, almonds	3.05	3.10	7.19	83.38
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
6	2.0	0.5 cup slices	Radishes, raw	0.79	3.94	0.12	18.56
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Dinner</i>				54.30	44.99	21.98	564.32

Totals For 1700 Calories Paleo R2 - Day 06				154.75	165.74	55.42	1708.54
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1700 Calories Paleo R2 - Day 07**Breakfast**

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	0.5	medium	Pear - medium, Dole	0.50	12.50	0.50	50.00
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
<i>Totals for Breakfast</i>				13.58	42.10	6.12	264.74

Snack 1

7	1.5	1 cup, balls	Watermelon, raw	1.41	17.44	0.35	69.30
<i>Totals for Snack 1</i>				1.41	17.44	0.35	69.30

Lunch

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
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
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	8.0	1 large	Olives, ripe, canned (small-extra large)	0.30	2.20	3.76	40.48
<i>Totals for Lunch</i>				48.19	38.48	18.87	494.33

Snack 2

5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
<i>Totals for Snack 2</i>				12.58	1.12	10.61	155.00

Dinner

7	0.3	1 cup, pureed	Avocados, raw, California	1.49	6.56	11.70	126.75
6	1.0	0.25 cup	Coriander (cilantro) leaves, raw	0.09	0.15	0.02	0.92
0	1.0	tablespoon	cumin, powder	1.07	2.65	1.34	22.00
6	1.0	1 clove	Garlic, raw	0.19	0.99	0.02	4.47
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.5	each	MAIN14 - Chicken Fajitas	36.00	49.50	10.50	445.50
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 tablespoon	Parsley, fresh	0.11	0.24	0.03	1.37
0	1.0	tablespoon	Pepper - black, ground	0.70	4.20	0.20	16.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
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 Dinner</i>				45.40	89.45	24.60	731.38
Totals For 1700 Calories Paleo R2 - Day 07				121.16	188.59	60.55	1714.75