

# CHALLENGE FAT LOSS

*28 Day Nutrition  
Plan and Recipes*



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## Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

## CHALLENGE FAT LOSS MEAL PLANS

These meal plans are developed specifically for you, the Challenge Fat Loss client by registered holistic nutritionist, Lori Kennedy. Pay close attention to quality of foods suggested and listen to your body for the quantity. Measures are a 'ball park', but the best way to know if you're eating enough or too much is to pay attention to your body's cues. Your body will tell you if you patiently listen:

- Start eating before you're famished and stop eating before you're full.
- Eat the highest quality foods you can afford.
- Eat whole food first, supplement  
*(with high quality protein powder such as [Bio Trust](#) when you need to)*
- Use these meal plans as a guide and use common sense.
- Swap in any of the recipes also included.

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# 1200 Calories Paleo Meal Plan

## DAY # 1

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Omelet with Peppers</b>						
1	tablespoon	Coconut Oil	0.00	0.00	13.60	117.00
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	cup, chopped	Peppers, sweet, red, raw	1.28	6.91	0.45	29.80
<b>Totals:</b>			<b>20.76</b>	<b>15.90</b>	<b>29.30</b>	<b>395.54</b>
<b>AM Snack - Almond Butter &amp; Celery</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
5	each	Celery, raw stalk trimmed	2.50	10.00	0.00	50.00
<b>Totals:</b>			<b>4.90</b>	<b>13.40</b>	<b>9.50</b>	<b>151.00</b>
<b>Lunch - Lettuce Tuna Wrap</b>						
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, outer	Lettuce, 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	ounce(s)	Tuna, in water	20.00	0.00	1.33	120.00
<b>Totals:</b>			<b>29.14</b>	<b>22.00</b>	<b>19.41</b>	<b>374.80</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Steak, Mushrooms &amp; Spinach Salad with Oil &amp; Balsamic</b>						
3	ounce(s)	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, sliced	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	cups	Spinach, raw	1.72	2.18	0.23	13.80
1	small	Tomato, sm. sliced	1.00	5.70	0.40	26.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
<b>Totals:</b>			<b>33.25</b>	<b>16.85</b>	<b>21.79</b>	<b>392.91</b>
<b>Actual Totals for Day 1</b>			<b>80.66</b>	<b>60.19</b>	<b>74.65</b>	<b>1209.98</b>

## DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Sausage, Nuts &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	ounce(s)	Cashews, raw	5.00	9.00	13.00	160.00
1	medium	Sausage	12.00	2.00	14.00	190.00
<b>Totals:</b>			<b>17.30</b>	<b>32.00</b>	<b>27.50</b>	<b>431.00</b>
<b>AM Snack - Hard-Boiled Egg</b>						
1	each	Egg, whole w/ yolk	6.70	1.30	7.30	100.00
<b>Totals:</b>			<b>6.70</b>	<b>1.30</b>	<b>7.30</b>	<b>100.00</b>
<b>Lunch - Salad with Chicken &amp; Balsamic Vinegar</b>						
1/2	cup, sliced	Avocados	1.46	6.23	10.70	116.80
8	medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
3	ounce(s)	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	cups	Spinach, raw	2.57	3.27	0.35	20.70
1	small	Tomato, sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
<b>Totals:</b>			<b>23.60</b>	<b>23.59</b>	<b>25.56</b>	<b>413.83</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Lamb and Spaghetti Squash (see recipe)</b>						
1/2	cup	Zucchini, 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	1.59	9.04	0.24	45.14
3	ounce(s)	Lamb	15.00	6.00	6.00	150.00
<b>Totals:</b>			<b>18.38</b>	<b>29.77</b>	<b>6.71</b>	<b>256.19</b>
<b>Actual Totals for Day 2</b>			<b>65.97</b>	<b>86.66</b>	<b>67.06</b>	<b>1201.02</b>

## DAY # 3

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Eggs, Avocado, Salsa &amp; Almonds</b>						
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1/2	cup, sliced	Avocados	1.46	6.23	10.70	116.80
2	large	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
<b>Totals:</b>			<b>19.46</b>	<b>12.33</b>	<b>34.70</b>	<b>425.80</b>
<b>AM Snack - Watermelon</b>						
1	cup, diced	Watermelon	0.93	11.48	0.23	45.60
<b>Totals:</b>			<b>0.93</b>	<b>11.48</b>	<b>0.23</b>	<b>45.60</b>
<b>Lunch - Tasty Tuna Salad (see recipe)</b>						
8	spears	Asparagus	3.54	2.30	0.50	21.60
4	ounce(s)	Tuna, in water, drainer	30.00	0.00	0.00	120.00
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
<b>Totals:</b>			<b>37.80</b>	<b>6.14</b>	<b>22.76</b>	<b>324.72</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Turkey Burger with Grilled Mushrooms &amp; Side Spinach</b>						
1	cup, slices	Mushrooms, 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
112	gram(s)	Turkey burger	21.00	0.00	9.00	180.00
<b>Totals:</b>			<b>36.97</b>	<b>19.54</b>	<b>17.71</b>	<b>366.35</b>
<b>Actual Totals for Day 3</b>			<b>95.16</b>	<b>49.49</b>	<b>75.40</b>	<b>1202.47</b>

## DAY # 4

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Smoked Salmon Eggs &amp; Onions</b>						
2	large	Eggs, organic	12.00	0.00	10.00	140.00
2	ounce(s)	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
<b>Totals:</b>			<b>22.35</b>	<b>0.44</b>	<b>12.43</b>	<b>207.44</b>
<b>AM Snack - Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Lunch - Chicken, Avocado, Coleslaw &amp; Seeds</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	ounce(s)	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	Seeds, pumpkin, raw	9.35	3.81	11.94	147.99
<b>Totals:</b>			<b>37.19</b>	<b>27.20</b>	<b>32.68</b>	<b>539.79</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Turkey Vegetable Meatballs (see recipe)</b>						
3	ounce(s)	Ground Turkey, lean	21.67	0.00	29.01	354.45
1/2	cup	Broccoli, steamed	2.85	4.92	0.11	25.76
<b>Totals:</b>			<b>24.52</b>	<b>4.92</b>	<b>29.12</b>	<b>380.21</b>
<b>Actual Totals for Day 4</b>			<b>84.36</b>	<b>53.56</b>	<b>74.73</b>	<b>1208.44</b>



## DAY # 5

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Green Smoothie</b>						
1	each	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
<b>Totals:</b>			<b>9.55</b>	<b>32.06</b>	<b>12.98</b>	<b>268.10</b>
<b>AM Snack - Walnuts</b>						
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
<b>Totals:</b>			<b>4.26</b>	<b>3.84</b>	<b>18.26</b>	<b>183.12</b>
<b>Lunch – Beef &amp; Sweet Potato Chili (see recipe)</b>						
3	ounce(s)	Ground beef, lean	21.67	0.00	29.01	354.45
<b>Totals:</b>			<b>21.67</b>	<b>0.00</b>	<b>29.01</b>	<b>354.45</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Shrimp, Spaghetti Squash, Spinach &amp; Tomato Sauce</b>						
1	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
5	ounce(s)	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
<b>Totals:</b>			<b>39.20</b>	<b>34.89</b>	<b>16.79</b>	<b>434.13</b>
<b>Actual Totals for Day 5</b>			<b>74.67</b>	<b>70.79</b>	<b>77.04</b>	<b>1239.80</b>

## DAY # 6

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Mixed Berry Smoothie</b>						
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	tablespoons	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	Strawberries, raw	1.11	12.75	0.50	53.12
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>10.90</b>	<b>44.20</b>	<b>13.36</b>	<b>317.66</b>
<b>AM Snack - Cucumber &amp; Almonds</b>						
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
<b>Totals:</b>			<b>6.80</b>	<b>8.90</b>	<b>14.00</b>	<b>177.00</b>
<b>Lunch - Salmon &amp; Broccoli with Coconut Oil</b>						
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	ounce(s)	Salmon, broiled	18.81	0.00	10.50	174.00
<b>Totals:</b>			<b>22.52</b>	<b>11.20</b>	<b>24.74</b>	<b>345.60</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Fish &amp; Zucchini</b>						
5	ounce(s)	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, sliced	Zucchini, baked	1.15	7.07	0.09	28.80
<b>Totals:</b>			<b>38.65</b>	<b>7.07</b>	<b>19.09</b>	<b>348.80</b>
<b>Actual Totals for Day 6</b>			<b>78.88</b>	<b>71.37</b>	<b>71.19</b>	<b>1189.06</b>

## DAY # 7

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Egg Scramble with Veggies</b>						
2	large	Eggs, organic	12.00	0.00	10.00	140.00
1/2	cup, sliced	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	cups	Spinach, raw	1.72	2.18	0.23	13.80
<b>Totals:</b>			<b>15.75</b>	<b>5.26</b>	<b>24.41</b>	<b>291.84</b>
<b>AM Snack - Pear</b>						
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Lunch - Tuna Salad, Chia Seeds with Oil &amp; Balsamic</b>						
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1/2	ounce	Chia seeds, ground	2.21	6.22	4.36	69.46
3	ounce(s)	Tuna solid white, in water sm. can	22.50	1.50	1.50	105.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
<b>Totals:</b>			<b>27.37</b>	<b>28.52</b>	<b>20.66</b>	<b>401.79</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Ginger Beef &amp; Broccoli (see recipe)</b>						
1	serving (3 oz)	Beef, bottom sirloin, tri-tip steak, lean and fat, 0" trim	25.47	0.00	12.90	225.25
2	cups (1" pieces)	Broccoli	5.80	13.50	0.79	68.40
1	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
<b>Totals:</b>			<b>31.27</b>	<b>13.50</b>	<b>27.70</b>	<b>413.65</b>
<b>Actual Totals for Day 7</b>			<b>75.09</b>	<b>72.38</b>	<b>72.77</b>	<b>1205.28</b>

## DAY # 8

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Blueberry Smoothie</b>						
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	Chia seeds, ground	4.43	12.43	8.72	138.92
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>10.84</b>	<b>44.07</b>	<b>22.79</b>	<b>386.63</b>
<b>AM Snack - Celery &amp; Almond Butter</b>						
1	tablespoon	Almond butter	2.40	3.40	9.50	101.00
4	stalks, medium	Celery, raw	1.10	4.75	0.27	22.40
<b>Totals:</b>			<b>3.50</b>	<b>8.15</b>	<b>9.77</b>	<b>123.40</b>
<b>Lunch - Butternut Squash Soup (see recipe)</b>						
1	serving (3 oz)	Beef, bottom sirloin, tri-tip steak, lean and fat, 0" trim	25.47	0.00	12.90	225.25
1	cup	Squash, butternut	5.70	9.84	0.22	51.52
1/2	tablespoon	Coconut oil	0.00	0.00	6.80	58.50
1	cup	Soup	2.02	12.14	0.76	55.66
<b>Totals:</b>			<b>33.20</b>	<b>21.99</b>	<b>20.68</b>	<b>390.93</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Buffalo Chicken Wings in "Peanut Sauce" (see recipe)</b>						
1	tablespoon	Peanut butter	2.40	3.40	9.50	101.00
3	ounce(s)	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
<b>Totals:</b>			<b>21.90</b>	<b>3.40</b>	<b>24.70</b>	<b>324.00</b>
<b>Actual Totals for Day 8</b>			<b>69.45</b>	<b>77.61</b>	<b>77.95</b>	<b>1224.96</b>

## DAY # 9

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Bacon, Eggs &amp; Grapefruit</b>						
2	large	Eggs, organic	12.00	0.00	10.00	140.00
1	each	Grapefruit, pink or red 4" diam.	1.20	23.80	0.20	92.00
2	slices, cooked	Pork, cured, bacon	5.93	0.23	6.68	86.56
<b>Totals:</b>			<b>19.13</b>	<b>24.03</b>	<b>16.88</b>	<b>318.56</b>
<b>AM Snack - Avocado &amp; Peppers</b>						
1/4	cup	Avocado - pureed	1.15	4.25	8.80	92.50
1	each	Pepper, red or green	2.80	19.20	0.40	80.00
<b>Totals:</b>			<b>3.95</b>	<b>23.45</b>	<b>9.20</b>	<b>172.50</b>
<b>Lunch - Curried Fish &amp; Vegetables (see recipe)</b>						
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
3	ounce(s)	Fish, 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, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
<b>Totals:</b>			<b>25.05</b>	<b>22.70</b>	<b>21.71</b>	<b>391.36</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Sausage &amp; Tomatoes (see recipe)</b>						
1/2	cup, chopped	Broccoli, steamed	1.86	5.60	0.32	27.30
1	cup	Tomatoes, chopped	3.17	18.08	0.49	90.28
3	each	Sausage (see recipe)	20.00	8.00	8.00	200.00
<b>Totals:</b>			<b>26.05</b>	<b>41.69</b>	<b>9.21</b>	<b>359.43</b>
<b>Actual Totals for Day 9</b>			<b>74.18</b>	<b>111.88</b>	<b>57.01</b>	<b>1241.85</b>

## DAY # 10

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Eggs with Avocado &amp; Almonds with Blueberries</b>						
1/2	ounce(s)	Almonds, raw	3.00	3.05	7.00	81.50
1/2	cup, sliced	Avocados, 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	large	Eggs, organic	12.00	0.00	10.00	140.00
<b>Totals:</b>			<b>17.00</b>	<b>19.78</b>	<b>27.94</b>	<b>379.62</b>
<b>AM Snack - Walnuts &amp; Peppers</b>						
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
<b>Totals:</b>			<b>5.74</b>	<b>12.82</b>	<b>18.71</b>	<b>221.86</b>
<b>Lunch - Chicken with Mushrooms &amp; Cauliflower</b>						
1	cup, (1" pieces)	Cauliflower, steamed	2.28	5.10	0.56	28.52
3	ounce(s)	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, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
<b>Totals:</b>			<b>24.15</b>	<b>9.46</b>	<b>14.51</b>	<b>266.60</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Steak, Broccoli &amp; Seeds</b>						
1	serving (3 oz)	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
<b>Totals:</b>			<b>26.63</b>	<b>10.90</b>	<b>25.32</b>	<b>368.73</b>
<b>Actual Totals for Day 10</b>			<b>73.51</b>	<b>52.97</b>	<b>86.48</b>	<b>1236.81</b>

## DAY # 11

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Breakfast Smoothie - Blend Ingredients</b>						
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 bottled, generic	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>9.64</b>	<b>36.69</b>	<b>17.54</b>	<b>322.76</b>
<b>AM Snack - Apple &amp; Almond Butter</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.00</b>
<b>Lunch - Butternut Squash &amp; Fish</b>						
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	ounce(s)	Halibut, broiled	22.50	0.00	3.00	120.00
1	cup, mashed	Squash, butternut, baked	2.95	24.12	0.17	93.60
<b>Totals:</b>			<b>25.45</b>	<b>24.12</b>	<b>16.77</b>	<b>330.60</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Shrimp &amp; Salad</b>						
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, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
4	ounce(s)	Shrimp, boiled or steamed	23.68	0.00	1.20	112.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
<b>Totals:</b>			<b>26.31</b>	<b>19.90</b>	<b>22.60</b>	<b>391.66</b>
<b>Actual Totals for Day 11</b>			<b>64.10</b>	<b>105.12</b>	<b>66.91</b>	<b>1227.02</b>

## DAY # 12

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Yogurt with Strawberries, Chia &amp; Cinnamon</b>						
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, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	ounce(s)	Yogurt, Greek, non-fat	15.00	5.83	0.00	83.33
<b>Totals:</b>			<b>20.60</b>	<b>32.64</b>	<b>9.27</b>	<b>279.89</b>
<b>AM Snack - Avocado &amp; Cucumber</b>						
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
<b>Totals:</b>			<b>3.10</b>	<b>11.30</b>	<b>17.60</b>	<b>199.00</b>
<b>Lunch - Steak Salad</b>						
3	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, cooked	23.00	0.00	7.00	164.90
1/2	cup, slices	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, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>26.99</b>	<b>28.21</b>	<b>21.94</b>	<b>424.20</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Sausage &amp; Stir-Fry Veggies</b>						
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	1.28	6.18	0.14	31.24
4	ounce(s)	Sausage, Italian, turkey, smoked	16.86	5.21	9.80	176.96
<b>Totals:</b>			<b>19.49</b>	<b>21.40</b>	<b>17.21</b>	<b>310.28</b>
<b>Actual Totals for Day 12</b>			<b>70.17</b>	<b>93.55</b>	<b>66.03</b>	<b>1213.37</b>



## DAY # 13

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Almond Flour Biscuits (see recipe)</b>						
1	tablespoon	Almond butter	2.40	3.40	9.50	101.00
3	each	Biscuits	6.73	30.97	16.37	298.59
<b>Totals:</b>			<b>9.13</b>	<b>34.37</b>	<b>25.87</b>	<b>399.59</b>
<b>AM Snack - Hard-Boiled Egg &amp; Celery</b>						
4	each	Celery, raw stalk trimmed	2.00	8.00	0.00	40.00
1	large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
<b>Totals:</b>			<b>8.29</b>	<b>8.56</b>	<b>5.30</b>	<b>117.50</b>
<b>Lunch - Sausage with Squash &amp; Tomato Sauce</b>						
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
2	links	Pork Sausage, cooked	9.33	0.00	13.61	162.72
1	cup, sliced	Zucchini, 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
<b>Totals:</b>			<b>13.09</b>	<b>26.13</b>	<b>28.35</b>	<b>408.51</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Steak &amp; Veggies</b>						
8	spears	Asparagus, baked	3.54	2.30	0.50	21.60
3	ounce(s)	Beef, Organic Flank, separable lean only, trimmed	23.00	0.00	7.00	164.90
1/2	cup	Bok Choy, boiled, steamed	1.00	1.00	0.00	10.00
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
<b>Totals:</b>			<b>27.54</b>	<b>3.30</b>	<b>21.10</b>	<b>313.50</b>
<b>Evening Snack - Herbal Tea</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Actual Totals for Day 13</b>			<b>58.04</b>	<b>72.36</b>	<b>80.63</b>	<b>1239.10</b>

## DAY # 14

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Sausage with Tomatoes &amp; Spinach</b>						
2	ounce(s)	Beef, cured, sausage, smoked	8.00	1.37	15.26	176.90
1	cup	Spinach, steamed	5.40	6.80	0.40	42.00
3	slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
<b>Totals:</b>			<b>13.40</b>	<b>8.17</b>	<b>15.66</b>	<b>230.90</b>
<b>AM Snack - Hard-Boiled Egg &amp; Carrots</b>						
1	large	Carrots, baby, raw	0.10	1.24	0.02	5.25
1	large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
<b>Totals:</b>			<b>6.10</b>	<b>1.24</b>	<b>5.02</b>	<b>75.25</b>
<b>Lunch - Tuna Salad</b>						
2	each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
1	tablespoon	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, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1/2	ounce	Seeds, pumpkin raw	4.67	1.90	5.97	73.99
1	cup	Tuna solid white, in water, reg. can	60.00	4.00	4.00	280.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>68.37</b>	<b>33.94</b>	<b>11.77</b>	<b>504.14</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Lamb &amp; Spaghetti Squash</b>						
4	ounce(s)	Lamb, leg, shank half, lean and fat, 1/4" trim, choice	21.07	0.00	15.30	227.93
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	cup	Squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
<b>Totals:</b>			<b>22.09</b>	<b>10.01</b>	<b>29.70</b>	<b>399.78</b>
<b>Evening Snack - Herbal tea</b>						
1	cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
<b>Totals:</b>			<b>0.00</b>	<b>0.47</b>	<b>0.00</b>	<b>2.37</b>
<b>Actual Totals for Day 14</b>			<b>109.96</b>	<b>53.84</b>	<b>62.15</b>	<b>1212.45</b>

## DAY # 15

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Egg Veggie Scramble with Grapefruit</b>						
2	large	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, pieces	Mushrooms, stir fry	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, boiled, drained	0.00	3.00	0.00	14.40
<b>Totals:</b>			<b>14.99</b>	<b>31.83</b>	<b>24.57</b>	<b>392.24</b>
<b>AM Snack - Apple &amp; Almond Butter</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.00</b>
<b>Lunch - Salmon &amp; Veggies</b>						
1/2	ounce(s)	Almonds, raw	3.00	3.05	7.00	81.50
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
3	ounce(s)	Salmon, broiled	18.81	0.00	10.50	174.00
<b>Totals:</b>			<b>25.52</b>	<b>14.25</b>	<b>18.14</b>	<b>310.10</b>
<b>PM Snack - Green Tea</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Non-Dairy Chicken Alfredo (see recipe)</b>						
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1/2	cup, pieces	Mushrooms, stir-fried	1.69	4.13	0.37	21.84
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
3	ounce(s)	Chicken, white	15.00	6.00	6.00	150.00
<b>Totals:</b>			<b>20.75</b>	<b>26.49</b>	<b>14.13</b>	<b>313.38</b>
<b>Actual Totals for Day 15</b>			<b>63.96</b>	<b>96.96</b>	<b>66.84</b>	<b>1197.72</b>

## DAY # 16

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Kefir, Strawberries, Chia &amp; Seeds</b>						
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	Seeds, pumpkin raw	4.67	1.90	5.97	73.99
1	cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<b>Totals:</b>			<b>15.62</b>	<b>32.01</b>	<b>16.15</b>	<b>316.55</b>
<b>AM Snack - Hard-Boiled Egg &amp; Peppers</b>						
1	large	Eggs, organic, hard boiled	6.00	0.00	5.00	70.00
1	cup, strips	Peppers, sweet, red, raw	1.24	9.04	0.27	37.80
<b>Totals:</b>			<b>7.24</b>	<b>9.04</b>	<b>5.27</b>	<b>107.80</b>
<b>Lunch - Fish Wraps with Lettuce Leaves</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	cup	Brussels sprouts, baked	2.97	7.88	0.26	37.84
3	ounce(s)	Halibut, broiled	22.50	0.00	3.00	120.00
4	leaf, 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, cubes	Squash, butternut, baked, no salt	1.84	21.50	0.18	82.00
<b>Totals:</b>			<b>31.00</b>	<b>41.55</b>	<b>21.38</b>	<b>445.88</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Hamburger &amp; Portabella Mushrooms with Asparagus</b>						
4	spears (1/2" base)	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	piece, whole	Mushrooms, Portabella, raw	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
<b>Totals:</b>			<b>29.37</b>	<b>15.02</b>	<b>17.31</b>	<b>321.58</b>
<b>Actual Totals for Day 16</b>			<b>83.23</b>	<b>97.63</b>	<b>60.11</b>	<b>1191.81</b>

## DAY # 17

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Fruit Salad with Cinnamon</b>						
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	Strawberries, raw	0.25	2.92	0.11	12.16
<b>Totals:</b>			<b>5.31</b>	<b>18.38</b>	<b>18.79</b>	<b>240.93</b>
<b>AM Snack - Avocado &amp; Celery</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	each	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
<b>Totals:</b>			<b>4.30</b>	<b>16.50</b>	<b>17.60</b>	<b>225.00</b>
<b>Lunch - Rosemary Chicken &amp; Mushroom Glaze (see recipe)</b>						
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
2	tablespoons	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, sliced	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
10	nuts	Hazelnuts raw	2.09	2.34	8.51	87.92
<b>Totals:</b>			<b>23.72</b>	<b>5.51</b>	<b>37.10</b>	<b>433.43</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Sushi/Sashimi with Seaweed Salad</b>						
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
1	tablespoons	Seeds, sesame seeds, whole, dried	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
<b>Totals:</b>			<b>37.33</b>	<b>16.00</b>	<b>10.87</b>	<b>305.72</b>
<b>Actual Totals for Day 17</b>			<b>70.66</b>	<b>56.39</b>	<b>84.36</b>	<b>1205.08</b>

## DAY # 18

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Kefir, Berries, Hemp &amp; Walnuts</b>						
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
<b>Totals:</b>			<b>11.72</b>	<b>34.26</b>	<b>14.61</b>	<b>301.17</b>
<b>AM Snack - Apple &amp; Almond Butter</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.00</b>
<b>Lunch - Beef &amp; Broccoli Stir-Fry</b>						
1	cup	Alfalfa seeds, sprouted, raw	1.32	1.25	0.23	9.57
3	ounce(s)	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, boiled, drained, no salt	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	0.14	0.58	0.09	3.15
<b>Totals:</b>			<b>27.31</b>	<b>8.43</b>	<b>14.44</b>	<b>273.42</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Sausage, Yam &amp; Coleslaw</b>						
1	cup	Brussels sprouts, 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, cubes	Yam, baked	1.01	18.75	0.10	78.88
<b>Totals:</b>			<b>12.81</b>	<b>40.15</b>	<b>30.00</b>	<b>456.82</b>
<b>Actual Totals for Day 18</b>			<b>54.54</b>	<b>107.24</b>	<b>69.05</b>	<b>1213.41</b>

## DAY # 19

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Green Eggs &amp; Ham (see recipe)</b>						
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	slice, cooked	Pork, cured, bacon, baked	5.79	0.22	7.01	88.78
<b>Totals:</b>			<b>17.79</b>	<b>0.22</b>	<b>31.01</b>	<b>358.78</b>
<b>AM Snack - Avocado, Salsa &amp; Peppers</b>						
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
<b>Totals:</b>			<b>3.58</b>	<b>15.41</b>	<b>17.85</b>	<b>216.80</b>
<b>Lunch - Fish &amp; Stir-Fry Veggies</b>						
8	spears	Asparagus, boiled, drained	2.88	4.93	0.26	26.40
1/3	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	ounce(s)	Fish, trout, rainbow, wild, cooked,	19.48	0.00	4.95	127.50
<b>Totals:</b>			<b>23.36</b>	<b>9.93</b>	<b>18.81</b>	<b>295.90</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Slow Cooking Pork Loin (see recipe)</b>						
1	ounce(s)	Cashews, raw	5.00	9.00	13.00	160.00
4	ounce(s)	Pork loin	24.00	0.00	0.00	124.00
<b>Totals:</b>			<b>29.00</b>	<b>9.00</b>	<b>13.00</b>	<b>284.00</b>
<b>Actual Totals for Day 19</b>			<b>73.73</b>	<b>34.56</b>	<b>80.67</b>	<b>1155.48</b>

## DAY # 20

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Breakfast Stir Fry (see recipe)</b>						
1	tablespoon	Almond butter	2.40	3.40	9.50	101.00
2	large	Eggs, organic	12.00	0.00	10.00	140.00
<b>Totals:</b>			<b>18.30</b>	<b>19.20</b>	<b>23.40</b>	<b>359.00</b>
<b>AM Snack - Cucumber &amp; Tomato Salad with Olives</b>						
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 (small-extra large)	0.20	1.50	2.56	27.60
1/2	cup	Tomatoes, red, ripe, canned, whole, no salt added	1.10	5.24	0.16	22.80
<b>Totals:</b>			<b>2.11</b>	<b>9.55</b>	<b>9.72</b>	<b>124.40</b>
<b>Lunch - Lettuce Wrap with Turkey</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	leaf, 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	ounce(s)	Turkey breast slices, nitrate free	21.00	0.00	0.00	75.00
<b>Totals:</b>			<b>26.81</b>	<b>14.09</b>	<b>27.07</b>	<b>370.60</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Faux Spaghetti &amp; Meat Sauce with Kale &amp; Olives</b>						
1	serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, crumbles, pan-browned	24.79	0.00	6.44	164.05
1	cup, chopped	Kale, steamed	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, canned (small-extra large)	0.13	1.00	1.71	18.40
3	ounce(s)	Shiritaki 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
<b>Totals:</b>			<b>28.98</b>	<b>18.36</b>	<b>22.92</b>	<b>393.99</b>
<b>Actual Totals for Day 20</b>			<b>76.20</b>	<b>61.20</b>	<b>83.10</b>	<b>1247.99</b>



## DAY # 21

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Fruit Salad with Cinnamon (see recipe)</b>						
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
<b>Totals:</b>			<b>14.94</b>	<b>13.91</b>	<b>19.74</b>	<b>282.32</b>
<b>AM Snack - Coconut Milk &amp; Seeds</b>						
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
<b>Totals:</b>			<b>5.52</b>	<b>7.64</b>	<b>11.56</b>	<b>155.01</b>
<b>Lunch - Egg, Sausage &amp; Yams</b>						
1/2	link (4" long)	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, cubes	Yam, baked	1.01	18.75	0.10	78.88
<b>Totals:</b>			<b>20.24</b>	<b>19.31</b>	<b>35.18</b>	<b>472.38</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Dijon Almond Crusted Almond Salmon(see recipe)</b>						
3	ounce(s)	Salmon, wild	22.19	0.00	26.32	332.35
<b>Totals:</b>			<b>22.19</b>	<b>0.00</b>	<b>26.32</b>	<b>332.35</b>
<b>Actual Totals for Day 21</b>			<b>62.89</b>	<b>40.85</b>	<b>92.79</b>	<b>1242.06</b>

## DAY # 22

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Tex Mex Breakfast Scramble (See Recipe)</b>						
2	ounce(s)	Chicken breast, white meat	13.00	0.00	0.80	62.00
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
2	large	Eggs, Organic Valley large brown egg, hard-	12.00	0.00	10.00	140.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
<b>Totals:</b>			<b>26.28</b>	<b>6.91</b>	<b>24.65</b>	<b>348.80</b>
<b>AM Snack - Celery &amp; Avocado Puree</b>						
1/4	cup	Avocado, pureed	1.15	4.25	8.80	92.50
4	stalks	Celery, raw	1.10	4.75	0.27	22.40
<b>Totals:</b>			<b>2.25</b>	<b>9.00</b>	<b>9.07</b>	<b>114.90</b>
<b>Lunch - Spinach &amp; Shrimp Salad</b>						
4 1/2	ounces(s)	Crustaceans, shrimp, moist heat	26.66	0.00	1.38	126.22
1	cup, sliced	Cucumber, peeled, raw	0.70	2.57	0.19	14.28
1	cup slices	Cucumber, with peel, raw	0.68	3.78	0.11	15.60
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
3	cups	Spinach, raw	2.57	3.27	0.35	20.70
4	slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
<b>Totals:</b>			<b>30.64</b>	<b>10.52</b>	<b>16.03</b>	<b>317.47</b>
<b>PM Snack - Green Tea</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Chicken With Kale, Onion &amp; Sweet Potato</b>						
1	tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
4	ounce(s)	Chicken breast, white meat	26.00	0.00	1.60	124.00
1	cup, chopped	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
2	tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>30.79</b>	<b>46.73</b>	<b>13.83</b>	<b>428.14</b>
<b>Actual Totals for Day 22</b>			<b>89.96</b>	<b>73.16</b>	<b>63.59</b>	<b>1209.31</b>

## DAY # 23

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Blueberry Smoothie</b>						
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
2	scoops	Protein powder	24.00	8.00	3.00	150.00
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>26.07</b>	<b>31.01</b>	<b>21.08</b>	<b>389.65</b>
<b>AM Snack - Apple &amp; Pumpkin Seeds</b>						
1	each	Apple, medium with peel	0.30	21.10	0.00	81.00
1/2	ounce(s)	Seeds, pumpkin and squash seed kernels, roasted, no salt	4.67	1.90	5.97	73.99
<b>Totals:</b>			<b>4.97</b>	<b>23.00</b>	<b>5.97</b>	<b>154.99</b>
<b>Lunch - Beef &amp; Chili Sweet Potato (See Recipe)</b>						
3	ounce(s)	Beef, ground, 95% lean meat / 5% fat, crumbles, pan-	24.79	0.00	6.44	164.05
1	cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>26.79</b>	<b>37.60</b>	<b>6.64</b>	<b>322.05</b>
<b>PM Snack - Green Tea</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Salmon, Asparagus &amp; Salad</b>						
8	spears	Asparagus, boiled, drained	2.88	4.93	0.26	26.40
1/2	tablespoon	Coconut oil	0.00	0.00	6.80	58.50
1	medium	Salad, med. garden w/tomato, onion	1.95	14.25	0.60	74.00
3	ounce(s)	Salmon, broiled	18.81	0.00	10.50	174.00
1	tablespoon	Vinegar, cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>23.64</b>	<b>19.32</b>	<b>18.16</b>	<b>336.05</b>
<b>Actual Totals for Day 23</b>			<b>81.48</b>	<b>110.94</b>	<b>51.86</b>	<b>1202.74</b>

## DAY # 24

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Eggs, Pear &amp; Cashew Butter</b>						
2	large	Eggs, Organic Valley large brown egg, hard-boiled	12.00	0.00	10.00	140.00
1	tablespoon	Cashew butter, plain, no salt added	2.81	4.41	7.91	93.92
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>15.51</b>	<b>29.51</b>	<b>17.91</b>	<b>331.92</b>
<b>AM Snack - Tomato &amp; Cucumber Salad</b>						
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
3	slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
<b>Totals:</b>			<b>0.83</b>	<b>3.70</b>	<b>7.00</b>	<b>90.66</b>
<b>Lunch - Ginger Beef &amp; Broccoli (See Recipe)</b>						
3	ounce(s)	Beef, tenderloin, lean and fat, 0" trim, all grades, broiled	23.44	0.00	9.45	185.30
1	cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
<b>Totals:</b>			<b>29.15</b>	<b>9.84</b>	<b>23.27</b>	<b>353.82</b>
<b>PM Snack - Green Tea</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Chicken Fajitas with Lettuce Wraps</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	ounce(s)	Chicken breast, white meat	26.00	0.00	1.60	124.00
6	leaf, outer	Lettuce, cos or romaine, raw	2.07	5.51	0.50	28.56
3	tablespoons	Onion, chopped	0.30	2.70	0.00	12.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
3	tablespoons	Salsa, chunky medium, Pace	0.00	0.00	0.00	6.00
<b>Totals:</b>			<b>33.42</b>	<b>32.61</b>	<b>20.40</b>	<b>424.10</b>
<b>Actual Totals for Day 24</b>			<b>78.91</b>	<b>75.67</b>	<b>68.58</b>	<b>1200.50</b>

## DAY # 25

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Cherry Smoothie</b>						
1	cup, without pits	Cherries, sour, red, raw	1.55	18.88	0.47	77.50
2	scoops	Protein powder	24.00	8.00	3.00	150.00
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>26.55</b>	<b>28.88</b>	<b>7.46</b>	<b>267.50</b>
<b>AM Snack - Dates &amp; Walnuts</b>						
2	dates, pitted	Dates, medjool	0.87	35.99	0.07	132.96
1/2	ounce(s)	Walnuts, English	2.13	1.92	9.13	91.56
<b>Totals:</b>			<b>3.00</b>	<b>37.91</b>	<b>9.20</b>	<b>224.52</b>
<b>Lunch - Chicken Fajitas Leftovers</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	ounce(s)	Chicken breast, white meat	26.00	0.00	1.60	124.00
2	tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
3	tablespoons	Salsa, chunky medium, Pace	0.00	0.00	0.00	6.00
<b>Totals:</b>			<b>31.26</b>	<b>26.20</b>	<b>19.90</b>	<b>391.54</b>
<b>PM Snack - Green Tea</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Curried Fish &amp; Vegetables</b>						
1	cup, shredded	Cabbage, boiled, drained, no salt	1.53	6.69	0.65	33.00
1	cup, slices	Carrots, boiled, drained, no salt	1.19	12.82	0.28	54.60
3	ounce(s)	Fish, whitefish, cooked, dry heat	20.80	0.00	6.38	146.20
3	tablespoons	Coconut milk, canned	0.91	1.26	9.60	88.65
<b>Totals:</b>			<b>24.42</b>	<b>20.78</b>	<b>16.91</b>	<b>322.45</b>
<b>Actual Totals for Day 25</b>			<b>85.23</b>	<b>113.76</b>	<b>53.47</b>	<b>1206.01</b>

## DAY # 26

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Mushroom &amp; Egg Scramble</b>						
2	large	Eggs, Organic Valley large brown egg, hard-boiled	12.00	0.00	10.00	140.00
1	cup	Kale, chopped, sautéed	2.00	6.00	0.00	34.00
1/2	cup, pieces	Mushrooms, boiled, drained, no salt	1.69	4.13	0.37	21.84
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
<b>Totals:</b>			<b>15.69</b>	<b>10.13</b>	<b>24.37</b>	<b>315.84</b>
<b>AM Snack - Apple &amp; Pumpkin Seeds</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	ounce(s)	Seeds, pumpkin and squash seed kernels, dried	6.96	5.05	13.00	153.37
<b>Totals:</b>			<b>7.26</b>	<b>26.05</b>	<b>13.50</b>	<b>234.37</b>
<b>Lunch - Tuna Wraps with Walnuts</b>						
2	each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
4	leaf, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	tablespoon	Mayo, organic, light	0.00	1.00	3.00	35.00
1/2	ounce(s)	Walnuts, English	2.13	1.92	9.13	91.56
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
2	slices	Tomato, sliced, organic	0.00	0.00	0.00	8.00
3	ounce(s)	Tuna solid white, in water sm. can	22.50	1.50	1.50	105.00
<b>Totals:</b>			<b>27.11</b>	<b>12.99</b>	<b>13.97</b>	<b>282.60</b>
<b>PM Snack - Green Tea</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Halibut With Dijon &amp; Almonds (See Recipe)</b>						
1/2	ounce(s)	Almonds, raw	3.00	3.05	7.00	81.50
1	tablespoon	Dijon mustard	0.00	0.00	0.00	15.00
4	ounce(s)	Halibut, broiled	30.00	0.00	4.00	160.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
<b>Totals:</b>			<b>33.00</b>	<b>3.05</b>	<b>25.00</b>	<b>376.50</b>
<b>Actual Totals for Day 26</b>			<b>83.06</b>	<b>52.22</b>	<b>76.83</b>	<b>1209.31</b>

## DAY # 27

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Smoked Salmon Scrambled Eggs (See Recipe)</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
2	large	Eggs, Organic Valley large brown egg, hard-	12.00	0.00	10.00	140.00
2	ounce(s)	Fish, salmon, Chinook, smoked, (lox), regular	10.24	0.00	2.42	65.52
<b>Totals:</b>			<b>24.54</b>	<b>8.50</b>	<b>30.02</b>	<b>390.52</b>
<b>AM Snack - Pear</b>						
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Lunch - Turkey Spinach Salad</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
3	cups	Spinach, raw	2.57	3.27	0.35	20.70
3	slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
4	ounce(s)	Turkey breast, white meat	34.00	0.00	0.80	152.00
<b>Totals:</b>			<b>38.87</b>	<b>11.77</b>	<b>18.75</b>	<b>369.70</b>
<b>PM Snack - Green Tea</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Salmon &amp; Butternut Squash</b>						
1	cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
3	ounce(s)	Salmon, broiled	18.81	0.00	10.50	174.00
1	cup, mashed	Squash, winter, butternut, frozen, boiled, no salt	2.95	24.12	0.17	93.60
<b>Totals:</b>			<b>27.47</b>	<b>33.96</b>	<b>17.89</b>	<b>379.12</b>
<b>Actual Totals for Day 27</b>			<b>91.58</b>	<b>79.33</b>	<b>66.66</b>	<b>1237.34</b>

## DAY # 28

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Sausage &amp; Sweet Potato</b>						
2	links	Sausage, turkey, breakfast links, mild	8.64	0.87	10.13	131.60
2	cups	Spinach, raw	1.72	2.18	0.23	13.80
4	slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
1	cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>12.35</b>	<b>40.65</b>	<b>10.56</b>	<b>319.40</b>
<b>AM Snack - Blueberries &amp; Almonds</b>						
1/2	ounce(s)	Almonds, raw	3.00	3.05	7.00	81.50
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
<b>Totals:</b>			<b>4.07</b>	<b>24.06</b>	<b>7.48</b>	<b>164.15</b>
<b>Lunch - Turkey Vegetable Meatballs (See Recipe)</b>						
1/2	tablespoon	Butter, no salt	0.06	0.00	5.75	50.87
1/2	cup, pieces	Mushrooms, boiled, drained, no salt	1.69	4.13	0.37	21.84
1	cup	Squash, winter, spaghetti, boiled, drained, or 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
3	each	Turkey meatballs	15.00	6.00	6.00	150.00
<b>Totals:</b>			<b>20.95</b>	<b>38.22</b>	<b>13.01</b>	<b>354.84</b>
<b>PM Snack - Green Tea</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Grilled Shrimp &amp; Veggies On A Stick</b>						
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
5	ounce(s)	Shrimp, boiled or steamed	29.60	0.00	1.50	140.00
2	large	Squash, zucchini, baby, raw	0.87	1.00	0.13	6.72
<b>Totals:</b>			<b>37.09</b>	<b>21.26</b>	<b>16.68</b>	<b>363.34</b>
<b>Actual Totals for Day 28</b>			<b>74.46</b>	<b>124.19</b>	<b>47.74</b>	<b>1201.73</b>



# 1900 Calories Paleo Meal Plan

## DAY # 1

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Omelet with Peppers</b>						
1	cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	1/2 tablespoon	Coconut oil	0.00	0.00	20.40	175.50
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
<b>Totals:</b>			<b>26.62</b>	<b>34.10</b>	<b>37.16</b>	<b>544.04</b>
<b>AM Snack - Apple, Almond Butter &amp; Celery</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
5	each	Celery, raw stalk trimmed	2.50	10.00	0.00	50.00
<b>Totals:</b>			<b>5.20</b>	<b>34.40</b>	<b>10.00</b>	<b>232.00</b>
<b>Lunch - Lettuce Tuna Wrap</b>						
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
4	leaves, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
6	ounce(s)	Tuna, in water	30.00	0.00	2.00	180.00
<b>Totals:</b>			<b>39.48</b>	<b>22.92</b>	<b>20.16</b>	<b>439.56</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Steak, Mushrooms &amp; Spinach Salad with Oil &amp; Balsamic</b>						
6	ounce(s)	Beef, top sirloin, lean only, 1/4" trim, choice, broiled	51.63	0.00	13.60	343.40
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1/2	cup, sliced	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
2	tablespoons	Olive oil, pure	0.00	0.00	28.00	260.00
2	cups	Spinach, raw	1.72	2.18	0.23	13.80
1	small	Tomato, sm. sliced	1.00	5.70	0.40	26.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
<b>Totals:</b>			<b>57.13</b>	<b>14.66</b>	<b>42.41</b>	<b>680.57</b>
<b>Actual Totals for Day 1</b>			<b>128.44</b>	<b>106.08</b>	<b>109.73</b>	<b>1896.17</b>

## DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Sausage, Nuts &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	ounce(s)	Cashews , raw	5.00	9.00	13.00	160.00
2	medium	Sausage	24.00	4.00	28.00	380.00
<b>Totals:</b>			<b>29.30</b>	<b>34.00</b>	<b>41.50</b>	<b>621.00</b>
<b>AM Snack - Hard-Boiled Egg &amp; Sauerkraut</b>						
2	each	Eggs, whole	13.40	2.60	14.60	200.00
1	cup	Sauerkraut	1.28	6.18	0.14	31.24
<b>Totals:</b>			<b>14.68</b>	<b>8.78</b>	<b>14.74</b>	<b>231.24</b>
<b>Lunch - Salad with Chicken &amp; Dressing</b>						
1/2	cup, sliced	Avocado	1.46	6.23	10.70	116.80
8	medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
6	ounce(s)	Chicken breast / white meat	36.00	0.00	0.00	186.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
3	cups	Spinach, raw	2.57	3.27	0.35	20.70
1	small	Tomato, sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
<b>Totals:</b>			<b>41.60</b>	<b>23.59</b>	<b>25.56</b>	<b>506.83</b>
<b>PM Snack - Green Tea &amp; apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Lamb &amp; Spaghetti Squash (see recipe)</b>						
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1/2	cup, mashed	Zucchini, baked	0.77	4.72	0.06	19.20
1	cup	Squash, winter, 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
5	ounce(s)	Lamb	25.00	10.00	10.00	250.00
<b>Totals:</b>			<b>32.53</b>	<b>51.03</b>	<b>11.47</b>	<b>441.73</b>
<b>Actual Totals for Day 2</b>			<b>118.41</b>	<b>138.40</b>	<b>93.77</b>	<b>1881.80</b>

## DAY # 3

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Eggs, Avocado, Salsa &amp; Almonds</b>						
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1/2	cup, sliced	Avocados	1.46	6.23	10.70	116.80
3	large	Eggs, organic	18.00	0.00	15.00	210.00
3	tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	6.00
<b>Totals:</b>			<b>25.46</b>	<b>12.33</b>	<b>39.70</b>	<b>495.80</b>
<b>AM Snack - Cashews &amp; Watermelon</b>						
1	ounce(s)	Cashews, raw	5.00	9.00	13.00	160.00
1	cup, diced	Watermelon	0.93	11.48	0.23	45.60
<b>Totals:</b>			<b>5.93</b>	<b>20.48</b>	<b>13.23</b>	<b>205.60</b>
<b>Lunch - Tasty Tuna Salad (see recipe)</b>						
8	spears	Asparagus	3.54	2.30	0.50	21.60
6	ounce(s)	Tuna, canned in water	45.00	0.00	2.00	240.00
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>55.40</b>	<b>25.28</b>	<b>25.56</b>	<b>545.87</b>
<b>PM Snack - Green Tea &amp; Blueberries</b>						
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>1.07</b>	<b>21.01</b>	<b>0.48</b>	<b>82.65</b>
<b>Dinner - Turkey Burger with Grilled Mushrooms &amp; Side Spinach</b>						
1	cup, slices	Mushrooms, Portabella, grilled	5.17	5.94	0.91	42.35
1	tablespoon	Olive Oil, extra virgin	0.00	0.00	14.00	120.00
2	cups	Spinach, steamed	10.80	13.60	0.80	84.00
200	gram(s)	Turkey burger	37.50	0.00	16.07	321.43
<b>Totals:</b>			<b>53.47</b>	<b>19.54</b>	<b>31.78</b>	<b>567.78</b>
<b>Actual Totals for Day 3</b>			<b>141.33</b>	<b>98.64</b>	<b>110.75</b>	<b>1897.70</b>

## DAY # 4

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Smoked Salmon Eggs &amp; Onions</b>						
3	large	Eggs, organic	18.00	0.00	15.00	210.00
3	ounce(s)	Fish, salmon, smoked, (lox), regular	15.36	0.00	3.63	98.28
1	tablespoon, chopped	Onions, spring or scallions, raw	0.11	0.44	0.01	1.92
1	cup, slices	Peaches, raw	1.55	16.22	0.42	66.30
2	cups	Spinach, steamed	10.80	13.60	0.80	84.00
<b>Totals:</b>			<b>45.81</b>	<b>30.26</b>	<b>19.87</b>	<b>460.50</b>
<b>AM Snack - Apple, Almond Butter &amp; Cucumber</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
<b>Totals:</b>			<b>3.50</b>	<b>27.20</b>	<b>10.00</b>	<b>196.00</b>
<b>Lunch - Chicken, Avocado, Coleslaw &amp; Seeds</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
5	ounce(s)	Chicken breast / white meat	30.00	0.00	0.00	155.00
1	cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	ounce	Seeds, pumpkin, raw	9.35	3.81	11.94	147.99
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>45.79</b>	<b>46.34</b>	<b>40.48</b>	<b>731.94</b>
<b>PM Snack - Green Tea &amp; Watermelon</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	cup, diced	Watermelon, raw	0.93	11.48	0.23	45.60
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.93</b>	<b>11.48</b>	<b>0.23</b>	<b>45.60</b>
<b>Dinner - Turkey Vegetable Meatballs (see recipe)</b>						
1	serving (5 fl oz)	Alcoholic Beverage, wine, red, Cabernet Sauvignon	0.10	3.82	0.00	123.48
3	ounce(s)	Ground Turkey, lean	21.67	0.00	29.01	354.45
<b>Totals:</b>			<b>21.77</b>	<b>3.82</b>	<b>29.01</b>	<b>477.93</b>
<b>Actual Totals for Day 4</b>			<b>117.80</b>	<b>119.10</b>	<b>99.58</b>	<b>1911.97</b>

## DAY # 5

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Green Smoothie</b>						
1	each	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
3	tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
1	cup, chopped	Kale, raw	2.21	6.71	0.47	33.50
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
<b>Totals:</b>			<b>16.98</b>	<b>45.49</b>	<b>25.70</b>	<b>463.02</b>
<b>AM Snack - Hard-Boiled Eggs &amp; Nuts</b>						
2	large	Eggs, organic hard boiled	12.00	0.00	10.00	140.00
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
<b>Totals:</b>			<b>16.26</b>	<b>3.84</b>	<b>28.26</b>	<b>323.12</b>
<b>Lunch - Beef &amp; Sweet Potato Chili (see recipe)</b>						
3	ounce(s)	Ground beef, lean	21.67	0.00	29.01	354.45
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1/2	tablespoon	Coconut oil	0.00	0.00	6.80	58.50
2	slices	Pineapple, fresh	0.60	20.80	0.80	82.00
<b>Totals:</b>			<b>25.98</b>	<b>32.00</b>	<b>37.25</b>	<b>549.55</b>
<b>PM Snack - Green Tea &amp; Pear</b>						
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner - Shrimp, Spaghetti Squash, Spinach &amp; Tomato Sauce</b>						
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
6	ounce(s)	Shrimp, boiled or steamed	35.52	0.00	1.80	168.00
1	cup	Spinach, steamed	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
<b>Totals:</b>			<b>45.12</b>	<b>34.89</b>	<b>17.09</b>	<b>462.13</b>
<b>Actual Totals for Day 5</b>			<b>105.03</b>	<b>141.33</b>	<b>108.30</b>	<b>1895.82</b>

## DAY # 6

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>breakfast - Mixed Berry Smoothie</b>						
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
3	tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
2	cups	Spinach, raw	1.72	2.18	0.23	13.80
1	cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>14.76</b>	<b>46.29</b>	<b>17.48</b>	<b>380.56</b>
<b>AM Snack - Hard-Boiled Egg, Cucumber &amp; Almonds</b>						
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
<b>Totals:</b>			<b>12.80</b>	<b>8.90</b>	<b>19.00</b>	<b>247.00</b>
<b>Lunch - Salmon &amp; Broccoli with Coconut Oil</b>						
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
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	ounce(s)	Salmon, broiled	37.62	0.00	21.00	348.00
<b>Totals:</b>			<b>43.93</b>	<b>30.20</b>	<b>50.04</b>	<b>747.60</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Fish &amp; Green Beans</b>						
1	cup	Green beans, steamed	2.01	8.71	0.23	37.80
6	ounce(s)	Halibut, broiled	45.00	0.00	6.00	240.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
8	large	Olives, ripe, (small-extra large)	0.27	2.00	3.42	36.80
1	cup, sliced	Zucchini, baked	1.15	7.07	0.09	28.80
<b>Totals:</b>			<b>48.43</b>	<b>17.78</b>	<b>23.74</b>	<b>463.40</b>
<b>Actual Totals for Day 6</b>			<b>120.23</b>	<b>124.17</b>	<b>110.76</b>	<b>1919.56</b>

## DAY # 7

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Egg Scramble with Veggies</b>						
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
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	cups	Spinach, steamed	1.72	2.18	0.23	13.80
<b>Totals:</b>			<b>23.68</b>	<b>7.44</b>	<b>29.59</b>	<b>375.88</b>
<b>AM Snack - Cashews, Cucumber &amp; Pear</b>						
1	ounce(s)	Cashews, raw	5.00	9.00	13.00	160.00
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>6.50</b>	<b>36.90</b>	<b>13.00</b>	<b>272.00</b>
<b>Lunch - Tuna Salad with Chia Seeds with Oil &amp; Balsamic</b>						
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
6	ounce(s)	Tuna solid white, in water, sm. can	45.00	3.00	3.00	210.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
3/4	cup	Yam, baked or boiled	1.50	28.20	0.15	118.50
<b>Totals:</b>			<b>53.58</b>	<b>64.44</b>	<b>26.67</b>	<b>694.74</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Ginger Beef &amp; Broccoli (see recipe)</b>						
1	serving (3 oz)	Beef, bottom sirloin, tri-tip steak, lean and fat, 0" trim, all	25.47	0.00	12.90	225.25
2	cups (1" pieces)	Broccoli, steamed	5.80	13.50	0.79	68.40
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	small	Tomato, sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>34.74</b>	<b>26.52</b>	<b>28.61</b>	<b>476.05</b>
<b>Actual Totals for Day 7</b>			<b>118.80</b>	<b>156.30</b>	<b>98.37</b>	<b>1899.67</b>

## DAY # 8

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Blueberry Smoothie</b>						
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	cup	Kefir	5.50	6.00	1.00	55.00
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1 1/2	oz	Chia seeds, ground	6.64	18.65	13.08	208.37
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>20.69</b>	<b>58.20</b>	<b>37.28</b>	<b>602.64</b>
<b>AM Snack - Pear, Almond Butter &amp; Celery</b>						
1	tablespoon	Almond Butter	2.40	3.40	9.50	101.00
4	stalks, medium	Celery, raw	1.10	4.75	0.27	22.40
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>4.20</b>	<b>33.25</b>	<b>9.77</b>	<b>221.40</b>
<b>Lunch - Butternut Squash Soup (see recipe)</b>						
1	serving (3 oz)	Beef, bottom sirloin, tri-tip steak, lean and fat, 0" trim	25.47	0.00	12.90	225.25
1	cup	Squash, butternut	5.70	9.84	0.22	51.52
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	cup	Soup,	2.02	12.14	0.76	55.66
<b>Totals:</b>			<b>33.20</b>	<b>21.99</b>	<b>27.48</b>	<b>449.43</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Buffalo Chicken Wings in "Peanut Sauce" (see recipe)</b>						
1	tablespoon	Peanut butter, raw	2.40	3.40	9.50	101.00
6	ounce(s)	Chicken breast / white meat	39.00	0.00	2.40	186.00
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	cup	Vegetables, mixed, frozen, steamed	5.21	23.82	0.27	118.30
<b>Totals:</b>			<b>46.61</b>	<b>27.22</b>	<b>26.17</b>	<b>535.30</b>
<b>Actual Totals for Day 8</b>			<b>105.00</b>	<b>161.67</b>	<b>101.21</b>	<b>1889.77</b>



## DAY # 9

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>breakfast - Bacon, Eggs &amp; Grapefruit</b>						
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	each	Grapefruit, pink or red 4" diam.	1.20	23.80	0.20	92.00
1/2	tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
3	slices, cooked	Pork, cured, bacon, broiled, pan-fried or roasted	8.89	0.34	10.03	129.84
4	slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
<b>Totals:</b>			<b>28.09</b>	<b>24.14</b>	<b>32.23</b>	<b>512.84</b>
<b>AM Snack - Avocado, Peppers &amp; Pear</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	each	Pepper, red or green	2.80	19.20	0.40	80.00
<b>Totals:</b>			<b>5.80</b>	<b>52.80</b>	<b>18.00</b>	<b>363.00</b>
<b>Lunch - Curried Fish &amp; Vegetables (see recipe)</b>						
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
5	ounce(s)	Fish, wild, cooked	35.00	0.00	10.00	257.83
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
<b>Totals:</b>			<b>38.43</b>	<b>22.70</b>	<b>24.80</b>	<b>494.50</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium w/peel	0.70	25.10	0.00	98.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner - Sausage &amp; Tomatoes (see recipe)</b>						
1/2	cup, chopped	Broccoli, steamed	1.86	5.60	0.32	27.30
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
4	each	Sausage	30.00	12.00	12.00	300.00
<b>Totals:</b>			<b>36.05</b>	<b>45.69</b>	<b>13.21</b>	<b>459.43</b>
<b>Actual Totals for Day 9</b>			<b>109.07</b>	<b>170.44</b>	<b>88.24</b>	<b>1927.77</b>

## DAY # 10

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Eggs with Avocado, Salsa &amp; Almonds with Blueberries</b>						
1/2	ounce(s)	Almonds, raw	3.00	3.05	7.00	81.50
1/2	cup, sliced	Avocados	1.46	6.23	10.70	116.80
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
3	large	Eggs, Organic	18.00	0.00	15.00	210.00
<b>Totals:</b>			<b>23.53</b>	<b>30.29</b>	<b>33.18</b>	<b>490.95</b>
<b>AM Snack - Nuts, Pear &amp; Peppers</b>						
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
<b>Totals:</b>			<b>6.44</b>	<b>37.92</b>	<b>18.71</b>	<b>319.86</b>
<b>Lunch - Chicken with Mushrooms &amp; Cauliflower</b>						
1	cup, (1" pieces)	Cauliflower	2.28	5.10	0.56	28.52
6	ounce(s)	Chicken breast, organic	36.00	0.00	0.00	186.00
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	tablespoon	Vinegar, cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>44.75</b>	<b>28.60</b>	<b>15.31</b>	<b>460.75</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Steak, Broccoli &amp; Seeds</b>						
1	1 serving (3 oz)	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	tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
1	cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1	tablespoon	Sesame seeds, whole, raw	1.60	2.11	4.47	51.57
<b>Totals:</b>			<b>29.04</b>	<b>26.86</b>	<b>36.44</b>	<b>528.18</b>
<b>Actual Totals for Day 10</b>			<b>104.06</b>	<b>144.67</b>	<b>104.14</b>	<b>1880.74</b>

## DAY # 11

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Breakfast Smoothie - Blend Ingredients</b>						
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
2	tablespoons	Hemp seeds	6.00	2.00	8.00	112.00
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	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>18.14</b>	<b>43.69</b>	<b>22.54</b>	<b>433.76</b>
<b>AM Snack - Apple, Almond Butter &amp; Peppers</b>						
1	tablespoon	Almond butter	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
<b>Totals:</b>			<b>3.98</b>	<b>31.31</b>	<b>10.25</b>	<b>211.80</b>
<b>Lunch - Butternut Squash &amp; Fish</b>						
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
6	ounce(s)	Halibut, broiled	45.00	0.00	6.00	240.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	cup, mashed	Squash, butternut, frozen, boiled, no salt	2.95	24.12	0.17	93.60
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>54.26</b>	<b>54.46</b>	<b>21.21</b>	<b>606.35</b>
<b>PM Snack - Green Tea &amp; Pear</b>						
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner - Shrimp &amp; Salad</b>						
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, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	ounce(s)	Shrimp, boiled or steamed	35.52	0.00	1.80	168.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
1/2	cup	Yam, baked or boiled	1.00	18.80	0.10	79.00
<b>Totals:</b>			<b>39.15</b>	<b>38.70</b>	<b>23.30</b>	<b>526.66</b>
<b>Actual Totals for Day 11</b>			<b>116.24</b>	<b>193.27</b>	<b>77.30</b>	<b>1876.57</b>

## DAY # 12

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Yogurt with Strawberries, Chia &amp; Cinnamon</b>						
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/3	tablespoon	Honey, unpasteurized raw	0.03	5.19	0.00	19.20
1	cup	Kefir	11.00	12.00	2.00	110.00
1	ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<b>Totals:</b>			<b>16.63</b>	<b>44.00</b>	<b>11.27</b>	<b>325.76</b>
<b>AM Snack - Avocado, Cucumber, Olives &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
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
6	large	Olives, ripe, canned (small-extra large)	0.20	1.50	2.56	27.60
<b>Totals:</b>			<b>3.60</b>	<b>33.80</b>	<b>20.66</b>	<b>307.60</b>
<b>Lunch - Steak Salad</b>						
3/4	ounce(s)	Almonds, raw	4.50	4.57	10.50	122.25
4	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, cooked	30.67	0.00	9.33	219.87
1/2	cup, slices	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, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>39.16</b>	<b>32.79</b>	<b>34.77</b>	<b>601.42</b>
<b>PM Snack - Green Tea &amp; Pear</b>						
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner - Sausage &amp; Stir-Fry Veggies</b>						
1	serving (5 fl oz)	Alcoholic Beverage, wine, red, Cabernet Sauvignon	0.10	3.82	0.00	123.48
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	cup, chopped	Peppers, sweet, green, no salt	1.25	9.11	0.27	38.08
1	cup	Sauerkraut	1.28	6.18	0.14	31.24
6	ounce(s)	Sausage, Italian, turkey, smoked	25.28	7.81	14.70	265.44
<b>Totals:</b>			<b>28.02</b>	<b>27.82</b>	<b>29.11</b>	<b>582.24</b>
<b>Actual Totals for Day 12</b>			<b>88.10</b>	<b>163.51</b>	<b>95.82</b>	<b>1915.01</b>

## DAY # 13

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>breakfast - Almond Flour Biscuits (see recipe)</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Grapefruit, pink or red 4" diam.	1.20	23.80	0.20	92.00
3	each	Biscuits	6.73	30.97	16.37	298.59
<b>Totals:</b>			<b>10.33</b>	<b>58.17</b>	<b>26.07</b>	<b>491.59</b>
<b>AM Snack - Hard-Boiled Eggs, Cucumber &amp; Celery</b>						
4	each	Celery, raw stalk trimmed	2.00	8.00	0.00	40.00
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
2	large	Egg, whole, hard-boiled	12.58	1.12	10.61	155.00
<b>Totals:</b>			<b>15.38</b>	<b>11.92</b>	<b>10.61</b>	<b>209.00</b>
<b>Lunch - Sausage with Squash &amp; Tomato Sauce</b>						
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
3	links	Pork Sausage, Fresh, Cooked	13.99	0.00	20.42	244.08
1	cup, sliced	Zucchini, 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
<b>Totals:</b>			<b>21.46</b>	<b>37.33</b>	<b>35.80</b>	<b>544.47</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Steak &amp; Veggies</b>						
1	serving (5 fl oz)	Alcoholic Beverage, wine, red, Cabernet	0.10	3.82	0.00	123.48
8	spears	Asparagus, baked	3.54	2.30	0.50	21.60
4	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, cooked	30.67	0.00	9.33	219.87
1	cup	Bok Choy, boiled, drained	2.00	2.00	0.00	20.00
1	1/2 tablespoon	Coconut oil	0.00	0.00	20.40	175.50
<b>Totals:</b>			<b>36.31</b>	<b>8.13</b>	<b>30.24</b>	<b>560.45</b>
<b>Evening Snack - Herbal</b>						
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Actual Totals for Day 13</b>			<b>83.78</b>	<b>136.54</b>	<b>103.22</b>	<b>1886.51</b>

## DAY # 14

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Sausage with Tomatoes, Spinach &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
3	ounce(s)	Beef, cured, sausage, smoked	12.00	2.06	22.89	265.36
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
<b>Totals:</b>			<b>17.70</b>	<b>29.86</b>	<b>23.79</b>	<b>400.36</b>
<b>AM Snack - Hard-Boiled Eggs, Carrots, Olives &amp; Pear</b>						
1	large	Carrots, baby, raw	0.10	1.24	0.02	5.25
2	large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
6	large	Olives, ripe, (small-extra large)	0.20	1.50	2.56	27.60
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>13.00</b>	<b>27.84</b>	<b>12.58</b>	<b>270.85</b>
<b>Lunch - Tuna Salad</b>						
2	each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
2	tablespoons	Mayonnaise, low fat	0.00	8.00	2.00	50.00
1	tablespoons	Onion, chopped	0.10	0.90	0.00	4.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1/2	ounce	Seeds, pumpkin raw	4.67	1.90	5.97	73.99
1	cup	Tuna solid white, in water, reg. can	60.00	4.00	4.00	280.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>68.37</b>	<b>37.94</b>	<b>12.77</b>	<b>529.14</b>
<b>PM Snack - Green Tea &amp; Blueberries</b>						
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>1.07</b>	<b>21.01</b>	<b>0.48</b>	<b>82.65</b>
<b>Dinner - Lamb &amp; Spaghetti Squash</b>						
5	ounce(s)	Lamb, leg, shank half, lean and fat, 1/4" trim, raw	26.34	0.00	19.12	284.92
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
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
1	cup	Vegetables, mixed, steamed	5.20	23.80	0.20	108.00
<b>Totals:</b>			<b>34.15</b>	<b>42.85</b>	<b>33.97</b>	<b>609.91</b>
<b>Evening Snack - Herbal Tea</b>						
1	cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
<b>Totals:</b>			<b>0.00</b>	<b>0.47</b>	<b>0.00</b>	<b>2.37</b>
<b>Actual Totals for Day 14</b>			<b>134.29</b>	<b>159.98</b>	<b>83.59</b>	<b>1895.28</b>

## DAY # 15

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>breakfast - Egg Veggie Scramble with Grapefruit</b>						
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	each	Grapefruit, pink or red 4" diam.	1.20	23.80	0.20	92.00
1/2	cup, pieces	Mushrooms, boiled, drained, no salt	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	cup	Zucchini, stir-fried	0.00	6.00	0.00	28.80
<b>Totals:</b>			<b>20.99</b>	<b>34.83</b>	<b>29.57</b>	<b>476.64</b>
<b>AM Snack - Apple &amp; Almond Butter</b>						
1	tablespoon	Almond butter	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.00</b>
<b>Lunch - Salmon &amp; Veggies</b>						
3/4	ounce(s)	Almonds, raw	4.50	4.57	10.50	122.25
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
5	ounce(s)	Salmon, broiled	31.35	0.00	17.50	290.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>42.16</b>	<b>34.92</b>	<b>29.44</b>	<b>568.00</b>
<b>PM Snack - Green Tea &amp; Pear</b>						
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner - Non-Dairy Chicken Alfredo (see recipe)</b>						
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1/2	cup, pieces	Mushrooms, stir-fried	1.69	4.13	0.37	21.84
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
3	ounce(s)	Shirataki Noodles	0.00	1.00	0.00	0.00
6	each	Chicken, white	30.00	12.00	12.00	300.00
<b>Totals:</b>			<b>37.33</b>	<b>42.53</b>	<b>27.37</b>	<b>568.52</b>
<b>Actual Totals for Day 15</b>			<b>103.89</b>	<b>161.77</b>	<b>96.38</b>	<b>1893.16</b>

## DAY # 16

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Kefir, Strawberries, Chia &amp; Seeds</b>						
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	ounce	Seeds, pumpkin raw	9.35	3.81	11.94	147.99
1	cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<b>Totals:</b>			<b>20.29</b>	<b>33.91</b>	<b>22.12</b>	<b>390.54</b>
<b>AM Snack - Hard-Boiled Eggs, Apple, Celery &amp; Peppers</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
4	each	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
2	large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
1	cup, strips	Peppers, sweet, red, raw	1.24	9.04	0.27	37.80
<b>Totals:</b>			<b>15.54</b>	<b>38.05</b>	<b>10.77</b>	<b>298.80</b>
<b>Lunch - Fish Wraps with Lettuce Leaves</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	cup	Brussels sprouts, baked	2.97	7.88	0.26	37.84
6	ounce(s)	Halibut, broiled	45.00	0.00	6.00	240.00
4	leaves, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
3	tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	6.00
1	cup, cubes	Squash, butternut, baked, no salt	1.84	21.50	0.18	82.00
<b>Totals:</b>			<b>53.50</b>	<b>41.55</b>	<b>24.38</b>	<b>569.88</b>
<b>PM Snack - Green Tea &amp; Pear</b>						
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner - Hamburger &amp; Portabella Mushrooms with Asparagus</b>						
8	spears (1/2" base)	Asparagus, baked	2.88	4.93	0.26	26.40
1	patty	Beef, ground, 90% lean meat / 10% fat, patty, broiled	21.41	0.00	9.62	177.94
2	pieces, whole	Mushrooms, Portabella, grilled	4.20	8.52	0.34	43.68
1	teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
8	large	Olives, ripe (small-extra large)	0.27	2.00	3.42	36.80
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>31.66</b>	<b>35.88</b>	<b>28.59</b>	<b>523.27</b>
<b>Actual Totals for Day 16</b>			<b>121.69</b>	<b>174.49</b>	<b>85.86</b>	<b>1880.49</b>



## DAY # 17

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>breakfast - Fruit Salad with Cinnamon</b>						
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
1/2	cup	Kefir	5.50	6.00	1.00	55.00
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1/4	cup, diced	Pineapple, raw,	0.21	4.58	0.05	17.44
1/4	cup	Raspberries, raw	0.37	3.67	0.20	15.99
1/4	cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
<b>Totals:</b>			<b>11.02</b>	<b>28.96</b>	<b>19.84</b>	<b>313.37</b>
<b>AM Snack - Avocado, Salsa, Celery &amp; Pear</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	each	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
2	tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	4.00
<b>Totals:</b>			<b>5.00</b>	<b>41.60</b>	<b>17.60</b>	<b>327.00</b>
<b>Lunch - Rosemary Chicken &amp; Mushroom Glaze (see recipe)</b>						
6	ounce(s)	Chicken breast / white meat	39.00	0.00	2.40	186.00
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, sliced	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
1 1/2	ounce(s)	Hazelnuts	3.14	3.51	12.76	131.88
<b>Totals:</b>			<b>44.26</b>	<b>6.68</b>	<b>42.55</b>	<b>570.39</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Sushi/Sashimi with Seaweed Salad</b>						
1	serving (5 fl oz)	Alcoholic Beverage, wine, red, Cabernet	0.10	3.82	0.00	123.48
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1	cup	Miso Soup	1.00	4.00	1.00	32.00
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
1	tablespoon	Sesame seeds, whole, dried	1.60	2.11	4.47	51.57
4	each	Tuna sashimi	26.40	0.00	1.08	124.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>51.64</b>	<b>23.82</b>	<b>12.41</b>	<b>523.20</b>
<b>Actual Totals for Day 17</b>			<b>112.22</b>	<b>122.06</b>	<b>92.91</b>	<b>1814.96</b>

## DAY # 18

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Kefir, Berries, Hemp &amp; Walnuts</b>						
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
3	tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
1/3	tablespoon	Honey, unpasteurized, raw	0.02	5.19	0.00	19.15
1/2	cup	Kefir	5.50	6.00	1.00	55.00
1	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
<b>Totals:</b>			<b>19.86</b>	<b>39.04</b>	<b>31.74</b>	<b>507.92</b>
<b>AM Snack - Apple &amp; Almond Butter</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.00</b>
<b>Lunch - Beef &amp; Broccoli Stir-Fry</b>						
1	cup	Alfalfa seeds, sprouted, raw	1.32	1.25	0.23	9.57
4	ounce(s)	Beef, Organic Flank, separable lean only, trimmed,	30.67	0.00	9.33	219.87
1/2	cup	Bok Choy, steamed	2.00	2.00	0.00	20.00
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
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	tablespoon	Peppers, hot, chili, mature red, canned, chili	0.14	0.58	0.09	3.15
<b>Totals:</b>			<b>37.83</b>	<b>15.03</b>	<b>37.89</b>	<b>554.19</b>
<b>PM Snack - Green Tea &amp; Pear</b>						
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner - Sausage, Yam &amp; Coleslaw</b>						
1	cup	Brussels sprouts, baked	5.64	12.90	0.60	65.10
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1/2	tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
3	links	Pork and beef sausage, fresh, cooked	5.38	1.05	14.14	154.44
1/2	cup, cubes	Yam, baked	1.01	18.75	0.10	78.88
<b>Totals:</b>			<b>13.59</b>	<b>47.60</b>	<b>38.57</b>	<b>563.22</b>
<b>Actual Totals for Day 18</b>			<b>74.67</b>	<b>151.17</b>	<b>118.20</b>	<b>1905.33</b>

## DAY # 19

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Green Eggs &amp; Ham</b>						
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	each	Grapefruit, pink or red 4" diam.	1.20	23.80	0.20	92.00
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
3	slices, cooked	Pork, cured, bacon, baked	8.68	0.33	10.51	133.16
<b>Totals:</b>			<b>27.88</b>	<b>24.13</b>	<b>39.71</b>	<b>565.16</b>
<b>AM Snack - Avocado, Salsa, Peppers &amp; Pear</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	tablespoon	Salsa, chunky medium, Pace	0.00	0.00	0.00	2.00
<b>Totals:</b>			<b>4.28</b>	<b>40.51</b>	<b>17.85</b>	<b>314.80</b>
<b>Lunch - Fish &amp; Stir-Fry Veggies</b>						
8	spears (1/2" base)	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
6	ounce(s)	Fish, trout, rainbow, wild, cooked	38.96	0.00	9.89	255.00
6	large	Olives, ripe, canned (small-extra large)	0.20	1.50	2.56	27.60
<b>Totals:</b>			<b>43.05</b>	<b>11.43</b>	<b>26.32</b>	<b>451.00</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Slow Cooking Pork Loin (see recipe)</b>						
1	serving (5 fl oz)	Alcoholic Beverage, wine, red, Cabernet Sauvignon	0.10	3.82	0.00	123.48
1	ounce(s)	Cashews, raw	5.00	9.00	13.00	160.00
6	ounce(s)	Pork loin	36.00	0.00	0.00	186.00
<b>Totals:</b>			<b>41.10</b>	<b>12.82</b>	<b>13.00</b>	<b>469.48</b>
<b>Actual Totals for Day 19</b>			<b>116.61</b>	<b>109.90</b>	<b>97.39</b>	<b>1881.4</b>

## DAY # 20

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Breakfast Stir-Fry (see recipe)</b>						
1	tablespoon	Almond butter	2.40	3.40	9.50	101.00
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	cup	Raspberries, raw	1.48	14.69	0.80	63.96
<b>Totals:</b>			<b>25.78</b>	<b>33.89</b>	<b>29.20</b>	<b>492.96</b>
<b>AM Snack - Cucumber &amp; Tomato Salad with Olives</b>						
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
8	large	Olives, ripe, (small-extra large)	0.27	2.00	3.42	36.80
1/2	cup	Tomatoes, red, chopped	1.10	5.24	0.16	22.80
<b>Totals:</b>			<b>2.17</b>	<b>10.05</b>	<b>17.57</b>	<b>193.60</b>
<b>Lunch - Lettuce Wrap with Turkey</b>						
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	ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	cup, cubes	Squash, butternut, baked, no salt	1.84	21.50	0.18	82.00
6	ounce(s)	Turkey breast slices, nitrate free	42.00	0.00	0.00	150.00
<b>Totals:</b>			<b>51.79</b>	<b>37.52</b>	<b>36.38</b>	<b>619.16</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Faux Spaghetti &amp; Meat Sauce with Kale &amp; Olives</b>						
1	serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, crumbles, pan-	24.79	0.00	6.44	164.05
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
8	large	Olives, ripe, (small-extra large)	0.27	2.00	3.42	36.80
3	ounce(s)	Shirataki Noodles	0.00	1.00	0.00	0.00
3/4	cup	Tomato sauce, no salt added	2.38	13.56	0.37	67.71
<b>Totals:</b>			<b>29.91</b>	<b>23.88</b>	<b>24.75</b>	<b>434.96</b>
<b>Actual Totals for Day 20</b>			<b>109.95</b>	<b>126.33</b>	<b>108.40</b>	<b>1821.68</b>

## DAY # 21

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>breakfast - Fruit Salad with Cinnamon (see recipe)</b>						
1	tablespoon	Almond butter	2.40	3.40	9.50	101.00
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
<b>Totals:</b>			<b>21.47</b>	<b>24.41</b>	<b>24.98</b>	<b>393.65</b>
<b>AM Snack - Coconut Milk, Seeds &amp; Fruit</b>						
1	tablespoon	Hemp seeds	3.00	1.00	4.00	56.00
2 1/2	tablespoons	Coconut milk, canned	0.76	1.05	8.00	73.88
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
<b>Totals:</b>			<b>8.89</b>	<b>39.59</b>	<b>20.72</b>	<b>366.79</b>
<b>Lunch - Egg, Sausage &amp; Yams</b>						
1	cup	Broccoli, steamed	5.70	9.84	0.22	51.52
1	link (4" long)	Chorizo, pork and beef	14.46	1.12	22.96	273.00
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	cup	Sauerkraut	1.28	6.18	0.14	31.24
1/2	cup, cubes	Yam, baked	1.01	18.75	0.10	78.88
<b>Totals:</b>			<b>34.46</b>	<b>35.89</b>	<b>47.02</b>	<b>691.64</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Dijon Almond Crusted Salmon (see recipe)</b>						
8	spears	Asparagus, baked	3.54	2.30	0.50	21.60
3	ounce(s)	Salmon, wild	22.19	0.00	26.32	332.35
<b>Totals:</b>			<b>25.73</b>	<b>2.30</b>	<b>26.82</b>	<b>353.95</b>
<b>Actual Totals for Day 21</b>			<b>90.85</b>	<b>123.19</b>	<b>120.03</b>	<b>1887.03</b>

## DAY # 22

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Tex Mex Breakfast Scramble (See Recipe)</b>						
4	ounce(s)	Chicken breast, white meat	26.00	0.00	1.60	124.00
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
2	large	Eggs, Organic Valley large brown egg, hard-boiled	12.00	0.00	10.00	140.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
<b>Totals:</b>			<b>39.28</b>	<b>6.91</b>	<b>25.45</b>	<b>410.80</b>
<b>AM Snack - Celery &amp; Avocado Puree</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	stalks	Celery, raw	1.10	4.75	0.27	22.40
<b>Totals:</b>			<b>3.40</b>	<b>13.25</b>	<b>17.87</b>	<b>207.40</b>
<b>Lunch - Spinach &amp; Shrimp Salad</b>						
6	ounce(s)	Crustaceans, shrimp, moist heat	35.55	0.00	1.84	168.30
1	cup, sliced	Cucumber, peeled, raw	0.70	2.57	0.19	14.28
1	ounce(s)	Pine nuts, dried	3.83	3.66	19.14	188.44
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
3	cups	Spinach, raw	2.57	3.27	0.35	20.70
4	slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
<b>Totals:</b>			<b>42.68</b>	<b>10.40</b>	<b>35.52</b>	<b>532.38</b>
<b>PM Snack - Green Tea, Red Peppers &amp; Avocado</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>3.78</b>	<b>17.48</b>	<b>18.05</b>	<b>223.74</b>
<b>Dinner - Chicken With Kale, Onion &amp; Sweet Potato</b>						
1	tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
6	ounce(s)	Chicken breast, white meat	39.00	0.00	2.40	186.00
2	cups, chopped	Kale, boiled, drained, no salt	4.94	14.64	1.04	72.80
2	tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>46.26</b>	<b>54.05</b>	<b>15.15</b>	<b>526.54</b>
<b>Actual Totals for Day 22</b>			<b>135.40</b>	<b>102.10</b>	<b>112.04</b>	<b>1900.87</b>

## DAY # 23

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Blueberry Smoothie</b>						
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
2	scoops	Protein Powder	24.00	8.00	3.00	150.00
1	ounce(s)	Chia seeds, dried	4.43	12.43	8.72	138.92
2	cups	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
<b>Totals:</b>			<b>31.50</b>	<b>45.44</b>	<b>33.80</b>	<b>568.57</b>
<b>AM Snack - Apple &amp; Pumpkin Seeds</b>						
1	each	Apple, medium with peel	0.30	21.10	0.00	81.00
1	ounce(s)	Seeds, pumpkin and squash seed kernels, roasted, no salt	9.35	3.81	11.94	147.99
<b>Totals:</b>			<b>9.65</b>	<b>24.91</b>	<b>11.94</b>	<b>228.99</b>
<b>Lunch - Beef &amp; Chili Sweet Potato (See Recipe)</b>						
3	ounce(s)	Beef, ground, 95% lean meat / 5% fat, crumbles, pan-browned	24.79	0.00	6.44	164.05
1	cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>26.79</b>	<b>37.60</b>	<b>6.64</b>	<b>322.05</b>
<b>PM Snack - Green Tea</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	ounce(s)	Walnuts, English	4.26	3.84	18.26	183.12
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>4.56</b>	<b>24.84</b>	<b>18.76</b>	<b>264.12</b>
<b>Dinner - Salmon, Asparagus &amp; Salad</b>						
8	spears	Asparagus, boiled, drained	2.88	4.93	0.26	26.40
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	medium	Salad, med. garden w/tomato, onion	1.95	14.25	0.60	74.00
5	ounce(s)	Salmon, broiled	31.35	0.00	17.50	290.00
1	tablespoon	Vinegar, cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>36.18</b>	<b>19.32</b>	<b>31.96</b>	<b>510.55</b>
<b>Actual Totals for Day 23</b>			<b>108.69</b>	<b>152.11</b>	<b>103.11</b>	<b>1894.27</b>

## DAY # 24

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Eggs, Pear &amp; Cashew Butter</b>						
3	large	Eggs, Organic Valley large brown egg, hard-boiled	18.00	0.00	15.00	210.00
1	tablespoon	Cashew butter, plain, no salt added	2.81	4.41	7.91	93.92
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>21.51</b>	<b>29.51</b>	<b>22.91</b>	<b>401.92</b>
<b>AM Snack - Tomato &amp; Cucumber Salad</b>						
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
3	slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
<b>Totals:</b>			<b>0.83</b>	<b>3.70</b>	<b>14.00</b>	<b>150.66</b>
<b>Lunch - Ginger Beef &amp; Broccoli (See Recipe)</b>						
6	ounce(s)	Beef, tenderloin, lean and fat, 0" trim, all grades, broiled	46.89	0.00	18.90	370.60
1	cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
<b>Totals:</b>			<b>52.59</b>	<b>9.84</b>	<b>32.72</b>	<b>539.12</b>
<b>PM Snack - Green Tea Coconut Protein Smoothie</b>						
1/4	cup	Nuts, coconut milk, canned	1.14	1.59	12.05	111.31
2	scoops	Protein powder	24.00	8.00	3.00	150.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>25.14</b>	<b>9.59</b>	<b>15.05</b>	<b>261.31</b>
<b>Dinner - Chicken Fajitas with Lettuce Wraps</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
6	ounce(s)	Chicken breast, white meat	39.00	0.00	2.40	186.00
6	leaf, outer	Lettuce, cos or romaine, raw	2.07	5.51	0.50	28.56
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
3	tablespoons	Onion, chopped	0.30	2.70	0.00	12.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
6	tablespoons	Salsa, chunky medium, Pace	0.00	0.00	0.00	12.00
<b>Totals:</b>			<b>46.42</b>	<b>32.61</b>	<b>28.20</b>	<b>552.10</b>
<b>Actual Totals for Day 24</b>			<b>146.49</b>	<b>85.25</b>	<b>112.89</b>	<b>1905.11</b>



## DAY # 25

<i>Qty</i>	<i>Measure</i>	<i>Description</i>	<i>Protein(gm)</i>	<i>Carbs(gm)</i>	<i>Fats(gm)</i>	<i>Calories</i>
<b>Breakfast - Cherry Smoothie</b>						
1	cup, without pits	Cherries, sour, red, raw	1.55	18.88	0.47	77.50
2	scoops	Protein powder	24.00	8.00	3.00	150.00
1	ounce(s)	Chia seeds, dried	4.43	12.43	8.72	138.92
2	cups	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
<b>Totals:</b>			<b>31.98</b>	<b>43.31</b>	<b>20.18</b>	<b>446.42</b>
<b>AM Snack - Dates &amp; Walnuts</b>						
3	dates, pitted	Dates, medjool	1.30	53.98	0.11	199.44
1/2	ounce(s)	Walnuts, English	2.13	1.92	9.13	91.56
<b>Totals:</b>			<b>3.44</b>	<b>55.90</b>	<b>9.24</b>	<b>291.00</b>
<b>Lunch - Chicken Fajitas Leftovers</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
6	ounce(s)	Chicken breast, white meat	39.00	0.00	2.40	186.00
2	tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
6	tablespoons	Salsa, chunky medium, Pace	0.00	0.00	0.00	12.00
<b>Totals:</b>			<b>44.26</b>	<b>26.20</b>	<b>20.70</b>	<b>459.54</b>
<b>PM Snack - Green Tea, Kefir &amp; Peaches</b>						
1	teaspoon	Cinnamon	0.30	5.40	0.20	18.00
1/2	cup	Kefir	5.50	6.00	1.00	55.00
1	medium	Peach, medium, approx 4 oz.	0.60	9.70	0.10	37.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>6.40</b>	<b>21.10</b>	<b>1.30</b>	<b>110.00</b>
<b>Dinner - Curried Fish &amp; Vegetables</b>						
1	cup, shredded	Cabbage, boiled, drained, no salt	1.53	6.69	0.65	33.00
1	cup slices	Carrots, boiled, drained, no salt	1.19	12.82	0.28	54.60
6	ounce(s)	Fish, whitefish, cooked, dry heat	41.60	0.00	12.77	292.40
4	tablespoons	Coconut milk, canned	1.21	1.69	12.80	118.20
1/2	ounce(s)	Pine nuts, dried	1.92	1.83	9.57	94.22
<b>Totals:</b>			<b>47.44</b>	<b>23.03</b>	<b>36.06</b>	<b>592.42</b>
<b>Actual Totals for Day 25</b>			<b>133.51</b>	<b>169.54</b>	<b>87.48</b>	<b>1899.38</b>

## DAY # 26

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Mushroom &amp; Egg Scramble</b>						
3	large	Eggs, Organic Valley large brown egg, hard-boiled	18.00	0.00	15.00	210.00
1	cup	Kale, chopped, sautéed	2.00	6.00	0.00	34.00
1/2	cup, pieces	Mushrooms, boiled, drained, no salt	1.69	4.13	0.37	21.84
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
<b>Totals:</b>			<b>21.69</b>	<b>10.13</b>	<b>29.37</b>	<b>385.84</b>
<b>AM Snack - Apple &amp; Pumpkin Seeds</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	ounce(s)	Seeds, pumpkin and squash seed kernels, dried	6.96	5.05	13.00	153.37
<b>Totals:</b>			<b>7.26</b>	<b>26.05</b>	<b>13.50</b>	<b>234.37</b>
<b>Lunch - Tuna Wraps with Walnuts</b>						
2	each	Celery, raw stalk trimmed	1.00	4.00	0.00	20.00
4	leaf, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
2	tablespoons	Mayo, organic, light	0.00	2.00	6.00	70.00
1	ounce(s)	Walnuts, English	4.26	3.84	18.26	183.12
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
2	slices	Tomato, sliced, organic	0.00	0.00	0.00	8.00
5	ounce(s)	Tuna solid white, in water sm. can	37.50	2.50	2.50	175.00
<b>Totals:</b>			<b>44.24</b>	<b>16.91</b>	<b>27.09</b>	<b>479.16</b>
<b>PM Snack - Green Tea, Kefir &amp; Raspberries</b>						
1	cup	Kefir	11.00	12.00	2.00	110.00
1	cup	Raspberries, raw	1.48	14.69	0.80	63.96
1/2	ounce(s)	Chia seeds, dried	2.21	6.22	4.36	69.46
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>14.69</b>	<b>32.90</b>	<b>7.16</b>	<b>243.42</b>
<b>Dinner - Halibut With Dijon &amp; Almonds (See Recipe)</b>						
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1	tablespoon	Dijon mustard	0.00	0.00	0.00	15.00
6	ounce(s)	Halibut, broiled	45.00	0.00	6.00	240.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
<b>Totals:</b>			<b>51.00</b>	<b>6.10</b>	<b>34.00</b>	<b>538.00</b>
<b>Actual Totals for Day 26</b>			<b>138.88</b>	<b>92.09</b>	<b>111.12</b>	<b>1880.79</b>

## DAY # 27

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Smoked Salmon Scrambled Eggs (See Recipe)</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
3	large	Eggs, Organic Valley large brown egg, hard-	18.00	0.00	15.00	210.00
3	ounce(s)	Fish, salmon, Chinook, smoked, (lox), regular	15.36	0.00	3.63	98.28
<b>Totals:</b>			<b>35.66</b>	<b>8.50</b>	<b>36.23</b>	<b>493.28</b>
<b>AM Snack - Pear &amp; Cashew Nut Butter</b>						
1	tablespoon	Cashew butter, plain, no salt added	2.81	4.41	7.91	93.92
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>3.51</b>	<b>29.51</b>	<b>7.91</b>	<b>191.92</b>
<b>Lunch - Turkey Spinach Salad</b>						
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
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
3	cups	Spinach, raw	2.57	3.27	0.35	20.70
3	slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
6	ounce(s)	Turkey breast, white meat	51.00	0.00	1.20	228.00
<b>Totals:</b>			<b>56.67</b>	<b>14.57</b>	<b>33.15</b>	<b>579.70</b>
<b>PM Snack - Almond Butter Biscuits</b>						
100	gram(s)	Almond meal	6.00	2.00	12.00	144.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>6.00</b>	<b>2.00</b>	<b>12.00</b>	<b>144.00</b>
<b>Dinner - Salmon &amp; Butternut Squash</b>						
1	cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
4	ounce(s)	Salmon, broiled	25.08	0.00	14.00	232.00
1	cup, mashed	Squash, winter, butternut, frozen, boiled, no salt	2.95	24.12	0.17	93.60
<b>Totals:</b>			<b>33.74</b>	<b>33.96</b>	<b>28.39</b>	<b>497.12</b>
<b>Actual Totals for Day 27</b>			<b>135.57</b>	<b>88.54</b>	<b>117.67</b>	<b>1906.02</b>

## DAY # 28

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Sausage &amp; Sweet Potato</b>						
3	links	Sausage, turkey, breakfast links, mild	12.95	1.31	15.20	197.40
2	cups	Spinach, raw	1.72	2.18	0.23	13.80
4	slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
1	cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>16.67</b>	<b>41.09</b>	<b>15.63</b>	<b>385.20</b>
<b>AM Snack - Blueberries &amp; Almonds</b>						
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
<b>Totals:</b>			<b>7.07</b>	<b>27.11</b>	<b>14.48</b>	<b>245.65</b>
<b>Lunch - Turkey Vegetable Meatballs (See Recipe)</b>						
1	tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
1/2	cup, pieces	Mushrooms, boiled, drained, no salt	1.69	4.13	0.37	21.84
1	cup	Squash, winter, spaghetti, boiled, drained, or 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
6	each	Turkey meatballs	30.00	12.00	12.00	300.00
<b>Totals:</b>			<b>36.01</b>	<b>44.23</b>	<b>24.77</b>	<b>555.71</b>
<b>PM Snack - Green Tea, Apple &amp; Cashews</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	ounce(s)	Cashew nuts, raw	5.17	8.56	12.43	156.78
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>5.47</b>	<b>29.56</b>	<b>12.93</b>	<b>237.78</b>
<b>Dinner - Grilled Shrimp &amp; Veggies On A Stick</b>						
1	cup, chopped	Broccoli, boiled, drained, no salt	3.71	11.20	0.64	54.60
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
6	ounce(s)	Shrimp, boiled or steamed	35.52	0.00	1.80	168.00
2	large	Squash, zucchini, baby, raw	0.87	1.00	0.13	6.72
<b>Totals:</b>			<b>46.72</b>	<b>32.46</b>	<b>17.62</b>	<b>445.94</b>
<b>Actual Totals for Day 28</b>			<b>111.94</b>	<b>174.44</b>	<b>85.43</b>	<b>1870.28</b>

## CHALLENGE FAT LOSS RECIPES

These recipes are developed specifically for you, the Challenge Fat Loss client by registered holistic nutritionist, Lori Kennedy. Feel free to swap out foods in the meal plans for these recipes where they would make sense.

Use these recipes in your every day cooking for yourself and your family. They are Paleo friendly recipes.

Enjoy!

### Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## BREAKFAST

### Sausage Stir-Fry Breakfast

Makes 2 Servings

#### Ingredients:

- 1 tsp coconut oil
- ½ yellow onion, diced
- ½ cup mushrooms
- ½ lb chicken/turkey sausages (nitrate/nitrite free), sliced
- 2 cups of spinach + 2 cups kale, shredded

#### Directions:

1. Heat a skillet over medium heat, and add coconut oil when hot.
2. Add diced onions and sauté until they soften. Then add mushrooms and sautee until both are tender
3. Remove onions and mushrooms from heat and set aside
4. Add sausage and cook until browned, tossing frequently
5. Add greens, onions, mushrooms and sausage and reduce heat to medium-low, and cover.
6. Serve when the greens are wilted and soft (about 5 minutes).

## Eggs With Avocado And Salsa

Makes 2 Servings

### Ingredients:

- 4 eggs
- 1 tsp olive oil
- ½ avocado, sliced
- ½ cup sliced or slivered raw almonds
- 4 tbsp salsa (Garden Fresh)
- Season with salt and pepper

### Directions:

1. Heat non-stick skillet over medium-high heat with olive oil
2. Beat eggs in a small bowl, and pour into skillet
3. Cook for 1 minute and turn heat to medium-low and add seasonings. Finish cooking (about 2-4 minutes longer).
4. Top with almonds, avocado and salsa

## Tex-Mex Breakfast Scramble

Makes 2 Servings

### Ingredients:

- 1 tsp coconut oil
- 4 eggs
- ½ tsp cumin
- ½ tsp chili powder (or ground chipotle)
- ¼ tsp sea salt (optional)
- 1 tbsp water
- ¼ red onion, diced
- 1 green bell pepper, diced
- 1 jalapeno, diced (optional)
- 12 oz chicken breasts, grilled and chopped (use leftovers)
- 1 medium tomato, diced
- ¼ cup fresh cilantro, chopped

### Directions:

1. Heat coconut oil in a medium skillet over medium-high heat.
2. Scramble eggs in a bowl. Add cumin, chili powder, sea salt, and water.
3. Add onions, bell peppers, and jalapeno to the hot skillet. Sauté 3-5 minutes, or until slightly softened.
4. Add eggs and chicken, and cook while continuously stirring until eggs are light and fluffy.
5. Remove from heat. Stir in tomatoes, and top with fresh cilantro to serve.



## Smoked Salmon Scrambled Eggs

Makes 2 Servings

### Ingredients:

- 1 tsp olive oil
- 4 eggs
- ½ cup egg whites
- 4 oz smoked salmon, sliced or broken into small pieces
- ½ avocado
- freshly ground black pepper, to taste
- 4 chives, minced (or use 1 green onion, thinly sliced)

### Directions:

1. Heat a medium skillet over medium heat. Add olive oil to pan when hot.
2. Meanwhile, crack eggs into a small bowl and mix in egg whites.
3. Add eggs to the hot skillet, along with smoked salmon. Stirring continuously, cook eggs until soft and fluffy.
4. Remove from heat. Top with black pepper, avocado, and chives to serve.

## **Green Eggs and Ham**

Makes 1 serving

### **Ingredients:**

- ✦ 1 tsp coconut oil
- ✦ 3 whole eggs
- ✦ ¼ yellow onion, chopped
- ✦ ½ Cubanelle pepper, chopped
- ✦ 1 cup fresh baby spinach
- ✦ 2 ounces extra lean diced ham (nitrate free)

### **Directions:**

1. Heat a large skillet on medium-low. When hot add coconut oil to coat bottom of pan.
2. Add onion and pepper; cook 3 minutes.
3. Add spinach and cook 2 minutes, until wilted.
4. Add egg and ham, and cook while stirring 3-4 minutes.
5. Scrambled until set.
6. Remove from heat and serve.

## Breakfast Stir-Fry

Makes 2 servings

### Ingredients:

- ✦ 8 bacon slices, diced
- ✦ 1 tbsp coconut oil
- ✦ ½ yellow onion, diced
- ✦ 1 medium sweet potato, diced
- ✦ 1 medium zucchini, diced
- ✦ 7-8 green beans
- ✦ 2 handfuls spinach
- ✦ 1 avocado
- ✦ Freshly ground black pepper, to taste

### Directions:

1. Cook chopped bacon in a medium skillet over medium-low heat. Drain fat when done
2. Meanwhile, heat a large sauté pan over medium-high heat. Add coconut oil and when hot add sweet potato stirring often for about 10-15 minutes
3. Once potatoes are softened add in onions and sauté until they turn translucent
4. Add zucchini and green beans to the sweet potato mixture and cook just until they turn bright green
5. Combine bacon and vegetables and spinach. Season with freshly ground black pepper, and top with avocado to serve

## **Fruit Salad With Cinnamon**

Makes 2 Servings

### **Ingredients:**

- 1 cup mixed strawberries and blueberries
- 1 apple, diced
- ½ cup pecans or walnuts, chopped (optional)
- ½ tsp cinnamon

### **Directions:**

1. Place the fruit evenly into two bowls
2. Sprinkle with chopped nuts (optional) and cinnamon

## **Breakfast Smoothie**

Makes 2 Servings

### **Ingredients:**

- 2 cups frozen berries
- 1 cup unsweetened almond milk (canned coconut if you want more calories/fat)
- 4 tbsp hemp seeds
- 2 tbsp chia seeds

### **Directions:**

1. Fill a blender (or magic bullet or whatever) with the frozen berries
2. Add chia, hemp seeds, and almond milk
3. Continue to blend until smooth, and divide into two glasses

## Chocolate-Cherry Smoothie

Makes 1 serving

### Ingredients:

- ✦ 1 cup unsweetened almond milk
- ✦ 12 frozen cherries
- ✦ 2 tbsp hemp seeds
- ✦ 8 walnuts
- ✦ ½ tsp cocoa powder

### Directions:

1. Add all ingredients into the blender and blend on high until smooth.
2. Add 2-5 ice cubes (before blending) for a thicker smoothie.

## Almond Flour Biscuits

Makes 8 biscuits

### Ingredients:

- ✦ 2.5 cups almond flour, finely ground
- ✦ ½ tsp salt
- ✦ ½ tsp baking soda
- ✦ 1 tbsp butter
- ✦ 1 egg + 1 white
- ✦ 1-2 tbsp raw honey (depending on if you want it sweet)

### Directions:

1. Preheat oven to 350 degrees F
2. In a medium bowl, combine almond flour, salt and baking soda
3. In a second bowl, melt butter and stir in eggs and honey
4. Stir the dry ingredients into the wet until a dough forms
5. Form into 8 biscuits and place on a cookie sheet
6. Bake for 14 minutes

## LUNCH/DINNER

### Butternut Squash Soup

Makes 8 – 12 servings

#### Ingredients:

- 2 tablespoons salted butter
- 1 medium onion, diced
- 3 carrots, cut into chunks
- 2 medium butternut squash, peeled, seeded and diced in 2 inch cubes
- 8 cups water or stock

#### Directions:

1. In a large soup pot, warm the butter
2. Caramelize onion in the pot, sauteing 8 - 10 minutes until golden brown
3. Add the squash cubes and carrots. Cook for 10 more minutes until the outside of the squash cubes are a bit soft.
4. Pour the water over the onion/squash mixture
5. Bring entire mixture up to a boil and simmer for 20 - 30 minutes until squash and carrots are soft.
6. In a blender, puree soup in very small batches (as not to scorch yourself and have soup splattered on your ceiling) at low, then working up to high speed until mixture is smooth and creamy.
7. Serve piping hot

## Buffalo Chicken Wings In "Peanut Sauce"

Makes 2 Servings

### Ingredients:

- 1-1/2 lbs chicken wings
- 2 tbsp almond butter
- ¼ cup hot pepper sauce
- 1 - 2 tbsp tamari sauce
- 2 tsp olive oil
- ¼ tsp sea salt (optional)
- Pepper to taste

### Directions:

1. Preheat oven to 375° F.
2. Line a rimmed baking sheet with parchment paper and spread wings out evenly. Sprinkle salt and pepper over wings. Bake for 20 minutes.
3. Meanwhile, soften almond butter in a small saucepan over medium heat. Stir occasionally.
4. When soft, stir in hot pepper sauce, tamari sauce, olive oil, and sea salt (if desired). If sauce gets too thick, add a bit of hot water.
5. After 20 minutes of cooking, remove wings from oven. Turn and brush each wing with sauce. Return to oven for 10 more minutes.
6. Turn each wing, baste with sauce, and return to oven for 10 additional minutes (or until completely cooked).

## Rosemary Chicken And Mushroom Glaze

Makes 2 Servings

### Ingredients:

- 4 boneless, skinless chicken breasts (4-6 oz each)
- sea salt (optional) and freshly ground black pepper to taste
- 4 tbsp coconut oil, divided
- 2 cloves garlic, minced
- 2 tsp fresh rosemary leaves or 2 tsp dried rosemary
- 2 tsp hazelnuts, chopped
- 10 white button or cremini mushrooms, sliced

### Directions:

1. Season chicken breasts with sea salt (optional) and black pepper.
2. Heat a large skillet over medium heat. Add 1 tbsp coconut oil when pan is hot.
3. Add chicken breasts and cook until there is no pink in the center and set aside.
4. In a different heated pan add remaining coconut oil. When pan is hot, add rosemary, hazelnuts, and garlic. Simmer together for 5 minutes.
5. Add mushrooms and cook for another 5 minutes, or until mushrooms are browned. Season with sea salt and black pepper if desired.
6. Pour mushroom mixture over chicken and heat through. When hot serve.



## Non - Dairy Chicken Alfredo

Makes 2 Servings

### Ingredients:

- 2 tsp olive oil
- 4 cloves of garlic, minced
- 1 lb skinless, boneless chicken breasts, cut into 1 inch cubes
- 1 (12oz) package kelp noodles
- 2 tsp tarragon
- 1 cup cashews
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp mustard powder
- ¼ tsp sea salt (optional)
- ¼ tsp freshly ground black pepper
- 1/8 tsp paprika

### Directions:

1. Add olive oil to a large skillet over medium heat. When pan is hot, sauté garlic for 3-4 minutes. Add chicken to the skillet and cook until all sides are brown and there is no pink in the middle.
2. Rinse kelp noodles in cold water and chop to desired length, and add to the skillet along with tarragon. Cover and simmer on low for 30 minutes.
3. After cooking, pour the liquid from the skillet carefully into a small container for use in the sauce.
4. Add cashews, onion powder, garlic powder, mustard powder, sea salt (optional), black pepper, and paprika to a blender. Cover and blend into a powder. Add the reserved pan juices slowly, blending into a thick sauce (use a spatula to scrape down the sides of the blender periodically). If you don't have enough juice then add in organic chicken stock. Add the juices until the mixture reaches the desired consistency.
5. Add the sauce to the skillet, then mix well. Cover and continue to cook for 10 minutes longer, until the kelp noodles have become tender.

## Turkey Vegetable Meatballs

Makes 2 Servings

### Ingredients:

- 1 lb ground turkey or chicken
- 2 medium carrots (or a handful of baby carrots)
- 1 red or green bell pepper
- 5 large mushrooms
- handful of fresh parsley
- 1/2 yellow onion
- 1 clove garlic
- 2 tsp granulated garlic (garlic salt)
- 2 tbsp Italian seasoning
- 1/2 tsp freshly ground black pepper
- 3 tbsp ground chia seeds

### Directions:

1. Preheat oven to 350°F.
2. Combine carrots, bell pepper, mushrooms, onion, garlic, chia seeds and seasonings in a food processor and blend until well chopped.
3. Empty the food processor into a large bowl, add the ground turkey and mix together completely.
4. Form meatballs and place on a non-greased baking sheet (about 1 1/2" - 2" each). Bake for about 25 minutes, or until completely cooked.

## Beef And Sweet Potato Chili

Makes 10 Servings

### Ingredients:

- 2 tbsp olive oil
- 1 large yellow onion, diced
- 2 tbsp chili powder
- 1 tsp ground chipotle
- 2 tsp sea salt (optional)
- 1 tsp cumin
- 1 tsp garlic salt
- 2 lbs beef stew meat, cut into 1"x1" chunks
- 2 (28 oz) cans diced tomatoes
- 2 (4 oz) can diced green chilis
- 1/2 of a (4 oz) can diced jalapenos (may add more if desired)
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1 bay leaf
- 7-8 medium mushrooms, sliced
- 2 medium carrots, sliced
- 2 medium zucchini, diced
- 1 large red pepper, diced
- 2 large sweet potatoes, cut into even chunks
- 4-6 large kale leaves, shredded

### Directions:

1. Heat large soup pot over medium-high heat.
2. When hot, add olive oil and onion to pot and brown slightly.
3. Meanwhile, combine chili powder, sea salt, cumin and garlic salt in a large dish. Roll raw beef stew meat in the mixture to coat on all sides.
4. When onions have browned slightly, add beef and brown on all sides.
5. Add the diced tomatoes. Fill the empty can with water and add to the pot. Add sweet potato, green chilis, jalapenos, chipotle peppers, mushrooms, carrots, oregano, thyme and bay leaf. Make sure the liquid covers all of the ingredients.
6. Turn heat down to medium and cook for about 40 minutes, stirring occasionally.
7. Add zucchini and red pepper, and cook for another 20 minutes.
8. Add kale and finish cooking for 10 more minutes. Season with sea salt if desired.

## Ginger Beef and Broccoli

Makes 2 Servings

### Ingredients:

- 2 tbsp coconut oil
- 2 cloves of garlic, minced
- 1 lb petite sirloin steak, cut into very thin strips
- 2 tbsp lemon juice
- 1 tbsp ground chia seeds
- 2 tsp freshly grated ginger
- 2 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 1/4 to 1/2 cup organic low sodium chicken broth
- 2 cups broccoli, cut into flowerets
- 2 cups carrots, thinly sliced
- 1 cup celery, thinly sliced
- 1 green onion, thinly sliced
- 2 tbsp sesame seeds (garnish)

### Directions:

1. Heat the 1 tbsp coconut oil and garlic in a large skillet over medium-high heat.
2. Add the sliced beef and 1/4 tsp sea salt, and brown. Remove beef from pan to a side dish, and get rid of excess juice left in pan.
3. In a small bowl mix lemon juice, ground chia seeds, grated ginger, freshly ground black pepper and red pepper flakes with 1/4 cup broth.
4. Heat pan again over medium heat. Add 1 tbsps coconut oil when pan is hot.
5. Add broccoli, celery and carrots to pan. Pour liquid ingredients on top and toss to coat.
6. Cook over medium heat until broccoli is tender.
7. Return the beef to the pan and add the green onions. Add the extra chicken broth if preferred.
8. Stir beef in until it's coated with sauce, and let simmer for a few minutes until beef warmed through.
9. Sprinkle sesame seeds on top and serve.

## Slowed Cooking Pork Loin

Makes 2 Servings

### Ingredients:

- 1-1/2 lb pork loin
- 1 (16 oz) can tomato sauce
- 2 medium (6"-8") zucchini, sliced
- 1 head cauliflower, separated into medium florets
- 1-2 tbsp dried basil
- 1/4 tsp freshly ground black pepper
- 1/2 tsp sea salt (optional)

### Directions:

1. Add all of the ingredients to a large crock pot.
2. Cook on high for 6-7 hours.

## Sausage and Artichokes

Makes 2 Servings

### Ingredients:

- 1 lb high quality pork sausages (nitrate free)
- 2 tbsp olive oil
- 2 medium onions
- 1 clove of garlic, chopped
- 1/4 lb white button or cremini mushrooms (about 5 medium)
- 1/2 lb Jerusalem artichokes (also "sunchoke")
- half of 1 large lemon
- 1 cup of organic low sodium chicken stock or water to cover
- a small bunch of flat-leaf parsley, roughly chopped

### Directions:

1. Brown the sausages all over in a little oil in a deep cast iron skillet or pot. Take out of skillet and set aside.
2. Peel the onions and cut them into thick segments, then add to the pan in which you browned the sausages. On medium heat, let the onions soften.
3. Add the garlic to the onions. Cut the mushrooms in half and add to the skillet.
4. Peel or simply scrub the artichokes, then cut them into 1" pieces. Add them to the pan, pushing the onions aside, and let them colour slightly.
5. Put the sausages back into the pan along with the cooking vegetables.
6. Cut the lemon into fat chunks and mix them in the skillet along with a good seasoning of salt and black pepper.
7. Pour over enough stock or water to cover and bring to the boil.
8. Turn the heat down and simmer for about 30 minutes, until the vegetables are truly tender. If there is too much liquid, turn up the heat and let it reduce a little.
9. Stir in the parsley, check the seasoning and eat with the steamed greens.

## Sausage and Tomatoes

Makes 2 Servings

### Ingredients:

- 6 large firm tomatoes
- 1 lb sausage, nitrite/nitrate-free
- 6 mushrooms, sliced
- 1 medium yellow onion, chopped
- fresh cilantro

### Directions:

1. Preheat oven to 350°F.
2. Over medium-high heat, brown onions, sausage and mushrooms together in a skillet.
3. While the above is cooking, cut the tops off the tomatoes. Spoon out the middle and add to the skillet.
4. Let all ingredients simmer for 7 – 10 minutes.
5. Serve with fresh cilantro.

## Lamb And Spaghetti Squash

Makes 2 Servings

### Ingredients:

- 1 small or medium spaghetti squash
- 1 lb ground lamb
- 1/2 yellow onion, diced
- 1/2 tsp sea salt (optional)
- 1/2 tsp garlic
- 1/4 tsp oregano
- 8 medium white button or cremini mushrooms, sliced
- 2 tbsp coconut oil

### Directions:

1. Preheat oven to 375°F.
2. Cut the spaghetti squash in half length-wise with a large knife or cleaver. Remove seeds and loose flesh.
3. Place cut side down in a shallow baking dish. Add 3/4" of water to the dish.
4. Bake for 45 minutes or so, until the squash is soft to the touch.
5. After about 30 minutes of baking, heat a large sauté pan over medium-high heat.
6. Add lamb, onions, sea salt, garlic, and oregano, and cook 5 minutes, stirring frequently.
7. Add mushrooms and continue to cook until lamb is fully done (10-12 minutes). Set aside.
8. When squash is done cooking, remove it from the oven and cool until it can be comfortably handled.
9. Turn the cut side up, and remove from the rind with a fork. This should be done cross-wise, so the strands of squash fall out like spaghetti.
10. Spoon lamb mixture over spaghetti squash to serve. If you need a little extra flavor add some tomato sauce on top.



## Grilled Shrimp And Veggies On A Stick

Makes 2 Servings

### Ingredients:

- 3/4 lb shrimp, peeled and de-veined
- juice of 1 lime
- 2 tsp minced garlic
- freshly ground black pepper
- 1 medium zucchini, sliced into 1" pieces
- 2 cups button mushrooms
- 1 red bell pepper, sliced into 2" pieces
- 1 green bell pepper, sliced into 2" pieces
- 1 red onion, cut into eighths
- 4 cloves garlic, minced
- 3 tbsp olive oil
- wooden skewers, soaked in cold water for 15 minutes to prevent burning

### Directions:

1. Soak wooden skewers (at least 15 minutes).
2. Peel shrimp and put in medium bowl and toss with minced garlic.
3. Add lime juice and season with pepper. Set aside for five minutes.
4. Wash and chop vegetables.
5. Prepare grill.
6. Add vegetables and garlic to the shrimp, and add olive oil. Toss.
7. Stack veggies and shrimp onto skewers and grill until fully cooked.

## Curried Fish And Vegetables

Makes 2 Servings

### Ingredients:

- 1 lb white fish fillets, cut crosswise into 1" slices
- 1 can unsweetened coconut milk
- 2 tbsps red curry paste
- 2 medium carrots, cut into thin matchsticks
- 1/2 small red cabbage, thinly sliced
- handful fresh cilantro, chopped

### Directions:

1. Put coconut milk and red curry paste in a large sauté pan over medium heat. Cook for 3 minutes, stirring until combined.
2. Add carrots and red cabbage to pan. Cover and simmer for 4-5 minutes.
3. Add fish and simmer an additional 4-5 minutes, or until fish is fully cooked.
4. Serve with fresh cilantro.

## **Dijon Almond Crusted Salmon**

Makes 2 Servings

### **Ingredients:**

- 3/4 lb salmon fillet(s), skin on
- ½ cup almond meal
- ¼ cup Dijon mustard
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- juice of 1 lemon
- sea salt and freshly ground black pepper
- 2 tsp coconut oil

### **Directions:**

1. Preheat the oven to 350° F.
2. Combine almond meal, coriander and cumin in a small bowl.
3. Season salmon with salt and pepper. Brush on Dijon mustard to coat each piece.
4. Coat each fillet with the almond meal mixture (both sides).
5. Place skin side down on a broiler pan, greased lightly with coconut oil.
6. Bake for 12-15 minutes, or until salmon flakes easily with a fork.

## Shrimp Cakes

Makes 12 Cakes (4 Servings)

### Ingredients:

- 1 pound shrimp, raw, peeled and deveined
- 1 red or yellow bell pepper, finely chopped
- 1 clove garlic, minced
- 2 tbsp green onions, thinly sliced
- 1 tbsp lime juice, freshly squeezed
- 1 tbsp raw honey
- ½ tsp sea salt (optional)
- ¼ tsp ground chipotle
- 1 egg
- ½ cup cilantro, finely chopped
- ½ cup almond flour
- 3 tbsp olive oil, for sautéing

### Directions:

1. Place shrimp in food processor, pulse until finely chopped.
2. In a large bowl, combine chopped shrimp, bell pepper, garlic, scallions, lime juice, honey, sea salt (optional), chipotle, egg and cilantro.
3. Form mixture into 12 (½) inch thick patties, dip each in almond flour, coating thoroughly.
4. In a large skillet, over medium heat, warm 1 tablespoon oil.
5. Add 4 patties to the skillet and cook about 5 minutes per side, until browned; remove and place on paper towel lined plate.
6. Repeat with remaining cakes.

## Halibut With Dijon And Almonds

Makes 2 Servings

### Ingredients:

- 1 tbsp olive oil
- 1 lb halibut or other white fish
- 2 tbsp Dijon mustard
- Salt and pepper to taste
- 2 tbsp almonds, sliced and toasted

### Directions:

1. Preheat the oven to 350° F.
2. Lightly grease a baking sheet with olive oil.
3. Lay fish in the pan skin side down.
4. Season fish with salt and pepper and then coat with Dijon mustard.
5. Bake for 12-15 minutes, or until fish flakes easily with a fork.
6. Sprinkle with toasted sliced almonds.

## Mexican Salad

Makes 2 Servings

### Ingredients:

- 1 lb lean ground beef or turkey
- 2 tbsp chili powder
- 1 tsp garlic salt
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp sea salt
- 3/4 cup water
- 1/2 yellow onion, diced
- 1 medium tomato, diced
- 4 roasted red peppers, chopped
- 6 cups baby spinach
- 1 can black olives, sliced
- 1 avocado
- fresh cilantro
- ½ cup salsa (divided into two portions)

### Directions:

1. Heat medium skillet over medium-high heat. Add beef or turkey and onion to pan. Cook for about 10 minutes, or until browned.
2. Add chili powder, garlic salt, cumin, oregano, roasted red pepper, sea salt and water, and let simmer for 5 minutes more.
3. Meanwhile, separate spinach onto two plates.
4. Top with meat, sliced avocado, black olives, tomatoes, cilantro and salsa.

## Chicken Waldorf Salad

Makes 2 Servings

### Ingredients:

- 2 (4-6 oz) chicken breasts, cooked and diced
- 1 head of romaine lettuce
- 1 large tart apple, cored and diced
- 1 large stalk celery, chopped
- ½ cup walnuts, chopped
- ¼ cup avocado
- 2 tsp lime juice
- 2 tsp raw honey
- freshly ground black pepper to taste
- sea salt (optional)

### Directions:

1. In a medium bowl, combine chicken, apple, celery and walnuts. Set aside.
2. In a small bowl, combine avocado, lime juice and honey and mix until well blended. Use extra lime juice if more liquid is needed.
3. Season with sea salt and freshly ground black pepper if desired.
4. Spoon dressing over chicken and toss to coat completely. If making salad ahead of time, keep chicken mixture and dressing separate until just before eating.
5. Wash and dry lettuce. Separate the lettuce into two bowls. Spoon chicken salad equally onto the two plates.

## **Balsamic Asparagus and Steak Salad**

Makes 4 Servings

### **Ingredients:**

- 1 lb flank steak
- 1 lb asparagus, ends trimmed
- 1 tbsp red onion, minced
- 1 tbsp extra virgin olive oil
- 4 tsp balsamic vinegar
- 1 clove garlic, minced
- sea salt, to taste (optional)
- freshly ground black pepper, to taste

### **Directions:**

1. Bring a medium pot of water to boil.
2. Add asparagus and boil 3 min. Drain and rinse under cold water immediately. Dry thoroughly.
3. Heat a grill until hot. Trim away excess fat if desired. Cut into 4 steaks. Season with salt and pepper. Place on grill.
4. Grill for 4 to 5 minutes per side. Leave medium rare to rare.
5. Once its cooked, set aside and let rest about 10 minute. Then cut each piece into strips.
6. Mix all other ingredients together. Toss asparagus with balsamic mixture. Stop with steak slices.
7. Serve chilled or at room temperature.



## Tasty Tuna Salad

Makes 2 Servings

### Ingredients:

- 2 cans light tuna
- ½ cup green or black olives, chopped
- 1 green onion, chopped
- 1 jalapeno pepper, finely chopped (no seeds and/or less jalapeno if you want less spice)
- 3 tbsps capers, rinsed
- 1/2 tsp red chili flakes
- juice of 2 lemons
- splash of olive oil
- 6 cups mixed greens (optional)
- 1 avocado, sliced

### Directions:

1. Portion out lettuce onto two plates.
2. In a bowl combine all the ingredients and divide onto two plates on top of lettuce.
3. Serve with sliced avocado on top.
4. Serve immediately, or store it in the fridge for a day for more flavour.

## SIDES

### Avocado Salsa

Makes 4 Servings (3 Cups)

#### Ingredients:

- 2 avocados, diced (save the pits)
- 1 jalapeno pepper, seeded and diced
- 3 medium tomatoes, seeded and diced
- 1/4 of a red onion, diced
- 1 bunch cilantro, finely chopped
- juice of 1 lime

#### Directions:

1. Combine all ingredients in a medium bowl.
2. Keep the avocado pits in the mixture to serve. This will slow the oxidation of the avocados (what makes them turn brown) and will help the salsa last longer.

## Cauliflower Mash

Makes 4 Servings

### Ingredients:

- ✦ 1-1/2 large heads cauliflower
- ✦ 3/4 cup unsweetened coconut milk
- ✦ 3 tbsp coconut oil
- ✦ 2/3 cup fresh chives
- ✦ 3 cloves garlic
- ✦ 2 tsp dried rosemary or 1 sprig fresh rosemary
- ✦ sea salt, pepper to taste

### Directions:

1. Roughly chop the cauliflower, removing all leaves.
2. Place in pot of boiling water and cook until it's easy to stick a fork in it
3. Mince the garlic and finely chop the chives. Sauté the garlic, chives and rosemary in coconut oil until the garlic is light golden brown.
4. Drain cauliflower and use a food processor or hand held blender to mash up or puree the steamed cauliflower florets.
5. Put the mashed florets into a pot on the stove and add coconut milk, and the chive and garlic mixture. Cook through until hot. Use hand blender again if you want the mixture more creamy.
6. Add sea salt and pepper to taste.

## Rosemary Green Beans

Makes 2 Servings

### Ingredients:

- 1 lb fresh green beans, trimmed
- 1/2 tsp salt, divided
- 1 tsp coconut oil
- 2 green onions, sliced
- 2 tsp fresh rosemary, chopped
- 1/4 cup pecans, chopped and toasted
- 2 tsp lemon rind, grated

### Directions:

1. Heat 1-1/2" water in a medium pot with a steamer basket insert to a boil.
2. Sprinkle green beans evenly with 1/4 teaspoon sea salt (if desired) and place in the basket.
3. Cover and steam 4-5 minutes or until crisp-tender.
4. Immediately plunge green beans into ice water to stop cooking. Drain.
5. Meanwhile, heat a non-stick skillet over medium-high. Add oil when hot.
6. Add green onions and rosemary, and sauté 2-3 minutes or until softened.
7. Add green beans, pecans, lemon rind and remaining sea salt (if desired), stirring until thoroughly heated.

## Steamed Brussels Sprouts With Ginger And Almonds

Makes 4 Servings

### Ingredients:

- 1 lb Brussels sprouts
- 1/2 cup slivered or sliced almonds (or nuts of choice)
- 4 tbsp olive oil
- 1 tsp fresh ginger root, grated
- 2 tsp lemon juice

### Directions:

1. Add 1" of water to the bottom of a medium pot with a steamer insert or basket. Add Brussels to steamer, cover, and cook over medium-high heat for 10-12 minutes, or until just tender and bright green.
2. Meanwhile, dry roast the almonds in a small skillet over low heat. Stir constantly and remove from heat when they begin to brown.
3. Combine the olive oil, ginger root and lemon juice in a small bowl. When Brussels are fully cooked, toss with dressing and top with toasted almonds.

## Olive Tapanede

Makes About 2 1/2 Cups

### Ingredients:

- handful fresh flat leaf parsley (about 1/4 cup)
- few fresh basil sprigs (about 1/4 cup)
- 2 cloves garlic
- 1 oz sun-dried tomatoes
- 1 cup Kalamata olives, pitted
- 1 cup large green olives, pitted
- 2 tbsp capers
- juice of 1/2 lemon
- 3 tbsp extra virgin olive oil

### Directions:

1. Rough chop fresh herbs, sun-dried tomatoes and garlic.
2. Add all ingredients to a food processor until rough chopped.

\*Excellent topping on fish or chicken.

## Sautéed Sweet Potatoes Hash

Makes 2 Servings

### Ingredients:

- 1 tbsp olive oil
- 1 large sweet potato, grated
- 1/4 tsp cinnamon

### Directions:

1. Heat a skillet over medium heat. Add olive oil.
2. Once skillet is heated, sauté grated sweet potatoes until tender (a few minutes or so).
3. Sprinkle with cinnamon and mix well.

## Zucchini Hash

Makes 5-5 inch or 10-2 inch hash browns

### Ingredients:

- 2 cups shredded zucchini (about 2 medium zucchini)
- 3 eggs
- 1 tbsp coconut flour
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 – 3 tsp coconut oil

### Directions:

1. Shred zucchini with a box grater or in a food processor and set aside. Blot dry with a paper towel.
2. In a large bowl, beat eggs together.
3. Sift coconut flour into eggs and beat together. Note: coconut flour often has clumps, which is why sifting is important.
4. Mix shredded zucchini, sea salt and freshly ground black pepper together, and combine with egg mixture.
5. Meanwhile, set a large sautee pan over medium-low heat. When hot, add coconut oil to coat the bottom of the pan.
6. Spoon the mixture into the pan in desired sized hash browns. Sautee until light brown and then flip.
7. Serve warm or at room temperature.

## SNACKS

### Kale Chips

Makes 2 Servings

#### Ingredients:

- 1 bunch kale
- 1 tsp olive oil
- 1/4 tsp Celtic sea salt (optional)

#### Directions:

1. Preheat oven to 350°F.
2. Wash kale and remove tough stems.
3. Cut kale into 2"-3" sections and place on baking sheet.
4. Drizzle with olive oil and sprinkle with sea salt, if desired. Toss kale to fully coat with oil.
5. Bake for 10-15 minutes, or until kale is crispy. Serve hot.



## Apple Cider Coleslaw

Makes 4 Servings

### Ingredients:

- 1 tbsp olive oil
- 3-4 tbsp apple cider vinegar
- 1/4 tsp ground mustard seed
- 1/8 tsp whole cumin seed
- 1/4 tsp celery seed
- 1/8 tsp poppy seed
- 1/4 tsp freshly ground black pepper
- 1/4 tsp sea salt (optional)
- 1 tsp raw honey (optional)
- 1 small red or green cabbage (or 1/2 of each)
- 2 cups shredded kale

### Directions:

1. In a small bowl, whisk together all ingredients except cabbage and kale to make the dressing. Set aside.
2. Finely shred cabbage and kale and put in large bowl.
3. Add the dressing to cabbage and mix thoroughly.
4. Serve immediately, or store in the refrigerator overnight for more flavour.

## Grain Free Chocolate Chip Cookies

Makes 24-36 Cookies

### Ingredients:

- 3 cups almond flour
- ½ cup coconut oil, melted
- ½ cup raw honey
- 2 large eggs
- 1 tsp baking soda
- 1 tsp sea salt
- 1 tsp vanilla extract
- 1 1/2 cups Enjoy Life Semi-Sweet Chocolate Chips

### Directions:

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper.
3. In a small mixing bowl, combine dry ingredients. Set aside.
4. In a medium mixing bowl, beat the eggs, honey, and vanilla extract with a hand mixer, or wire whisk.
5. Pour wet ingredients slowly into dry ingredients and beat with mixer or fork until combined.
6. Add the melted coconut oil and continue to blend until combined. Stir in chocolate chips.
7. Drop Tablespoon size balls of cookie dough onto prepared baking sheet.
8. Bake for approximately 8-10 minutes.