

Daily Routine Fitness
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Meal Planner For: Paleo R2, 2100 Calories
For the Date Range: 10/8/2013 to 10/14/2013

DAY # 1
10/8/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Avocado omlette with Turkey						
0.33	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
5.00	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
1.00	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
2.00	cup	Strawberries	2.00	18.00	0.00	120.00
2.00	ounce(s)	Turkey, Italian Style-Trader Joes	12.00	1.00	0.00	60.00
Totals:			39.07	25.82	15.91	454.28
AM Snack - Enjoy a piece of fruit and a handful of nuts						
2.00	each	Apple - medium with peel	0.60	42.00	1.00	162.00
15.00	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
Totals:			3.78	45.25	8.41	248.25
Lunch - Chicken Salad with dressing						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
20.00	each	Grapes - American	0.40	8.20	0.20	40.00
3.00	ounce(s)	Green beans - string boiled & drained	1.57	6.67	0.23	30.00
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
1.50	1 bunch	Spinach, raw	14.59	18.51	1.99	117.30
Totals:			57.56	43.39	4.81	427.30
PM Snack - Berries and seeds						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
2.00	1 cup	Blackberries, raw	4.00	27.68	1.41	123.84
0.25	1 cup	Seeds, sunflower seed kernels, dry roasted, with salt	6.19	7.70	15.94	186.24
Totals:			10.49	56.38	17.85	391.08
Dinner - Pork Tenderloin w/ veggies and salad						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
2.00	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
1.50	each	Broiled Tenderloin of Pork and Spicy Rub	39.00	3.00	21.00	383.48
1.00	cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
1.50	1 bunch	Spinach, raw	14.59	18.51	1.99	117.30
Totals:			58.30	38.71	23.63	587.38
Actual Totals for Day 10/8/2013:			169.20	209.55	70.61	2108.29
Actual % of Total Calories:			31.47	38.98	29.55	

DAY # 2
10/9/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Spinach omlette with Turkey						
5.00	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
2.00	1 large	Egg, whole, cooked, omelet	12.90	0.78	14.23	187.88
1.00	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
4.00	ounce(s)	Turkey, Italian Style-Trader Joes	24.00	2.00	0.00	120.00
1.00	cup	milk, coconut-Dairy free	0.00	8.00	4.00	70.00
Totals:			56.25	22.37	18.34	529.78
AM Snack - Enjoy a piece of fruit and a handful of nuts						
2.00	each	Apple - medium with peel	0.60	42.20	0.00	162.00
15.00	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
Totals:			3.78	45.45	7.41	248.25
Lunch - Chicken Salad with dressing						
3.00	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
15.00	each	Grapes - American	0.30	6.15	0.15	30.00
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
1.00	table spoon	Lemon juice	0.10	1.30	0.00	4.00
0.50	1 tablespoon	Oil, flaxseed, cold pressed	0.01	0.00	6.80	60.11
1.00	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
0.25	table spoon	Pepper - black, ground	0.17	1.05	0.05	4.00
1.00	1 teaspoon	Spices, paprika	0.30	1.13	0.27	5.92
Totals:			43.48	24.53	9.67	368.03
PM Snack - Apple with sunflower seed butter						
2.00	each	Apple - medium with peel	0.60	42.00	1.00	162.00
1.50	1 tablespoon	Seeds, sunflower seed butter, without salt	4.15	5.60	13.25	148.08
Totals:			4.75	47.60	14.25	310.08
Dinner - Garlic rosemary salmon with squash and salad						
3.00	1 teaspoon	Garlic, raw	0.57	2.98	0.04	13.41
6.00	ounce(s)	Green beans - string boiled & drained	3.15	13.35	0.45	60.00
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
2.00	1 tablespoon	Rosemary, fresh	0.11	0.70	0.20	4.45
6.00	ounce(s)	Salmon - broiled	37.62	0.00	21.00	348.00
2.00	1 cup, cubes	Squash, winter, butternut, cooked, baked, without salt	3.69	43.01	0.37	164.00
Totals:			47.14	68.04	22.06	633.86
Actual Totals for Day 10/9/2013:			155.41	207.99	71.74	2090.01
Actual % of Total Calories:			29.61	39.63	30.76	

DAY # 3
10/10/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - 5 egg whites/ 1 whole						
0.50	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
5.00	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
2.00	1 large	Egg, whole, cooked, poached	12.51	0.71	9.47	143.00
2.00	cup	milk, coconut-Dairy free	0.00	16.00	8.00	140.00
Totals:			30.55	28.72	17.71	409.32
AM Snack - Celery w/ almond butter						
2.00	table spoon	Almond Butter	4.00	6.00	18.00	202.00
7.00	each	Celery - raw stalk trimmed	3.50	14.00	0.00	70.00
Totals:			7.50	20.00	18.00	272.00
Lunch - Tuna Salad						
0.33	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
3.00	1 lemon yields	Lemon juice, raw	0.49	9.73	0.34	31.02
1.00	each	Orange - medium	1.10	17.40	0.30	69.00
1.00	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
6.00	ounce(s)	Tuna, Bumble Bee, White Albacore in water	30.00	0.00	2.00	180.00
Totals:			34.81	45.36	11.54	439.36
PM Snack - Enjoy a piece of fruit and a handful of nuts						
2.00	each	Apple - medium with peel	0.60	42.00	1.00	162.00
1.00	1 oz (10-12 kernels)	Nuts, macadamia nuts, raw	2.24	3.92	21.48	203.55
Totals:			2.84	45.92	22.48	365.55
Dinner - Halibut with Pasta & Corn and a salad						
5.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.76	3.10	0.10	16.00
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
8.00	ounce(s)	Halibut - broiled	60.00	0.00	8.00	320.00
0.50	1 fruit without skin, medium	Kiwifruit, green, raw	0.43	5.57	0.20	23.18
1.00	1 cup	Quinoa, cooked	8.14	39.41	3.55	222.00
0.50	1 cup	Tangerines, (mandarin oranges), canned, juice pack,	0.71	8.89	0.04	35.91
Totals:			73.04	64.97	11.88	661.09
Actual Totals for Day 10/10/2013:			148.74	204.97	81.61	2147.33
Actual % of Total Calories:			27.68	38.15	34.17	

DAY # 4
10/11/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
2.00	cup	Strawberries	2.00	18.00	0.00	120.00
0.50	ounce(s)	Walnuts, dried	2.00	3.00	7.50	89.00
1.00	cup	milk, coconut-Dairy free	0.00	8.00	4.00	70.00
Totals:			5.20	55.70	12.10	384.00
AM Snack						
5.00	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0.50	ounce(s)	Nuts - cashew & peanuts, Planters	2.50	4.50	6.00	85.00
Totals:			26.29	6.56	11.30	247.50
Lunch - California Salad						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0.33	1 cup, pureed	Avocados, raw, California	1.49	6.56	11.70	126.75
1.00	table spoon	Lemon juice	0.10	1.30	0.00	4.00
1.00	large	Salad - Irg. garden w/tomato & onion	2.60	19.00	0.80	98.00
8.00	ounce(s)	Turkey, Italian Style-Trader Joes	48.00	4.00	0.00	240.00
Totals:			52.49	51.86	13.00	549.75
PM Snack - Trail Mix						
2.00	1 small box (1.5 oz)	Raisins, seedless	2.64	68.09	0.40	257.14
1.00	ounce(s)	Walnuts, dried	4.00	6.00	15.00	178.00
Totals:			6.64	74.09	15.40	435.14
Dinner - Fish & Veggies with salad						
2.00	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, with salt	2.28	5.10	0.56	28.52
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
1.00	table spoon	Lemon juice	0.10	1.30	0.00	4.00
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
8.00	ounce(s)	Orange Roughy- broiled or grilled	42.40	0.00	2.16	200.00
1.00	1 teaspoon, ground	Spices, oregano, dried	0.16	1.24	0.08	4.77
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			46.94	16.11	16.80	413.66
Actual Totals for Day 10/11/2013:			137.56	204.32	68.59	2030.05
Actual % of Total Calories:			27.72	41.18	31.10	

DAY # 5
10/12/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Spinach omlette with Turkey						
6.00	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
0.25	1 bunch	Spinach, raw	2.43	3.09	0.33	19.55
2.00	small	Tomato - sm. w/peel, 2.5" diam.	2.00	11.40	0.80	52.00
4.00	ounce(s)	Turkey, Italian Style-Trader Joes	24.00	2.00	0.00	120.00
3.00	cup	milk, coconut-Dairy free	0.00	24.00	12.00	210.00
Totals:			49.43	42.29	13.13	503.55
AM Snack - Berries and coconut water						
2.00	1 cup	Blackberries, raw	4.00	27.68	1.41	123.84
2.00	1 cup	Nuts, coconut water (liquid from coconuts)	3.46	17.81	0.96	91.20
Totals:			7.46	45.48	2.37	215.04
Lunch - Chicken Salad with dressing						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
8.00	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
20.00	each	Grapes - American	0.40	8.20	0.20	40.00
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
0.25	ounce(s)	Walnuts, dried	1.00	1.50	3.75	44.50
Totals:			55.40	19.70	7.15	386.50
PM Snack - Apple with almond butter						
1.50	table spoon	Almond Butter	3.00	4.50	13.50	151.50
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	tea spoon	Cinnamon	0.30	5.40	0.20	18.00
Totals:			3.60	30.90	14.20	250.50
Dinner - Steak w/ mushrooms, yam and salad						
2.00	table spoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
1.50	3 oz (1 serving)	Beef, short loin, porterhouse steak, separable lean and fat,	30.55	0.00	24.57	351.90
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
1.00	each	Marinated Mushrooms	3.00	7.00	10.00	150.82
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
1.00	1 cup, cubes	Yam, raw	2.29	41.82	0.26	177.00
Totals:			37.84	61.29	34.82	746.09
Actual Totals for Day 10/12/2013:			153.73	199.66	71.68	2101.68
Actual % of Total Calories:			29.87	38.79	31.34	

DAY # 6
10/13/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Turkey omllette with basil						
0.50	2 tablespoon	Basil, fresh	0.08	0.07	0.02	0.61
1.00	each	Cantaloupe - muskmelon	4.60	44.60	1.60	186.00
5.00	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
4.00	ounce(s)	Turkey, Italian Style-Trader Joes	24.00	2.00	0.00	120.00
Totals:			47.18	53.87	2.02	417.61
AM Snack - Celery w/ almond butter						
2.00	table spoon	Almond Butter	4.00	6.00	18.00	202.00
5.00	each	Celery - raw stalk trimmed	2.50	10.00	0.00	50.00
Totals:			6.50	16.00	18.00	252.00
Lunch - Shrimp salad						
1.00	1 fruit without skin and seeds	Avocados, raw, California	3.39	14.95	26.66	288.91
1.00	0.25 cup	Coriander (cilantro) leaves, raw	0.09	0.15	0.02	0.92
4.00	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
3.00	1 lemon yields	Lemon juice, raw	0.49	9.73	0.34	31.02
0.50	1 cup, sliced	Mangos, raw	0.68	12.36	0.31	49.50
6.00	ounce(s)	Shrimp - boiled or steamed	35.52	0.00	1.80	168.00
Totals:			44.27	54.08	29.43	622.35
PM Snack						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
Totals:			6.59	21.56	5.80	158.50
Dinner - Fish & Veggies with salad						
1.00	spear	Broccoli	5.00	4.00	1.00	40.00
1.00	each	Carrot - raw medium	0.70	7.30	0.10	31.00
1.00	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6.00	ounce(s)	Fish, Tilapia	42.00	0.00	6.00	216.00
12.00	1 almond	Nuts, almonds	2.55	2.60	5.93	69.00
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
0.50	1 cup slices	Peaches, raw	0.77	8.11	0.21	33.15
2.00	0.5 cup slices	Radishes, raw	0.79	3.94	0.12	18.56
2.00	1 miniature box (.5 oz)	Raisins, seedless	0.86	22.17	0.13	83.72
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
2.00	1/2 cup	tomato, diced	0.00	8.00	0.00	38.00
Totals:			53.47	59.40	20.49	610.80
Actual Totals for Day 10/13/2013:			158.01	204.91	75.74	2061.26
Actual % of Total Calories:			29.63	38.42	31.95	

DAY # 7
10/14/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2.00	each	Banana - med 8"	2.40	53.40	1.20	210.00
5.00	each	Egg - boiled white only	17.50	1.50	0.00	85.00
0.50	medium	Pear - medium, Dole	0.50	12.50	0.50	50.00
0.33	ounce(s)	Walnuts, dried	1.32	1.98	4.95	58.74
Totals:			21.72	69.38	6.65	403.74
AM Snack - Fresh Watermelon						
1.50	1 cup, balls	Watermelon, raw	1.41	17.44	0.35	69.30
Totals:			1.41	17.44	0.35	69.30
Lunch - Chicken Salad with dressing						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8.00	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
3.00	1 wedge yields	Lemon juice, raw	0.06	1.24	0.04	3.96
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
8.00	1 large	Olives, ripe, canned (small-extra large)	0.27	2.00	3.42	36.80
Totals:			58.88	36.58	17.04	528.76
PM Snack						
2.00	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
Totals:			12.58	1.12	10.61	155.00
Dinner - Chicken Fajitas						
0.50	1 cup, pureed	Avocados, raw, California	2.25	9.94	17.72	192.05
1.00	0.25 cup	Coriander (cilantro) leaves, raw	0.09	0.15	0.02	0.92
1.00	1 clove	Garlic, raw	0.19	0.99	0.01	4.47
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
2.00	each	Main 14 - Chicken Fajitas	102.43	182.28	50.27	1588.33
1.00	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
1.00	1 tablespoon	Parsley, fresh	0.11	0.24	0.03	1.37
1.00	table spoon	Pepper - black, ground	0.70	4.20	0.20	16.00
1.00	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
1.00	table spoon	cumin, powder	1.00	2.00	1.00	22.00
Totals:			111.07	224.07	69.85	1939.51
Actual Totals for Day 10/14/2013:			205.66	348.59	104.51	3096.31
Actual % of Total Calories:			26.05	44.16	29.79	

Important Notes

- * If you have a medical condition, please consult with your doctor before following this meal plan.
- * According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.
- * Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.