

**Daily Routine Fitness**  
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**Meal Planner For: Paleo R2, 1300 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
<b>Breakfast - Avocado omlette with Turkey</b>						
0.33	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1.00	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
2.00	ounce(s)	Turkey, Italian Style-Trader Joes	12.00	1.00	0.00	60.00
<b>Totals:</b>			<b>31.07</b>	<b>16.22</b>	<b>15.91</b>	<b>360.28</b>
<b>AM Snack - Enjoy a piece of fruit and a handful of nuts</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
15.00	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
<b>Totals:</b>			<b>3.48</b>	<b>24.25</b>	<b>7.91</b>	<b>167.25</b>
<b>Lunch - Chicken w/ veggies and a salad</b>						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3.00	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
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
0.50	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
<b>Totals:</b>			<b>28.14</b>	<b>26.95</b>	<b>2.19</b>	<b>236.10</b>
<b>PM Snack - Berries and seeds</b>						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
0.12	1 cup	Seeds, sunflower seed kernels, dry roasted, with salt	2.97	3.70	7.65	89.40
<b>Totals:</b>			<b>4.97</b>	<b>17.54</b>	<b>8.35</b>	<b>151.32</b>
<b>Dinner - Pork Tenderloin w/ veggies and salad</b>						
2.00	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
1.00	each	Broiled Tenderloin of Pork and Spicy Rub	26.00	2.00	14.00	255.65
1.00	cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
0.50	1 tablespoon	Oil, flaxseed, cold pressed	0.01	0.00	6.80	60.11
<b>Totals:</b>			<b>30.72</b>	<b>17.20</b>	<b>21.44</b>	<b>392.36</b>
<b>Actual Totals for Day 10/8/2013:</b>			<b>98.38</b>	<b>102.16</b>	<b>55.80</b>	<b>1307.31</b>
<b>Actual % of Total Calories:</b>			<b>30.17</b>	<b>31.33</b>	<b>38.50</b>	

**DAY # 2**  
10/9/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Spinach omlette with Turkey</b>						
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1.00	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
0.50	1 cup	Spinach, raw	0.43	0.54	0.06	3.45
0.50	cup	Strawberries	0.50	4.50	0.00	30.00
3.00	ounce(s)	Turkey, Italian Style-Trader Joes	18.00	1.50	0.00	90.00
1.00	cup	milk, coconut-Dairy free	0.00	8.00	4.00	70.00
<b>Totals:</b>			<b>35.88</b>	<b>15.83</b>	<b>11.17</b>	<b>338.39</b>
<b>AM Snack - Enjoy a piece of fruit and a handful of nuts</b>						
1.00	each	Nectarine - medium, 2.5" diam.	1.30	16.00	0.60	67.00
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
<b>Totals:</b>			<b>5.54</b>	<b>20.33</b>	<b>10.48</b>	<b>182.00</b>
<b>Lunch - Chicken Salad with dressing</b>						
2.00	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
3.00	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
1.00	cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
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
<b>Totals:</b>			<b>22.38</b>	<b>16.48</b>	<b>8.42</b>	<b>233.03</b>
<b>PM Snack - Apple with sunflower seed butter</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	1 tablespoon	Seeds, sunflower seed butter, without salt	2.76	3.73	8.83	98.72
<b>Totals:</b>			<b>3.06</b>	<b>24.73</b>	<b>9.33</b>	<b>179.72</b>
<b>Dinner - Garlic rosemary salmon with squash and salad</b>						
3.00	1 teaspoon	Garlic, raw	0.57	2.98	0.04	13.41
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	1 tablespoon	Rosemary, fresh	0.06	0.35	0.10	2.23
3.00	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
1.00	1 cup, cubes	Squash, winter, butternut, cooked, baked, without salt	1.84	21.50	0.18	82.00
<b>Totals:</b>			<b>23.28</b>	<b>32.83</b>	<b>17.83</b>	<b>380.64</b>
<b>Actual Totals for Day 10/9/2013:</b>			<b>90.15</b>	<b>110.22</b>	<b>57.24</b>	<b>1313.78</b>
<b>Actual % of Total Calories:</b>			<b>27.39</b>	<b>33.49</b>	<b>39.13</b>	

**DAY # 3**  
10/10/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - 3 egg whites/ 1 whole</b>						
0.50	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1.00	1 large	Egg, whole, cooked, poached	6.25	0.35	4.74	71.50
1.00	1 cup	Nuts, coconut water (liquid from coconuts)	1.73	8.90	0.48	45.60
<b>Totals:</b>			<b>19.02</b>	<b>20.66</b>	<b>5.45</b>	<b>209.42</b>
<b>AM Snack - Celery w/ almond butter</b>						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
3.00	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
<b>Totals:</b>			<b>3.50</b>	<b>9.00</b>	<b>9.00</b>	<b>131.00</b>
<b>Lunch - Tuna Salad</b>						
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
3.00	ounce(s)	Tuna, Bumble Bee, White Albacore in water	15.00	0.00	1.00	90.00
<b>Totals:</b>			<b>19.81</b>	<b>45.36</b>	<b>10.54</b>	<b>349.36</b>
<b>PM Snack - Enjoy a piece of fruit and a handful of nuts</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	1 oz (10-12 kernels)	Nuts, macadamia nuts, raw	2.24	3.92	21.48	203.55
<b>Totals:</b>			<b>2.54</b>	<b>24.92</b>	<b>21.98</b>	<b>284.55</b>
<b>Dinner - Broiled Halibut w/ salad</b>						
4.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.41	2.48	0.08	12.80
2.00	cup	Green salad w/ raw vegetables	2.00	8.00	0.00	44.00
5.00	ounce(s)	Halibut - broiled	37.50	0.00	5.00	200.00
0.50	1 fruit without skin, medium	Kiwifruit, green, raw	0.43	5.57	0.20	23.18
0.50	1 cup	Tangerines, (mandarin oranges), canned, juice pack,	0.71	8.89	0.04	35.91
<b>Totals:</b>			<b>42.05</b>	<b>24.95</b>	<b>5.31</b>	<b>315.89</b>
<b>Actual Totals for Day 10/10/2013:</b>			<b>86.92</b>	<b>124.89</b>	<b>52.28</b>	<b>1290.23</b>
<b>Actual % of Total Calories:</b>			<b>26.38</b>	<b>37.91</b>	<b>35.71</b>	

**DAY # 4**  
10/11/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Coconut milk with fruit and nuts</b>						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
0.50	cup	Strawberries	0.50	4.50	0.00	30.00
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
<b>Totals:</b>			<b>3.70</b>	<b>42.20</b>	<b>12.10</b>	<b>294.00</b>
<b>AM Snack</b>						
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
<b>Totals:</b>			<b>6.29</b>	<b>0.56</b>	<b>5.30</b>	<b>77.50</b>
<b>Lunch - California Salad</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0.25	1 cup, pureed	Avocados, raw, California	1.13	4.97	8.86	96.03
1.00	table spoon	Lemon juice	0.10	1.30	0.00	4.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
4.00	ounce(s)	Turkey, Italian Style-Trader Joes	24.00	2.00	0.00	120.00
<b>Totals:</b>			<b>27.48</b>	<b>43.52</b>	<b>9.96</b>	<b>375.02</b>
<b>PM Snack - Trail Mix</b>						
1.00	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
0.50	ounce(s)	Walnuts, dried	2.00	3.00	7.50	89.00
<b>Totals:</b>			<b>3.32</b>	<b>37.05</b>	<b>7.70</b>	<b>217.57</b>
<b>Dinner - Fish &amp; Veggies with salad</b>						
2.00	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, with salt	2.28	5.10	0.56	28.52
1.00	cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
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
5.00	ounce(s)	Orange Roughy- broiled or grilled	26.50	0.00	1.35	125.00
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
<b>Totals:</b>			<b>30.04</b>	<b>12.11</b>	<b>15.99</b>	<b>316.66</b>
<b>Actual Totals for Day 10/11/2013:</b>			<b>70.83</b>	<b>135.44</b>	<b>51.05</b>	<b>1280.75</b>
<b>Actual % of Total Calories:</b>			<b>22.06</b>	<b>42.18</b>	<b>35.77</b>	

**DAY # 5**  
10/12/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Spinach omlette with Turkey</b>						
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
0.25	1 bunch	Spinach, raw	2.43	3.09	0.33	19.55
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
3.00	ounce(s)	Turkey, Italian Style-Trader Joes	18.00	1.50	0.00	90.00
1.00	cup	milk, coconut-Dairy free	0.00	8.00	4.00	70.00
<b>Totals:</b>			<b>31.93</b>	<b>19.19</b>	<b>4.73</b>	<b>256.55</b>
<b>AM Snack - Berries and nuts</b>						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1.00	1 cup	Nuts, coconut water (liquid from coconuts)	1.73	8.90	0.48	45.60
<b>Totals:</b>			<b>3.73</b>	<b>22.74</b>	<b>1.19</b>	<b>107.52</b>
<b>Lunch - Chicken Salad with dressing</b>						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3.00	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
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
0.25	ounce(s)	Walnuts, dried	1.00	1.50	3.75	44.50
<b>Totals:</b>			<b>22.80</b>	<b>17.65</b>	<b>5.10</b>	<b>221.50</b>
<b>PM Snack - Apple with almond butter</b>						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
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
<b>Totals:</b>			<b>2.60</b>	<b>29.40</b>	<b>9.70</b>	<b>200.00</b>
<b>Dinner - Steak w/ mushrooms, yam and salad</b>						
1.00	3 oz (1 serving)	Beef, short loin, porterhouse steak, separable lean and fat,	20.37	0.00	16.38	234.60
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
0.50	1 cup, cubes	Yam, raw	1.15	20.91	0.13	88.50
<b>Totals:</b>			<b>26.51</b>	<b>36.38</b>	<b>26.51</b>	<b>520.29</b>
<b>Actual Totals for Day 10/12/2013:</b>			<b>87.57</b>	<b>125.36</b>	<b>47.22</b>	<b>1305.86</b>
<b>Actual % of Total Calories:</b>			<b>27.44</b>	<b>39.27</b>	<b>33.29</b>	

**DAY # 6**  
10/13/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Turkey omelette with basil</b>						
0.50	2 tablespoon	Basil, fresh	0.08	0.07	0.02	0.61
0.50	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
3.00	ounce(s)	Turkey, Italian Style-Trader Joes	18.00	1.50	0.00	90.00
<b>Totals:</b>			<b>30.88</b>	<b>24.77</b>	<b>0.82</b>	<b>234.61</b>
<b>AM Snack - Celery w/ almond butter</b>						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
3.00	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
<b>Totals:</b>			<b>3.50</b>	<b>9.00</b>	<b>9.00</b>	<b>131.00</b>
<b>Lunch - Shrimp salad</b>						
0.33	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
1.00	0.25 cup	Coriander (cilantro) leaves, raw	0.09	0.15	0.02	0.92
2.00	ounce(s)	Green beans - string boiled & drained	1.05	4.45	0.15	20.00
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
0.33	1 cup, sliced	Mangos, raw	0.45	8.16	0.21	32.67
4.00	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
<b>Totals:</b>			<b>28.87</b>	<b>35.41</b>	<b>10.71</b>	<b>335.95</b>
<b>PM Snack</b>						
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
<b>Totals:</b>			<b>6.59</b>	<b>21.56</b>	<b>5.80</b>	<b>158.50</b>
<b>Dinner - Fish &amp; Veggies with salad</b>						
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
3.50	ounce(s)	Fish, Tilapia	24.50	0.00	3.50	126.00
10.00	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
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
1.00	0.5 cup slices	Radishes, raw	0.39	1.97	0.06	9.28
1.00	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
1.00	1/2 cup	tomato, diced	0.00	4.00	0.00	19.00
<b>Totals:</b>			<b>34.72</b>	<b>41.91</b>	<b>16.88</b>	<b>439.16</b>
<b>Actual Totals for Day 10/13/2013:</b>			<b>104.57</b>	<b>132.65</b>	<b>43.21</b>	<b>1299.22</b>
<b>Actual % of Total Calories:</b>			<b>31.27</b>	<b>39.66</b>	<b>29.07</b>	

**DAY # 7**  
10/14/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
0.50	medium	Pear - medium, Dole	0.50	12.50	0.50	50.00
0.25	ounce(s)	Walnuts, dried	1.00	1.50	3.75	44.50
<b>Totals:</b>			<b>13.20</b>	<b>41.60</b>	<b>4.85</b>	<b>250.50</b>
<b>AM Snack - Fresh Watermelon</b>						
1.00	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<b>Totals:</b>			<b>0.94</b>	<b>11.63</b>	<b>0.23</b>	<b>46.20</b>
<b>Lunch - Chicken Salad with dressing</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
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
15.00	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
4.00	1 large	Olives, ripe, canned (small-extra large)	0.13	1.00	1.71	18.40
<b>Totals:</b>			<b>31.68</b>	<b>34.49</b>	<b>11.27</b>	<b>357.61</b>
<b>PM Snack</b>						
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
<b>Totals:</b>			<b>6.29</b>	<b>0.56</b>	<b>5.30</b>	<b>77.50</b>
<b>Dinner - Chicken Fajitas</b>						
0.33	1 cup, pureed	Avocados, raw, California	1.49	6.56	11.70	126.75
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
1.00	each	Main 14 - Chicken Fajitas	51.22	91.14	25.13	794.17
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
<b>Totals:</b>			<b>59.09</b>	<b>129.55</b>	<b>38.70</b>	<b>1080.05</b>
<b>Actual Totals for Day 10/14/2013:</b>			<b>111.20</b>	<b>217.83</b>	<b>60.35</b>	<b>1811.86</b>
<b>Actual % of Total Calories:</b>			<b>23.92</b>	<b>46.86</b>	<b>29.21</b>	

**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.