

Daily Routine Fitness
info@dailyroutinefitness.com

Meal Planner For: Paleo R2, 1500 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
4.00	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
1.00	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
1.50	cup	Strawberries	1.50	13.50	0.00	90.00
3.00	ounce(s)	Turkey, Italian Style-Trader Joes	18.00	1.50	0.00	90.00
1.50	1 cup, balls	Watermelon, raw	1.41	17.44	0.35	69.30
Totals:			42.48	38.96	16.26	506.58
AM Snack - Enjoy a piece of fruit and a handful of nuts						
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
Totals:			3.48	24.25	7.91	167.25
Lunch - Chicken Salad with dressing						
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
20.00	each	Grapes - American	0.40	8.20	0.20	40.00
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
0.50	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
Totals:			28.86	33.27	2.36	266.10
PM Snack - Berries and seeds						
1.50	1 cup	Blackberries, raw	3.00	20.76	1.06	92.88
0.12	1 cup	Seeds, sunflower seed kernels, dry roasted, with salt	2.97	3.70	7.65	89.40
Totals:			5.97	24.45	8.71	182.28
Dinner - Pork Tenderloin w/ veggies and salad						
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
Totals:			30.72	17.20	21.44	392.36
Actual Totals for Day 10/8/2013:			111.51	138.14	56.68	1514.57
Actual % of Total Calories:			29.56	36.62	33.81	

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
0.75	1 cup	Spinach, raw	0.64	0.82	0.09	5.17
1.50	cup	Strawberries	1.50	13.50	0.00	90.00
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
Totals:			37.64	25.32	4.09	340.18
AM Snack - Enjoy a piece of fruit and a handful of nuts						
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
Totals:			5.54	20.33	10.48	182.00
Lunch - Chicken Salad with dressing						
2.00	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
15.00	each	Grapes - American	0.30	6.15	0.15	30.00
1.50	cup	Green salad w/ raw vegetables	1.50	6.00	0.00	33.00
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:			29.48	20.53	8.87	285.03
PM Snack - Apple with sunflower seed butter						
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
Totals:			3.06	24.73	9.33	179.72
Dinner - Garlic rosemary salmon with squash and salad						
3.00	1 teaspoon	Garlic, raw	0.57	2.98	0.04	13.41
3.00	cup	Green salad w/ raw vegetables	3.00	12.00	0.00	66.00
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
4.00	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
1.50	1 cup, cubes	Squash, winter, butternut, cooked, baked, without salt	2.77	32.26	0.28	123.00
Totals:			31.48	47.58	21.42	501.64
Actual Totals for Day 10/9/2013:			107.21	138.50	54.19	1488.57
Actual % of Total Calories:			29.16	37.67	33.17	

DAY # 3
10/10/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - 3 egg whites/ 1 whole						
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
1.50	1 cup	Nuts, coconut water (liquid from coconuts)	2.59	13.36	0.72	68.40
Totals:			19.88	25.12	5.69	232.22
AM Snack - Celery w/ almond butter						
1.50	table spoon	Almond Butter	3.00	4.50	13.50	151.50
4.00	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
Totals:			5.00	12.50	13.50	191.50
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
5.00	ounce(s)	Tuna, Bumble Bee, White Albacore in water	25.00	0.00	1.67	150.00
Totals:			29.81	45.36	11.20	409.36
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 - Broiled Halibut w/ salad						
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
Totals:			42.05	24.95	5.31	315.89
Actual Totals for Day 10/10/2013:			99.59	153.84	58.19	1514.53
Actual % of Total Calories:			25.91	40.03	34.06	

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
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
Totals:			3.70	42.20	12.10	294.00
AM Snack						
2.00	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
Totals:			13.29	1.16	5.30	111.50
Lunch - California Salad						
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
1.50	medium	Salad - med. garden w/tomato, onion	2.92	21.38	0.90	111.00
6.00	ounce(s)	Turkey, Italian Style-Trader Joes	36.00	3.00	0.00	180.00
Totals:			40.45	51.64	10.26	472.02
PM Snack - Trail Mix						
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
Totals:			3.32	37.05	7.70	217.57
Dinner - Fish & Veggies with salad						
3.00	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, with salt	3.42	7.64	0.84	42.78
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
6.00	ounce(s)	Orange Roughy- broiled or grilled	31.80	0.00	1.62	150.00
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:			36.48	14.66	16.53	355.92
Actual Totals for Day 10/11/2013:			97.25	146.71	51.90	1451.01
Actual % of Total Calories:			26.96	40.67	32.37	

DAY # 5
10/12/2013

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
0.50	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
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
Totals:			41.36	22.87	5.06	310.10
AM Snack - Berries and coconut water						
1.50	1 cup	Blackberries, raw	3.00	20.76	1.06	92.88
1.00	1 cup	Nuts, coconut water (liquid from coconuts)	1.73	8.90	0.48	45.60
Totals:			4.73	29.66	1.54	138.48
Lunch - Chicken Salad with dressing						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
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
Totals:			29.30	17.65	5.50	252.50
PM Snack - Apple with almond butter						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
2.00	each	Apple - medium with peel	0.60	42.00	1.00	162.00
1.00	tea spoon	Cinnamon	0.30	5.40	0.20	18.00
Totals:			2.90	50.40	10.20	281.00
Dinner - Steak w/ mushrooms, yam and salad						
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
Totals:			26.51	36.38	26.51	520.29
Actual Totals for Day 10/12/2013:			104.81	156.97	48.81	1502.37
Actual % of Total Calories:			28.20	42.24	29.55	

DAY # 6
10/13/2013

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Turkey omelette with basil						
0.75	2 tablespoon	Basil, fresh	0.13	0.11	0.03	0.91
0.50	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
4.00	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
4.00	ounce(s)	Turkey, Italian Style-Trader Joes	24.00	2.00	0.00	120.00
Totals:			40.43	25.61	0.83	281.91
AM Snack - Celery w/ almond butter						
2.00	table spoon	Almond Butter	4.00	6.00	18.00	202.00
4.00	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
Totals:			6.00	14.00	18.00	242.00
Lunch - Shrimp salad						
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
Totals:			28.87	35.41	10.71	335.95
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						
2.00	spear	Broccoli	10.00	8.00	2.00	80.00
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
1.00	ounce(s)	Halibut - broiled	7.50	0.00	1.00	40.00
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
Totals:			22.72	45.91	15.38	393.16
Actual Totals for Day 10/13/2013:			104.61	142.49	50.72	1411.52
Actual % of Total Calories:			28.96	39.45	31.59	

DAY # 7
10/14/2013

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
4.00	each	Egg - boiled white only	14.00	1.20	0.00	68.00
1.00	medium	Pear - medium, Dole	1.00	25.00	1.00	100.00
0.25	ounce(s)	Walnuts, dried	1.00	1.50	3.75	44.50
Totals:			17.20	54.40	5.35	317.50
AM Snack - Fresh Watermelon						
1.00	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
Totals:			0.94	11.63	0.23	46.20
Lunch - Chicken Salad with dressing						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
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
Totals:			44.68	34.49	12.07	419.61
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						
0.33	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
Totals:			59.09	129.55	38.70	1080.05
Actual Totals for Day 10/14/2013:			134.49	231.19	66.95	2018.36
Actual % of Total Calories:			26.05	44.78	29.18	

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.