



## 7 Days of Paleo Meals

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The meals analyzed are for seven days (Sunday – Saturday) of “Phase II” Paleo Diet, from pages 152-153 of *The Paleo Diet* by Dr. Loren Cordain. Meals were analyzed on the [USDA SuperTracker](#) website, which uses the USDA Nutrient Database. The “Phase II” portion of the Paleo Diet is the long-term, “maintenance” phase of the diet that most people are supposedly able to continue throughout their lifetimes for optimum health. “Phase II” of the Paleo Diet allows people to eat three “open” meals per week, which means anything is okay, whether it is Paleo or not.

To give the Paleo Diet the benefit of the doubt and the best chance of coming out with a healthy nutrient profile, low-fat, plant-based foods were chosen for these three “open” meals. There are two breakfasts of whole oatmeal with either almond milk or soymilk, and a dinner of tofu stir-fry with brown rice. Presumably a 100% Paleo diet would have meat present at those meals, and no grain.

Certain meals contain specific recipes, detailed in the recipes section of the book. Specific recipes were entered as “Combo Items” in the [SuperTracker](#) in quantities that corresponded to a single serving. Because certain ingredients of small volume (such as pepper or spices) were not able to be entered in the appropriate divided quantity for 1 serving they were omitted; even had they been included, these ingredients would not have contributed to the macronutrient profile of the dish.

The recipe for beef jerky was not possible to enter as a “Combo Item”, so Slim Jim Beef Jerky was substituted, which should have a reasonable similarity to the Paleo jerky recipe.

“Omega-3 enriched eggs” were not available in the [SuperTracker](#), so regular eggs were substituted, and the % protein, fat, and carbohydrate should be equivalent.

The “Cilantro Salsa” was not able to be entered with appropriate quantities for a majority of ingredients so regular salsa was substituted.

Certain meals did not indicate a specific portion for a food, so an average sized portion was used.

The “Nutrients Report” on pages 3-4 of this document show that someone consuming the suggested meal plans in this book for 7 days would eat:

- 26% protein
- 30% carbohydrate
- 46% fat

The “Meal Summary” report on the following pages listed all food items consumed. “Combo Items” are listed in the reports as their individual ingredients, which makes it a little hard to interpret at a glance. To verify the recipes used, the image below shows the list of “Combo Items” entered for Paleo’s profile:

Item	Amount	Calories
1. Baked Walnut-Cinnamon Apples - 1 serving	1 Portion	251
2. Spicy Stuffed Squash - 1 serving	1 Portion	148
3. Red Snapper in Snappy Sauce - 1 serving	1 Portion	264
4. Marinated Mushrooms - 1 serving	1 Portion	584
5. Kenny's BBQ Spicy Chicken - 1 serving	1 Portion	148
6. Baked Haddock Italiano - 1 serving	1 Portion	451
7. Butter Leaf Avocado Salad - 1 serving	1 Portion	251
8. Spinach Salad with Crabmeat - 1 serving	1 Portion	137
9. BBQ Alaskan Shrimp - 1 serving	1 Portion	270
10. Ambrosia Salad - 1 serving	1 Portion	239
11. Chicken Vegetable Soup - 1 serving	1 Portion	330
12. Cajun Catfish Bake - 1 serving	1 Portion	498
13. Gazpacho - 1 serving	1 Portion	120
14. 1/2 cup Guacamole Fiesta	1 Portion	235
15. Zesty Shrimp-Avocado Omelet	1 Portion	558
16. Gingerly Chicken and Veggies - 1 serving	1 Portion	413
17. Salmon Steaks in Curry Sauce - 1 serving	1 Portion	426
18. Brockway Tuna Salad - 1 serving	1 Portion	1352
19. Beef and Spinach Scramble - 1 serving	1 Portion	372
20. 1/2 Cup Omega 3 Mayonnaise	1 Portion	992
21. Omega 3 Meatballs - 1 serving	1 Portion	616

To view the meal plans and recipes for these “Combo Items”, check pages 152-153 and recipes section of The Paleo Diet.

# Paleo's Nutrients Report 08/04/13 - 08/10/13

Your plan is based on a **2400 Calorie** allowance.

[Note from author – this 2400 Calorie allowance is based on a 33-yr old, active woman's caloric needs. SuperTracker requires the user to enter personal information upon signing up.]

Nutrients	Target	Average Eaten	Status
Total Calories	2400 Calories	2060 Calories	Under
Protein (g) <sup>***</sup>	46 g	133 g	OK
Protein (% Calories) <sup>***</sup>	10 - 35% Calories	26% Calories	OK
Carbohydrate (g) <sup>***</sup>	130 g	154 g	OK
Carbohydrate (% Calories) <sup>***</sup>	45 - 65% Calories	30% Calories	Under
Dietary Fiber	25 g	28 g	OK
Total Fat	20 - 35% Calories	46% Calories	Over
Saturated Fat	< 10% Calories	8% Calories	OK
Monounsaturated Fat	No Daily Target or Limit	20% Calories	No Daily Target or Limit
Polyunsaturated Fat	No Daily Target or Limit	13% Calories	No Daily Target or Limit
Linoleic Acid (g) <sup>***</sup>	12 g	18 g	OK
Linoleic Acid (% Calories) <sup>***</sup>	5 - 10% Calories	8% Calories	OK
α-Linolenic Acid (g) <sup>***</sup>	1.1 g	10.7 g	OK
α-Linolenic Acid (% Calories) <sup>***</sup>	0.6 - 1.2% Calories	4.7% Calories	Over
Omega 3 - EPA	No Daily Target or Limit	563 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	830 mg	No Daily Target or Limit
Cholesterol	< 300 mg	544 mg	Over
<b>Minerals</b>	<b>Target</b>	<b>Average Eaten</b>	<b>Status</b>
Calcium	1000 mg	593 mg	Under
Potassium	4700 mg	4669 mg	Under
Sodium <sup>**</sup>	< 2300 mg	2773 mg	Over
Copper	900 µg	1939 µg	OK
Iron	18 mg	15 mg	Under
Magnesium	320 mg	398 mg	OK
Phosphorus	700 mg	1550 mg	OK
Selenium	55 µg	189 µg	OK
Zinc	8 mg	14 mg	OK
<b>Vitamins</b>	<b>Target</b>	<b>Average Eaten</b>	<b>Status</b>
Vitamin A	700 µg RAE	1359 µg RAE	OK
Vitamin B6	1.3 mg	2.7 mg	OK
Vitamin B12	2.4 µg	8.2 µg	OK
Vitamin C	75 mg	311 mg	OK
Vitamin D	15 µg	10 µg	Under

Vitamin E	15 mg AT	20 mg AT	OK
Vitamin K	90 µg	361 µg	OK
Folate	400 µg DFE	418 µg DFE	OK
Thiamin	1.1 mg	1.5 mg	OK
Riboflavin	1.1 mg	1.6 mg	OK
Niacin	14 mg	34 mg	OK
Choline	425 mg	635 mg	OK

### Information about dietary supplements.

\*\* If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

\*\*\* Nutrients that appear twice (*protein, carbohydrate, linoleic acid, and α-linolenic acid*) have two separate recommendations:

- 1) Amount eaten (in grams) compared to your minimum recommended intake.
- 2) Percent of Calories eaten from that nutrient compared to the recommended range.

You may see different messages in the status column for these 2 different recommendations.

# Paleo's Meals

Your plan is based on a **2400 Calorie** allowance.

[Note from author – this 2400 Calorie allowance is based on a 33-yr old, active woman's caloric needs. SuperTracker requires the user to enter personal information upon signing up.]

Date	Breakfast	Lunch	Dinner	Snacks
08/04/13	<ul style="list-style-type: none"> <li>■ 1 cup Almond milk</li> <li>■ ½ ounce (22 almonds) Almonds, roasted</li> <li>■ ½ cup Blueberries, raw</li> <li>■ 1 tablespoon Maple syrup (100% maple)</li> <li>■ 1½ cup Oatmeal, regular, cooked (with salt, no fat added)</li> <li>■ 1 mug (8 fl oz) Tea, herbal</li> </ul>	<ul style="list-style-type: none"> <li>■ ¼ teaspoon Basil, dried</li> <li>■ 1 large egg(s) Egg, boiled</li> <li>■ ½ clove Garlic, raw</li> <li>■ 4 ounce(s) cooked Ground beef, 90% - 94% lean, cooked</li> <li>■ 1 teaspoon Olive oil</li> <li>■ 1 medium (4-1/8" long) Scallions</li> <li>■ ¼ cup Spinach, raw</li> <li>■ 1 mug (8 fl oz) Tea, herbal</li> </ul>	<ul style="list-style-type: none"> <li>■ ¾ cup Brussels sprouts, fresh, cooked (no salt or fat added)</li> <li>■ ½ cup Chicken broth soup stock, Mexican style</li> <li>■ ½ cup, sliced Cucumber, raw</li> <li>■ 2 tablespoon Flax seed oil</li> <li>■ 8 ounce(s), cooked, boneless Salmon, baked or broiled without fat</li> <li>■ 2 medium (2-3/8" across) Tangerines, raw</li> <li>■ ½ cup, chopped or sliced Tomato, raw</li> <li>■ 1 fluid ounce(s) Wine, white</li> </ul>	<ul style="list-style-type: none"> <li>■ 1 medium (2-3/4" across) Apple, raw</li> <li>■ 3 Slim Jim Beef jerky (Slim Jim, Big Jerk)</li> </ul>
08/05/13	<ul style="list-style-type: none"> <li>■ 4 large wedge (1/8 of large melon) Cantaloupe (muskmelon), raw</li> <li>■ 1 fillet (6-1/4" x 3-1/2" x 3/4") Flounder (sole)</li> </ul>	<ul style="list-style-type: none"> <li>■ ½ cup Celery, raw</li> <li>■ ½ medium egg(s) Egg, raw</li> </ul>	<ul style="list-style-type: none"> <li>■ 1 small carrot (5-1/2" long) Carrot, raw</li> <li>■ ¾ cup, sliced Carrots, fresh, cooked (no salt or</li> </ul>	<ul style="list-style-type: none"> <li>■ 1 Slim Jim Beef jerky (Slim Jim, Big Jerk)</li> <li>■ 1 cup Celery, raw</li> </ul>

broiled without fat

■ ½ cup, whole Strawberry, raw

■ 1 mug (8 fl oz) Tea, herbal

■ ¼ cup Flaxseed oil

■ 1 tablespoon Flaxseed oil

■ ½ cup, chopped Green peppers, raw

■ 1 fluid ounce(s) Lemon juice, freshly squeezed

■ 1 teaspoon Lemon juice, freshly squeezed

■ ¼ cup Olive oil

■ ¼ cup, chopped Onion, mature, raw

■ 1 cup, romaine Romaine lettuce, raw

■ 1 medium (2-3/8" across) Tangerine, raw

■ 1 can (6.5 oz), drained Tuna, canned, water pack

■ 1 cup (8 fl oz) Water, tap

■ ¾ cup, flowerets Cauliflower, fresh, cooked (no salt or fat added)

■ 1 cup, sliced Cucumber, raw

■ ½ large egg(s) Egg, boiled

■ ¼ teaspoon Garlic powder

■ 8 ounce(s) cooked Ground beef, 90% - 94% lean, cooked

■ 2 kiwi Kiwi fruit, raw

■ 2 tablespoon Mayo, regular

■ ½ tablespoon Olive oil

■ ½ medium (4-1/8" long) Scallions

■ ¾ cup, whole Strawberries, raw

■ 1 mug (8 fl oz) Tea, herbal

■ ½ medium whole (2-3/5" across) Tomato, raw

08/06/13

■ ½ cup, cubes Avocado, raw

■ 1 medium (2-3/4" across) Apple, raw

■ ½ cup Artichoke, Jerusalem, raw

■ 7 baby carrot(s) Carrot, raw

	<p>with vegetable oil</p> <ul style="list-style-type: none"> <li>■ 1 medium (approx 4" across) Grapefruit, raw</li> <li>■ ¼ cup, chopped Scallions</li> <li>■ 1 mug (8 fl oz) Tea, herbal</li> <li>■ ½ medium whole (2-3/5" across) Tomato, raw</li> </ul>	<p>fresh, cooked (no salt or fat added)</p> <ul style="list-style-type: none"> <li>■ 1 cup, diced Celery, cooked (no salt or fat added)</li> <li>■ ½ cup, cooked, diced Chicken, breast, boneless, skinless, roasted, grilled, or baked</li> <li>■ 1 clove Garlic, cooked</li> <li>■ ¼ cup Green bell pepper, cooked (no salt or fat added)</li> <li>■ 2 tablespoon Olive oil</li> <li>■ 2 medium slice (1/8" thick) Onion, fresh, cooked (no salt or fat added)</li> <li>■ 1 can (12 fl oz) Soft drink, cream soda, diet</li> <li>■ 1 ounce (14 halves) Walnuts</li> </ul>	<p>baked, broiled, or grilled without fat</p> <ul style="list-style-type: none"> <li>■ ½ cup Chicken broth soup stock, Mexican style</li> <li>■ 1 tablespoon Flax seed oil</li> <li>■ 1 tablespoon Lemon juice, freshly squeezed</li> <li>■ 1½ cup Salad, garden, lettuce, tomato, carrots, no dressing</li> <li>■ 8 ounce(s), cooked, boneless Salmon, baked or broiled without fat</li> <li>■ 5 medium slice (1/4" thick) Tomato, raw</li> <li>■ 5 medium slice (1/4" thick) Tomato, raw</li> <li>■ 1 fluid ounce(s) Wine, white</li> </ul>	
<b>08/07/13</b>	<ul style="list-style-type: none"> <li>■ 1 tablespoon Maple syrup (100% maple)</li> <li>■ 1½ cup Oatmeal, regular, cooked (no salt or fat added)</li> <li>■ ¾ cup Orange juice, freshly</li> </ul>	<ul style="list-style-type: none"> <li>■ 8 ounce(s), cooked, boneless Catfish, baked or broiled without fat</li> <li>■ ½ medium cucumber (7" long) Cucumber, raw</li> <li>■ 1 clove Garlic, cooked</li> </ul>	<ul style="list-style-type: none"> <li>■ ¾ cup Blackberries, raw</li> <li>■ ½ large carrot (7-1¼" to 8-1/2" long) Carrot, fresh, cooked (with salt, no fat added)</li> <li>■ ¾ cup, grated Carrot, raw</li> </ul>	<ul style="list-style-type: none"> <li>■ 1 medium egg(s) Egg, boiled</li> <li>■ 3 tablespoon Raisins</li> <li>■ 1 cup, in shell (7 nuts) Walnuts</li> </ul>

■ ¾ cup Peaches, raw

■ ½ cup Soymilk (soy beverage)

■ ½ clove Garlic, raw

■ 1 tablespoon Lemon juice, freshly squeezed

■ 1 tablespoon Lemon juice, freshly squeezed

■ 1 tablespoon Olive oil

■ ¼ cup, chopped Onion, mature, raw

■ 1 mug (8 fl oz) Tea, herbal

■ ½ cup Tomato juice, low sodium

■ 2 large whole (3" across) Tomato, raw

■ 2 ice cube Water, tap

■ 6 ounce(s) cooked, no bone Chicken, breast, boneless, skinless, stewed

■ 1 clove Garlic, cooked

■ 1 clove Garlic, cooked

■ 1 teaspoon Lemon juice, freshly squeezed

■ 1 teaspoon Lemon juice, freshly squeezed

■ 1 wedge or slice Lemon, raw

■ ½ fruit (2" across) Lime, raw

■ 1 tablespoon Olive oil

■ 1 teaspoon Olive oil

■ 1 large slice (1/4" thick) Onion, fresh, cooked (no salt or fat added)

■ 2 thick slice (3-1/2" across x 3/4" thick) Pineapple, raw

■ 1 tablespoon Raisin

■ 7 jumbo shrimp Shrimp, steamed or boiled



08/08/13

■ 1 small steak Beef, steak, braised, lean and fat eaten

■ 1 thick slice (3-1/2" across x 3/4" thick) Pineapple, raw

■ 1/4 cup Salsa, red, uncooked

■ 1 mug (8 fl oz) Tea, herbal

■ 2 ounce(s), cooked, without shell Crab, hard shell, steamed

■ 1/2 large egg(s) Egg, boiled

■ 1/4 cup, sliced Onion, mature, raw

■ 2 medium (2-5/8" across) Oranges, raw

■ 2 cup Spinach, raw

■ 1/2 large whole (3" across) Tomatoes, raw

■ 1 bottle (16.9 fl oz or 500 ml) Water, bottled, unsweetened

summer (yellow or zucchini), fresh, cooked (no salt or fat added)

■ 1 medium whole (2-3/5" across) Tomato, raw

■ 1/2 ounce (14 halves) Walnuts

■ 1 cup (8 fl oz) Water, tap

■ 1 cup (8 fl oz) Water, tap

■ 1 tablespoon Almond oil

■ 3/4 cup, sauce Applesauce, unsweetened

■ 1/4 cup, sliced Avocado, raw

■ 1 slice Avocado, raw

■ 1 clove Garlic, cooked

■ 1/4 cup Green pepper, cooked (no salt or fat added)

■ 8 ounce(s), cooked, boneless Haddock, (pollock, scrod, monkfish), baked or broiled without fat

■ 1 tablespoon Lemon juice, freshly squeezed

■ 4 strip or stick (3" long) Carrot, raw

■ 3 small stalk (5" long) Celery, raw

■ 1 medium breast Chicken, breast, boneless, skinless, roasted, grilled, or baked

- 1 teaspoon Lemon juice, freshly squeezed
- 1 wedge or slice Lemon, raw
- ¾ cup, shredded or chopped Lettuce, butterhead (Boston or bibb), raw
- ½ cup, shredded or chopped Lettuce, iceberg, raw
- 1 tablespoon Olive oil
- 1 teaspoon Olive oil
- ¼ cup, chopped Onion, mature, raw
- 1 portion (10 sprigs) Parsley, raw
- 1 tablespoon Raisins
- 1 cup, slices Squash, summer (yellow or zucchini), fresh, cooked (no salt or fat added)
- 1 medium whole (2-3/5" across) Tomato, raw
- ½ cup, chopped or sliced Tomatoes, raw
- 1 cup (8 fl oz) Water, tap

	<ul style="list-style-type: none"> <li>brewed, decaffeinated</li> <li>1 medium (approx 4" across) Grapefruit, raw</li> <li>1 cup Shrimp, steamed or boiled</li> </ul>	<ul style="list-style-type: none"> <li>(bbq) sauce</li> <li>2 cup, shredded or chopped Lettuce, mixed (mixed greens, salad mix, spring mix), raw</li> <li>8 medium rib Pork, spareribs, cooked, lean only eaten</li> <li>¼ cup Raspberry, cooked or canned, unsweetened</li> <li>2 tablespoon Russian dressing</li> <li>1 cup (8 fl oz) Water, tap</li> </ul>	<ul style="list-style-type: none"> <li>regular, cooked (with salt and vegetable oil)</li> <li>2 cup Tofu stir-fry, including carrots, broccoli, and/or dark-green leafy vegetables, with soy-based sauce</li> </ul>	<ul style="list-style-type: none"> <li>Beef, steak, grilled or broiled, lean only eaten</li> <li>1 cup, sliced Cucumber, raw</li> </ul>
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08/10/13

<ul style="list-style-type: none"> <li>2 large egg(s) Egg, fried, with vegetable oil</li> <li>1 wedge or slice Lemon, raw</li> <li>½ cup Mushrooms, fresh, cooked (with salt and vegetable oil)</li> <li>½ cup Onion, fresh, cooked (with salt and vegetable oil)</li> <li>½ cup Spinach, fresh, cooked (with salt and vegetable oil)</li> <li>1 cup, whole Strawberries, raw</li> </ul>	<ul style="list-style-type: none"> <li>1½ cup, flowerets Broccoli, fresh, cooked (no salt or fat added)</li> <li>1 medium breast Chicken, breast, boneless, skinless, stewed</li> <li>1 tablespoon Lemon juice, freshly squeezed</li> <li>1 large (2-3/4" across) Peach, raw</li> <li>1 small Scallions</li> <li>1 can (12 fl oz) Soft drink, cream soda, diet</li> </ul>	<ul style="list-style-type: none"> <li>¼ cup Apple, baked, unsweetened</li> <li>1 apple with liquid Apple, baked, unsweetened</li> <li>½ medium carrot (6" to 7" long) Carrot, fresh, cooked (no salt or fat added)</li> <li>1 sprig Cilantro, raw</li> <li>1 teaspoon Cinnamon</li> <li>1 clove Garlic, cooked</li> </ul>	<ul style="list-style-type: none"> <li>½ cup Apple, dried, uncooked</li> <li>2 Slim Jim Beef jerky (Slim Jim, Big Jerk)</li> </ul>
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- 1 cup (8 fl oz) Water, tap

- 1 teaspoon Lemon juice, freshly squeezed

- 2 fluid ounce(s) Lemon juice, freshly squeezed

- 1 fluid ounce(s) Lime juice, freshly squeezed

- 5 medium Mushrooms, raw

- 1 tablespoon Olive oil

- 4 tablespoon Olive oil

- 1 teaspoon Olive oil

- ½ cup, sliced Onion, mature, raw

- 1 portion (10 sprigs) Parsley, raw

- ¼ cup Pepper, red, cooked (no salt or fat added)

- 1 small porgy Porgy, (snapper), baked or broiled without fat

- ¼ cup Raisins

- 1 medium (4-1/8" long) Scallions

- 1 portion (1/2 acorn squash) Squash, winter, baked (no salt, fat, or

■ ½ medium whole (2-3/5" across) Tomato, raw

■ ½ medium Turnip, cooked (no salt or fat added)

■ ¼ ounce (14 halves) Walnuts

■ 1 fluid ounce(s) Water, tap

■ 1 fluid ounce(s) Water, tap

■ 1 standard wine glass (5 fl oz) Wine, red

■ 2 fluid ounce(s) Wine, white