

2000

CALORIE MEAL PLAN

2000 Cal

	Day 1	Cal	Day 2	Cal	Day 3	Cal	Day 4	Cal	Day 5	Cal	Day 6	Cal	Day 7	Cal
Breakfast	3 Eggs, whole, scrambled	235	3 Eggs, whole Fried	235	N'Oatmeal w/ Full Fat	530	3 Eggs, whole, scrambled	235	3 Eggs, whole	180	N'Oatmeal w/ Full Fat	530	3 Eggs, whole, scrambled	235
	2 Pieces Bacon	80	Leftover Salmon, 3 oz	175	Coconut Milk &		Green Pepper, Onion	50	2 Pieces Bacon	80	Coconut Milk &		Green Pepper, Onion	50
	2 C Kale, sauteed	160	1 C Leftover Brussel Sprout	60	Crush nuts, 1/4 C	160	Turkey Sausage, 3 links	120	2 C Kale, sauteed	160	Crush nuts, 1/4 C	160	Turkey Sausage, 3 links	120
	1 Tbs Cooking Fat	120	1 Tbs Cooking Fat	120	(Recipe Link Below)		1 Avocado	230	1 Tbs Cooking Fat	120	Recipe Link on Pg. 3		1 Avocado	230
	Total	595	Total	590	Total	690	Total	635	Total	540	Total	690	Total	635
Lunch	5 oz Chicken	235	6 oz Canned Tuna (2 Can)	300	Leftover Burger, 4 oz	250	8 oz, Baked Tilapia	220	6 oz Canned Tuna (1 Can)	300	Paleo Sweet Potato Chili	620	Italian Stuffed Pepper	550
	Mixed Green Salad	75	2 Tbs. Avocado oil Mayo	180	Leftover Sweet Pot, 1 C	180	Balsamic Glazed Veggie	455	2 Tbs. Avocado oil Mayo	180	2 serving		1 Full pepper	
	Tessamae Dressing, 1 Tbsp	100	1 Avocado,	230	Lefover Zucchini, 1 C	35	(w/ walnuts)		1 Avocado,	230	(Recipe Link below)		(Recipe Link below)	
	1/2 Avocado	115	1 Tomato, Sliced	25	1 Tbsp Cooking Fat	120	(Recipe Link on Pg 3)		1 Tomato, Sliced	25	Serve over Cauli. Rice, 1 C	40	1 C Brown Rice	220
	Total	525	Total	735	Total	585	Total	675	Total	735	Total	660	Total	770
Dinner	5 oz Baked Salmon	300	6 oz Grass Fed Hamburger	350	8 oz, Baked Tilapia	220	Paleo Sweet Potato Chili	620	Italian Stuffed Pepper	550	5 oz Chicken	235	Paleo Sweet Potato Chili	620
	1.5 C Brown Rice	325	1 C Roasted Sweet Pot Fries	225	Balsamic Glazed Veggie	455	2 serving		1 Full pepper		Mixed Green Salad	75	2 serving	
	2.5 C Roasted Brussel Sprout	90	1 C Roasted Zucchini Spears	35	(w/ walnuts)		(Recipe Link Below)		(Recipe Link Below)		Tessamae Dressing, 1 Tbsp	100	(Recipe Link below)	
	1.5 Tbs Cooking Fat	150	1 Tbs Cooking Fat	120	(Recipe Link Below)		Serve over Cauli. Rice, 1 C	40	1 C Brown Rice	220	1/2 Avocado	115	Serve over Cauli. Rice, 1 C	40
	Total	865	Total	730	Total	675	Total	660	Total	770	Total	525	Total	660
Daily Calorie Total	1985	Daily Calorie Total	2055	Daily Calorie Total	1950	Daily Calorie Total	1970	Daily Calorie Total	2045	Daily Calorie Total	1875	Daily Calorie Total	2065	

Recipes:

N'Oatmeal by Diane Sanfilippo

<https://balancedbites.com/content/paleo-noatmeal-apple-cinnamon-banana-coconut/>

Balsamic Glazed Veggies by Meghan Telpner

<https://www.meghantelpner.com/blog/balsamic-roasted-vegetables/>

Paleo Sweet Potato Chili

<https://www.tastesoflizzyt.com/paleo-sweet-potato-chili/>

Italian-Style Stuffed Peppers by Diane Sanfilippo

<https://balancedbites.com/content/easy-recipe-italian-style-stuffed-peppers/>