

## Meal Plan

[www.SlenderSuzie.com](http://www.SlenderSuzie.com)  
Free Paleo Meal Plan

Prepared By: Sue Hall  
Email: [Sue@SlenderSuzie.com](mailto:Sue@SlenderSuzie.com)  
Created: 11-23-2014

### **One Week Free Paleo - 1500 Calories**

[www.SlenderSuzie.com](http://www.SlenderSuzie.com) Free Paleo Meal Plan,

This free plan is set at 1500 calories, this may not be the proper caloric intake for your body. This is why I do custom meal planning because I can account for many factors that go into your proper daily intake and your goals. The custom meal plans also allow you to "swap out" any items you do not want for ones that you do right online without altering how your plan is set up for you.

You can find the Custom Meal Plans at [www.SlenderSuzie.com](http://www.SlenderSuzie.com) under Fitness & Nutrition. Plans are offered for Balanced Nutrition, High Carb, Gluten and Lactose Free, Gluten Free, Holistic Nutrition, Lactose Free, Low Glycemic, Paleo, High Protein, Teen Friendly Plans, Vegan and Vegetarian and cover everyone looking for Weight Loss, Decreasing Body Fat, Weight Gain, Increasing Lean Muscle, Sport Nutrition for Endurance Training, and Sports Nutrition for Strength Training.

Sue Hall

# Meal Plan

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Prepared By: Sue Hall  
 Email: Sue@SlenderSuzie.com  
 Created: 11-23-2014

## One Week Free Paleo - 1500 Calories

**Day 1**

Day 1						
Time	Meal Label	Calories	Meal Items			
06:30 am	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
07:00 am	Breakfast	0 41 42 30 61 70	1 cups WATER, DRINKING WATER, TAP 1 cups SPINACH, BOILED, NO SALT 1 teaspoons COCONUT OIL 1 oz HAM, BRANDED DELUXE, LOWER SODIUM 1 cups HONEYDEW MELON, RAW 1 egg EGG, CHICKEN W/OMEGA-3			
Notes:						
Meal Totals:		Calories: 244	Carbs: 24g (37%)	Protein: 17g (26%)	Fat: 11g (38%)	Fluid: 20oz
10:00 am	Snack	62 44 28 46	3/4 cups BLUEBERRY, RAW 5 nuts FILBERT, DRIED, RAW (HAZELNUT) 1 cups TOMATO, CHERRY, RED, RIPE, RAW 1 cups COCONUT WATER			
Notes:						
Meal Totals:		Calories: 180	Carbs: 32g (70%)	Protein: 5g (11%)	Fat: 4g (20%)	Fluid: 20oz
12:00 pm	Lunch	45 0 40 11 6 162 50	1 oz AVOCADO, RAW 1 cups WATER, DRINKING WATER, TAP 12 spears ASPARAGUS, BOILED 2 cups GREEN LEAF LETTUCE, RAW 1 tablespoons BALSAMIC VINEGAR 2 oz LAMB, AMERICAN, GROUND, BROILED 4 oz BEET, BOILED			
Notes:						
Meal Totals:		Calories: 314	Carbs: 24g (30%)	Protein: 22g (28%)	Fat: 15g (42%)	Fluid: 24oz
01:00 pm	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
Continued on next page...						

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**Day 1**

Day 1						
Time	Meal Label	Calories	Meal Items			
03:00 pm	Snack	94	2 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY 1 cups CARROT, BABY, RAW 1 cups WATER, DRINKING WATER, TAP			
		83				
		0				
Notes:						
Meal Totals:		Calories: 177	Carbs: 19g (44%)	Protein: 20g (46%)	Fat: 2g (10%)	Fluid: 18oz
06:00 pm	Dinner	62	1 cups SQUASH, WINTER, SPAGHETTI, BAKED 1 cups BROCCOLI, BOILED, NO SALT 1 cups WATER, DRINKING WATER, TAP <b>NUT CRUSTED HALIBUT (PALEO) (TOTALS) (1 Servings)</b>			
		83				
		0				
		366				
Notes:						
Meal Totals:		Calories: 511	Carbs: 39g (28%)	Protein: 53g (39%)	Fat: 20g (33%)	Fluid: 24oz
08:00 pm	Snack	0	1 cups WATER, DRINKING WATER, TAP 1 cups TOMATO, CHERRY, RED, RIPE, RAW 2 large EGG WHITE, CHICKEN, RAW			
		28				
		34				
Notes:						
Meal Totals:		Calories: 62	Carbs: 6g (43%)	Protein: 8g (57%)	Fat: 0g (0%)	Fluid: 17oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 1 Totals:</b>		<b>1488</b>	<b>144g (37%)</b>	<b>125g (32%)</b>	<b>52g (30%)</b>	<b>123oz</b>

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## One Week Free Paleo - 1500 Calories

**Day 2**

Day 2						
Time	Meal Label	Calories	Meal Items			
06:30 am	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
07:00 am	Breakfast	51 39 37 46 42 43	3 large EGG WHITE, CHICKEN, RAW 8 fl oz UNSWEETENED ALMOND MILK 16 pods OKRA, BOILED, NO SALT 1 cups STRAWBERRY, RAW 1 teaspoons COCONUT OIL 1 slice BACON, CURED, BROILED, LESS SALT			
Notes:						
Meal Totals:		Calories: 258	Carbs: 22g (33%)	Protein: 19g (29%)	Fat: 11g (38%)	Fluid: 16oz
10:00 am	Snack	48 91 60 29	6 oz BROCCOLI FLOWER CLUSTERS, RAW 2 cups COCONUT WATER 1 tablespoons MACADAMIA NUT, DRIED, RAW (BUSHNUT) 1/4 oz BEEF JERKY			
Notes:						
Meal Totals:		Calories: 228	Carbs: 29g (46%)	Protein: 11g (18%)	Fat: 10g (36%)	Fluid: 25oz
12:00 pm	Lunch	115 28 54 0 88	3 oz TURKEY BREAST, BROILER, MEAT ONLY, ROASTED 1 cups TOMATO, CHERRY, RED, RIPE, RAW 1 cups CAULIFLOWER, BOILED, DRAINED 1 cups WATER, DRINKING WATER, TAP 1/2 cups SWEET POTATO, BAKED, NO SALT			
Notes:						
Meal Totals:		Calories: 285	Carbs: 37g (50%)	Protein: 33g (44%)	Fat: 2g (6%)	Fluid: 28oz
01:00 pm	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
Continued on next page...						

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## One Week Free Paleo - 1500 Calories

**Day 2**

Day 2						
Time	Meal Label	Calories	Meal Items			
03:00 pm	Snack	88	10 nuts FILBERT, DRIED, RAW (HAZELNUT)			
		55	1/2 large APPLE W/SKIN, RAW			
		74	1/2 oz DARK CHOCOLATE CANDY			
		0	1 cups WATER, DRINKING WATER, TAP			
Notes:						
Meal Totals:		Calories: 217	Carbs: 26g (43%)	Protein: 3g (5%)	Fat: 14g (52%)	Fluid: 13oz
06:00 pm	Dinner	324	<b>ITALIAN STYLE VENISON POT ROAST (PALEO) (TOTALS) (1 Servings)</b>			
		11	2 cups GREEN LEAF LETTUCE, RAW			
		45	1 oz AVOCADO, RAW			
		23	1/2 medium ONION, RAW			
		6	1 tablespoons BALSAMIC VINEGAR			
0	1 cups WATER, DRINKING WATER, TAP					
Notes:						
Meal Totals:		Calories: 409	Carbs: 16g (16%)	Protein: 56g (55%)	Fat: 13g (29%)	Fluid: 14oz
08:00 pm	Snack	0	1 cups WATER, DRINKING WATER, TAP			
		30	1 cups SQUASH, SUMMER, ZUCCHINI, BOILED, DRAINED			
		94	2 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY			
Notes:						
Meal Totals:		Calories: 124	Carbs: 7g (23%)	Protein: 19g (62%)	Fat: 2g (15%)	Fluid: 17oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 2 Totals:</b>		<b>1521</b>	<b>137g (35%)</b>	<b>141g (36%)</b>	<b>52g (30%)</b>	<b>113oz</b>

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## One Week Free Paleo - 1500 Calories

Day 3

Day 3						
Time	Meal Label	Calories	Meal Items			
06:30 am	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
07:00 am	Breakfast	61 62 60 42 0 140	1 cups HONEYDEW MELON, RAW 1 1/2 cups SPINACH, BOILED, NO SALT 2 oz HAM, BRANDED DELUXE, LOWER SODIUM 1 teaspoons COCONUT OIL 1 cups WATER, DRINKING WATER, TAP 2 egg EGG, CHICKEN W/OMEGA-3			
Notes:						
Meal Totals:		Calories: 365	Carbs: 29g (30%)	Protein: 31g (32%)	Fat: 16g (38%)	Fluid: 23oz
10:00 am	Snack	44 41 46	5 nuts FILBERT, DRIED, RAW (HAZELNUT) 1/2 cups BLUEBERRY, RAW 1 cups COCONUT WATER			
Notes:						
Meal Totals:		Calories: 131	Carbs: 21g (62%)	Protein: 4g (12%)	Fat: 4g (26%)	Fluid: 13oz
12:00 pm	Lunch	6 0 11 91 40 53 71 37	1 tablespoons BALSAMIC VINEGAR 1 cups WATER, DRINKING WATER, TAP 2 cups GREEN LEAF LETTUCE, RAW 2 oz AVOCADO, RAW 1 teaspoons OLIVE OIL 16 spears ASPARAGUS, BOILED 3 oz SALMON, COHO, WILD, BAKED OR BROILED 3 oz BEET, BOILED			
Notes:						
Meal Totals:		Calories: 309	Carbs: 27g (32%)	Protein: 21g (25%)	Fat: 16g (43%)	Fluid: 26oz
01:00 pm	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
Continued on next page...						

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**Day 3**

Day 3						
Time	Meal Label	Calories	Meal Items			
03:00 pm	Snack	83	1 cups CARROT, BABY, RAW			
		34	2 large EGG WHITE, CHICKEN, RAW			
		0	1 cups WATER, DRINKING WATER, TAP			
Notes:						
Meal Totals:		Calories: 117	Carbs: 19g (68%)	Protein: 9g (32%)	Fat: 0g (0%)	Fluid: 19oz
06:00 pm	Dinner	62	1 cups SQUASH, WINTER, SPAGHETTI, BAKED			
		83	1 cups BROCCOLI, BOILED, NO SALT			
		0	1 cups WATER, DRINKING WATER, TAP			
		244	<b>MEATY CHILI WITHOUT BEANS (PALEO) (TOTALS) (1 Servings)</b>			
Notes:						
Meal Totals:		Calories: 389	Carbs: 41g (38%)	Protein: 32g (30%)	Fat: 15g (32%)	Fluid: 24oz
08:00 pm	Snack	21	3/4 cups TOMATO, CHERRY, RED, RIPE, RAW			
		0	1 cups WATER, DRINKING WATER, TAP			
		140	3 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY			
Notes:						
Meal Totals:		Calories: 161	Carbs: 5g (13%)	Protein: 27g (70%)	Fat: 3g (17%)	Fluid: 14oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 3 Totals:</b>		<b>1472</b>	<b>142g (37%)</b>	<b>124g (32%)</b>	<b>54g (31%)</b>	<b>119oz</b>

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**Day 4**

Day 4						
Time	Meal Label	Calories	Meal Items			
06:30 am	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
07:00 am	Breakfast	39 42 87 37 46 69	8 fl oz UNSWEETENED ALMOND MILK 1 teaspoons COCONUT OIL 2 slice BACON, CURED, BROILED, LESS SALT 16 pods OKRA, BOILED, NO SALT 1 cups STRAWBERRY, RAW 4 large EGG WHITE, CHICKEN, RAW			
Notes:						
Meal Totals:		Calories: 320	Carbs: 22g (27%)	Protein: 25g (31%)	Fat: 15g (42%)	Fluid: 17oz
10:00 am	Snack	58 40 46	1/2 oz BEEF JERKY 5 oz BROCCOLI FLOWER CLUSTERS, RAW 1 cups COCONUT WATER			
Notes:						
Meal Totals:		Calories: 144	Carbs: 18g (45%)	Protein: 11g (27%)	Fat: 5g (28%)	Fluid: 15oz
12:00 pm	Lunch	132 28 115 54 0	3/4 cups SWEET POTATO, BAKED, NO SALT 1 cups TOMATO, CHERRY, RED, RIPE, RAW 3 oz TURKEY BREAST, BROILER, MEAT ONLY, ROASTED 1 cups CAULIFLOWER, BOILED, DRAINED 2 cups WATER, DRINKING WATER, TAP			
Notes:						
Meal Totals:		Calories: 329	Carbs: 47g (56%)	Protein: 33g (39%)	Fat: 2g (5%)	Fluid: 37oz
01:00 pm	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
Continued on next page...						



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**Day 4**

Day 4						
Time	Meal Label	Calories	Meal Items			
03:00 pm	Snack	74	1/2 oz DARK CHOCOLATE CANDY			
		0	1 cups WATER, DRINKING WATER, TAP			
		44	5 nuts FILBERT, DRIED, RAW (HAZELNUT)			
		55	1/2 large APPLE W/SKIN, RAW			
Notes:						
Meal Totals:		Calories: 173	Carbs: 25g (53%)	Protein: 2g (4%)	Fat: 9g (43%)	Fluid: 13oz
06:00 pm	Dinner	12	1/4 medium ONION, RAW			
		0	1 cups WATER, DRINKING WATER, TAP			
		45	1 oz AVOCADO, RAW			
		6	1 tablespoons BALSAMIC VINEGAR			
		41	1/2 cups BUTTERNUT SQUASH, BAKED, NO SALT			
		11	2 cups GREEN LEAF LETTUCE, RAW			
263	<b>PORK CHOPS WITH ROSEMARY (PALEO) (TOTALS) (1 Servings)</b>					
Notes:						
Meal Totals:		Calories: 378	Carbs: 22g (23%)	Protein: 28g (29%)	Fat: 20g (47%)	Fluid: 17oz
08:00 pm	Snack	116	1 oz BEEF JERKY			
		0	1 cups WATER, DRINKING WATER, TAP			
		30	1 cups SQUASH, SUMMER, ZUCCHINI, BOILED, DRAINED			
Notes:						
Meal Totals:		Calories: 146	Carbs: 10g (28%)	Protein: 10g (28%)	Fat: 7g (44%)	Fluid: 16oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 4 Totals:</b>		<b>1490</b>	<b>144g (38%)</b>	<b>109g (28%)</b>	<b>58g (34%)</b>	<b>115oz</b>

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**Day 5**

Day 5						
Time	Meal Label	Calories	Meal Items			
06:30 am	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
07:00 am	Breakfast	31 0 140 41 42 30	1/2 cups HONEYDEW MELON, RAW 1 cups WATER, DRINKING WATER, TAP 2 egg EGG, CHICKEN W/OMEGA-3 1 cups SPINACH, BOILED, NO SALT 1 teaspoons COCONUT OIL 1 oz HAM, BRANDED DELUXE, LOWER SODIUM			
Notes:						
Meal Totals:		Calories: 284	Carbs: 18g (24%)	Protein: 22g (30%)	Fat: 15g (46%)	Fluid: 17oz
10:00 am	Snack	44 91 14	5 nuts FILBERT, DRIED, RAW (HAZELNUT) 2 cups COCONUT WATER 1/2 cups TOMATO, CHERRY, RED, RIPE, RAW			
Notes:						
Meal Totals:		Calories: 149	Carbs: 22g (58%)	Protein: 5g (13%)	Fat: 5g (29%)	Fluid: 21oz
12:00 pm	Lunch	50 11 6 91 0 40 115	4 oz BEET, BOILED 2 cups GREEN LEAF LETTUCE, RAW 1 tablespoons BALSAMIC VINEGAR 2 oz AVOCADO, RAW 1 cups WATER, DRINKING WATER, TAP 12 spears ASPARAGUS, BOILED 3 oz TURKEY BREAST, BROILER, MEAT ONLY, ROASTED			
Notes:						
Meal Totals:		Calories: 313	Carbs: 27g (33%)	Protein: 34g (42%)	Fat: 9g (25%)	Fluid: 26oz
01:00 pm	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
Continued on next page...						

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**Day 5**

Day 5						
Time	Meal Label	Calories	Meal Items			
03:00 pm	Snack	94	2 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY 1/2 cups CARROT, BABY, RAW 1 cups WATER, DRINKING WATER, TAP			
		41				
		0				
Notes:						
Meal Totals:		Calories: 135	Carbs: 10g (30%)	Protein: 19g (57%)	Fat: 2g (13%)	Fluid: 14oz
06:00 pm	Dinner	366	<b>NUT CRUSTED HALIBUT (PALEO) (TOTALS) (1 Servings)</b> 1 cups SQUASH, WINTER, SPAGHETTI, BAKED 1 cups WATER, DRINKING WATER, TAP 1 cups BROCCOLI, BOILED, NO SALT			
		62				
		0				
		83				
Notes:						
Meal Totals:		Calories: 511	Carbs: 39g (28%)	Protein: 53g (39%)	Fat: 20g (33%)	Fluid: 24oz
08:00 pm	Snack	34	2 large EGG WHITE, CHICKEN, RAW 8 fl oz WATER, DRINKING WATER, TAP 1 cups BLUEBERRY, RAW			
		0				
		83				
Notes:						
Meal Totals:		Calories: 117	Carbs: 21g (72%)	Protein: 8g (28%)	Fat: 0g (0%)	Fluid: 16oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 5 Totals:</b>		<b>1509</b>	<b>137g (35%)</b>	<b>141g (36%)</b>	<b>51g (29%)</b>	<b>118oz</b>

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## One Week Free Paleo - 1500 Calories

Day 6

Day 6						
Time	Meal Label	Calories	Meal Items			
06:30 am	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
07:00 am	Breakfast	37 39 46 42 103 87	16 pods OKRA, BOILED, NO SALT 8 fl oz UNSWEETENED ALMOND MILK 1 cups STRAWBERRY, RAW 1 teaspoons COCONUT OIL 6 large EGG WHITE, CHICKEN, RAW 2 slice BACON, CURED, BROILED, LESS SALT			
Notes:						
Meal Totals:		Calories: 354	Carbs: 22g (25%)	Protein: 33g (37%)	Fat: 15g (38%)	Fluid: 19oz
10:00 am	Snack	116 60 46	1 oz BEEF JERKY 1 tablespoons MACADAMIA NUT, DRIED, RAW (BUSHNUT) 1 cups COCONUT WATER			
Notes:						
Meal Totals:		Calories: 222	Carbs: 13g (24%)	Protein: 12g (22%)	Fat: 13g (54%)	Fluid: 11oz
12:00 pm	Lunch	115 28 176 0 54	3 oz TURKEY BREAST, BROILER, MEAT ONLY, ROASTED 1 cups TOMATO, CHERRY, RED, RIPE, RAW 1 cups SWEET POTATO, BAKED, NO SALT 1 cups WATER, DRINKING WATER, TAP 1 cups CAULIFLOWER, BOILED, DRAINED			
Notes:						
Meal Totals:		Calories: 373	Carbs: 57g (60%)	Protein: 34g (36%)	Fat: 2g (5%)	Fluid: 30oz
01:00 pm	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
03:00 pm	Snack	0 74 55	1 cups WATER, DRINKING WATER, TAP 1/2 oz DARK CHOCOLATE CANDY 1/2 large APPLE W/SKIN, RAW			
Continued on next page...						

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Day 6

Day 6						
Time	Meal Label	Calories	Meal Items			
Notes:						
Meal Totals:		Calories: 129	Carbs: 24g (66%)	Protein: 1g (3%)	Fat: 5g (31%)	Fluid: 12oz
06:00 pm	Dinner	0	2 cups WATER, DRINKING WATER, TAP			
		11	2 cups GREEN LEAF LETTUCE, RAW			
		40	1 teaspoons OLIVE OIL			
		23	1/2 medium ONION, RAW			
		45	1 oz AVOCADO, RAW			
		6	1 tablespoons BALSAMIC VINEGAR			
		174	<b>SPICE-CRUSTED CHICKEN BREAST (PALEO) (TOTALS) (1 Servings)</b>			
Notes:						
Meal Totals:		Calories: 299	Carbs: 15g (20%)	Protein: 30g (39%)	Fat: 14g (41%)	Fluid: 22oz
08:00 pm	Snack	0	8 fl oz WATER, DRINKING WATER, TAP			
		88	10 nuts FILBERT, DRIED, RAW (HAZELNUT)			
		32	4 oz BROCCOLI FLOWER CLUSTERS, RAW			
Notes:						
Meal Totals:		Calories: 120	Carbs: 8g (24%)	Protein: 5g (15%)	Fat: 9g (61%)	Fluid: 13oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 6 Totals:</b>		<b>1497</b>	<b>139g (36%)</b>	<b>115g (30%)</b>	<b>58g (34%)</b>	<b>107oz</b>

# Meal Plan

www.SlenderSuzie.com  
Free Paleo Meal Plan

Prepared By: Sue Hall  
Email: Sue@SlenderSuzie.com  
Created: 11-23-2014

## One Week Free Paleo - 1500 Calories

**Day 7**

Day 7						
Time	Meal Label	Calories	Meal Items			
06:30 am	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
07:00 am	Breakfast	0 42 140 62 61 28	1 cups WATER, DRINKING WATER, TAP 1 teaspoons COCONUT OIL 2 egg EGG, CHICKEN W/OMEGA-3 1 1/2 cups SPINACH, BOILED, NO SALT 1 cups HONEYDEW MELON, RAW 1 oz SHRIMP, COOKED			
Notes:						
Meal Totals:		Calories: 333	Carbs: 27g (31%)	Protein: 27g (31%)	Fat: 15g (38%)	Fluid: 24oz
10:00 am	Snack	88 91 41	10 nuts FILBERT, DRIED, RAW (HAZELNUT) 2 cups COCONUT WATER 1/2 cups BLUEBERRY, RAW			
Notes:						
Meal Totals:		Calories: 220	Carbs: 31g (52%)	Protein: 6g (10%)	Fat: 10g (38%)	Fluid: 21oz
12:00 pm	Lunch	243 11 40 45 0 6 37	3 oz LAMB, AMERICAN, GROUND, BROILED 2 cups GREEN LEAF LETTUCE, RAW 12 spears ASPARAGUS, BOILED 1 oz AVOCADO, RAW 1 cups WATER, DRINKING WATER, TAP 1 tablespoons BALSAMIC VINEGAR 3 oz BEET, BOILED			
Notes:						
Meal Totals:		Calories: 382	Carbs: 21g (22%)	Protein: 28g (29%)	Fat: 21g (49%)	Fluid: 23oz
01:00 pm	Daily Totals	0 0	1 capsule/tablet TruVision Health - TruFix from www.SlenderSuzie.com 1 capsule/tablet TruVision Health - TruWeight & Energy from www.SlenderSuzie.com			
Notes:						
Meal Totals:		Calories: 0	Carbs: 0g (0%)	Protein: 0g (0%)	Fat: 0g (0%)	Fluid: 0oz
Continued on next page...						

# Meal Plan

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 Free Paleo Meal Plan

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## One Week Free Paleo - 1500 Calories

**Day 7**

Day 7						
Time	Meal Label	Calories	Meal Items			
03:00 pm	Snack	83	1 cups CARROT, BABY, RAW			
		94	2 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY			
		0	1 cups WATER, DRINKING WATER, TAP			
Notes:						
Meal Totals:		Calories: 177	Carbs: 19g (44%)	Protein: 20g (46%)	Fat: 2g (10%)	Fluid: 18oz
06:00 pm	Dinner	62	1 cups SQUASH, WINTER, SPAGHETTI, BAKED			
		83	1 cups BROCCOLI, BOILED, NO SALT			
		0	1 cups WATER, DRINKING WATER, TAP			
		189	<b>MEDITERRANEAN CHICKEN (PALEO) (TOTALS) (1 Servings)</b>			
Notes:						
Meal Totals:		Calories: 334	Carbs: 33g (37%)	Protein: 34g (38%)	Fat: 10g (25%)	Fluid: 24oz
08:00 pm	Snack	28	1 cups TOMATO, CHERRY, RED, RIPE, RAW			
		0	10 fl oz WATER, DRINKING WATER, TAP			
		51	3 large EGG WHITE, CHICKEN, RAW			
Notes:						
Meal Totals:		Calories: 79	Carbs: 7g (37%)	Protein: 12g (63%)	Fat: 0g (0%)	Fluid: 20oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 7 Totals:</b>		<b>1525</b>	<b>138g (35%)</b>	<b>127g (32%)</b>	<b>58g (33%)</b>	<b>130oz</b>

## Recipes

www.SlenderSuzie.com  
Free Paleo Meal Plan

Prepared By: Sue Hall  
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### **Nut Crusted Halibut (Paleo) (totals) (serves 1)**

#### Ingredients

- 1/4 teaspoons Black Pepper, Ground
- 1/4 cups Almond Meal/flour
- 1 large Egg White, Chicken, Raw
- 6 oz Halibut, Atlantic & Pacific, Raw

#### Instructions

1. Place egg white in medium sized bowl.
2. Add desired amount of pepper to egg white.
3. Place almond flour on a plate.
4. Dip halibut in seasoned egg white until well coated.
5. Place egg-coated fish in nut flour. Coat both sides thoroughly with almond flour.
6. Place coated fish on oiled baking sheet and bake at 450 degrees until cooked through (approx. 10-15 min.).



## Recipes

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Free Paleo Meal Plan

Prepared By: Sue Hall  
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### Italian Style Venison Pot Roast (Paleo) (totals) (serves 8)

#### Ingredients

1 cups Beef Stock, Hp  
1 clove Garlic, Raw  
2 teaspoons Oregano, Dried, Leaves  
1 tablespoons Parsley, Dried  
1 cups Celery, Raw  
1 medium Onion, Raw  
8 fl oz Tomato Sauce  
1/2 teaspoons Black Pepper, Ground  
2 tablespoons Olive Oil  
4 pounds Deer, Raw (venison)

#### Instructions

1. In Dutch oven, heat olive oil over medium heat.
2. Add venison roast and brown roast on all sides.
3. Season with black pepper..
4. Crush garlic.
5. Add garlic to the combined remaining ingredients.
6. Pour over pot roast.
7. Cover and bake for 3 to 4 hours at 300 degrees.

## Recipes

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### **Meaty Chili without Beans (Paleo) (totals) (serves 8)**

#### Ingredients

28 oz Tomato, Diced, No Added Salt  
1/4 teaspoons Salt  
1/2 tablespoons Oregano, Dried, Leaves  
1 tablespoons Almond Meal/flour  
2 tablespoons Chili Powder  
2 clove Garlic, Raw  
2 medium Onion, Raw  
1/2 pounds Pork Sausage, Link/patty, Raw  
1 1/2 pounds Beef, Ground, Extra Lean, Raw

#### Instructions

1. Add the ground beef and sausage to a dutch oven or large cast iron skillet. Break meat into small pieces with spoon as it cooks.
2. While the meat is browning, dice the onions, and mince the garlic. Add to meat mixture.
3. Cook over medium heat until the meat is browned and the onions and garlic are cooked through.
4. Drain off the pan drippings.
5. Stir in the chili powder, almond meal, oregano, and salt.
6. Cover and simmer for 20 minutes, stirring occasionally.
7. Add the tomatoes and simmer for 1 hour.

## Recipes

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### **Pork Chops with Rosemary (Paleo) (totals) (serves 4)**

#### Ingredients

1/4 teaspoons Black Pepper, Ground  
1 clove Garlic, Raw  
1/4 teaspoons Salt  
2 tablespoons Rosemary Leaves, Dried  
1/4 cups Olive Oil  
16 oz Pork, Fresh, Loin, Tenderloin Chop Lean, Raw

#### Instructions

1. Crush garlic.
2. Add garlic and remaining ingredients to large resealable bag.
3. Marinate pork chops in oil and spices for at least one hour in the refrigerator.
4. Preheat large skillet over medium heat.
5. Add pork chops and marinade from bag to skillet.
6. Cook pork chops, flipping at least once to brown both sides, to desired degree of doneness.

## Recipes

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Prepared By: Sue Hall  
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### Spice-Crusted Chicken Breast (Paleo) (totals) (serves 4)

#### Ingredients

- 1 tablespoons Olive Oil
- 16 oz Chicken Breast, Boneless, Raw, Meat Only
- 1 teaspoons Black Pepper, Ground
- 1 tablespoons Cumin, Ground
- 1 tablespoons Coriander Leaf, Dried

#### Instructions

1. Preheat broiler. Lightly spray broiler pan with olive oil cooking spray.
2. Lightly toast coriander, cumin and pepper, in a small sauce pan. Stir frequently for approximately 45 seconds. or until aromatic.
3. Transfer to a small bowl and set aside.
4. Flatten chicken breasts between two pieces of plastic, with cooking mallet or rolling pin.
5. Brush both sides of the chicken with olive oil.
6. Sprinkle spice mixture evenly over both sides of chicken breasts.
7. Place breasts on broiler rack and broil each side for approximately 4-5 minutes, or until cooked through and juices run clear.

## Recipes

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### **Mediterranean Chicken (Paleo) (totals) (serves 4)**

#### Ingredients

1/4 teaspoons Black Pepper, Ground  
1 teaspoons Oregano, Dried, Leaves  
1 clove Garlic, Raw  
2 tablespoons Lemon Juice  
2 tablespoons Olive Oil  
16 oz Chicken Breast, Boneless, Raw, Meat Only

#### Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.

### Meal Plan Shopping List

Category	Quantity	Item
Beverages	10 cups	Coconut Water
	24 fl oz	Unsweetened Almond Milk
	34 1/4 cups	Water, Drinking Water, Tap
Candy	1 1/2 oz	Dark Chocolate Candy   Dove
Dairy Products	7 egg	Egg, Chicken W/omega-3   Land O' Lakes
	24 large	Egg White, Chicken, Raw
Fats and Oils	2 teaspoons	Olive Oil
	7 teaspoons	Coconut Oil
Finfish and Shellfish Products	1 oz	Shrimp, Cooked
	3 oz	Salmon, Coho, Wild, Baked Or Broiled
Fruits	1 1/2 large	Apple W/skin, Raw
	2 3/4 cups	Blueberry, Raw
	3 cups	Strawberry, Raw
	3 1/2 cups	Honeydew Melon, Raw
	9 oz	Avocado, Raw
Ingredients	7 tablespoons	Balsamic Vinegar   Spectrum
Lamb and Veal	5 oz	Lamb, American, Ground, Broiled
Nuts and Seeds	2 tablespoons	Macadamia Nut, Dried, Raw (bushnut)
	50 nuts	Filbert, Dried, Raw (hazelnut)
Pork	4 oz	Ham, Branded Deluxe, Lower Sodium   Boar's Head
	5 slice	Bacon, Cured, Broiled, Less Salt
Poultry	11 oz	Chicken Breast, Boneless, Roasted, Meat Only
	12 oz	Turkey Breast, Broiler, Meat Only, Roasted
Sausages and Lunch Meats	2 3/4 oz	Beef Jerky
Vegetables	1/2 cups	Butternut Squash, Baked, No Salt
	2 1/4 cups	Sweet Potato, Baked, No Salt
	2 cups	Squash, Summer, Zucchini, Boiled, Drained
	3 cups	Cauliflower, Boiled, Drained
	3 1/2 cups	Carrot, Baby, Raw
	4 cups	Broccoli, Boiled, No Salt
	4 cups	Squash, Winter, Spaghetti, Baked
	5 cups	Spinach, Boiled, No Salt
	7 1/4 cups	Tomato, Cherry, Red, Ripe, Raw
	14 cups	Green Leaf Lettuce, Raw
	14 oz	Beet, Boiled

Continued on next page...

### Meal Plan Shopping List

Category	Quantity	Item
	15 oz	Broccoli Flower Clusters, Raw
	48 pods	Okra, Boiled, No Salt
	52 spears	Asparagus, Boiled
Vitamin and Mineral Supplements	14 capsule/tablet	Truvision Health - Trufix From <a href="http://www.slendersuzie.com">www.slendersuzie.com</a>
	14 capsule/tablet	Truvision Health - Truweight & Energy From <a href="http://www.slendersuzie.com">www.slendersuzie.com</a>

### Recipe Shopping List
















Category	Quantity	Item
Beef	1 1/2 pounds	Beef, Ground, Extra Lean, Raw
Beverages	2 tablespoons	Lemon Juice
Cereal and Grain Products	0.56 cups	Almond Meal/flour   Bob's Red Mill
Fats and Oils	1/4 cups	Olive Oil
	5 tablespoons	Olive Oil
Finfish and Shellfish Products	12 oz	Halibut, Atlantic & Pacific, Raw
Ingredients	1/2 teaspoons	Salt   Morton
	8 fl oz	Tomato Sauce   Contadina
	28 oz	Tomato, Diced, No Added Salt   Del Monte
Lamb and Veal	4 pounds	Deer, Raw (venison)
Pork	16 oz	Pork, Fresh, Loin, Tenderloin Chop Lean, Raw
Poultry	32 oz	Chicken Breast, Boneless, Raw, Meat Only
Sausages and Lunch Meats	1/2 pounds	Pork Sausage, Link/patty, Raw
Soup	1 cups	Beef Stock, Hp
Spices	1.49 tablespoons	Oregano, Dried, Leaves
	1 tablespoons	Coriander Leaf, Dried
	1 tablespoons	Cumin, Ground   McCormick/Schilling
	1 tablespoons	Parsley, Dried
	2 1/2 teaspoons	Black Pepper, Ground   McCormick/Schilling
	2 tablespoons	Chili Powder
	2 tablespoons	Rosemary Leaves, Dried   McCormick/Schilling
Vegetables	1 cups	Celery, Raw
	4 1/4 medium	Onion, Raw
	5 clove	Garlic, Raw









### Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

#### Basic Guidelines

 Golf Ball <b>¼ cup</b> <b>1 oz</b> <b>2 tbsp</b>	 Tennis Ball <b>1/3 cup</b>	 Computer Mouse <b>½ cup</b>	 Baseball <b>1 cup</b>	 Rounded Handful <b>½ cup</b> <b>1 oz dried goods</b>
 Hockey Puck <b>3 oz muffin or biscuit</b>	 Matchbox <b>1 oz serving of meat</b>	 Deck of Cards <b>3 oz of chicken, meat, or fish</b>	 Thin Paperback Book <b>8 oz serving of meat</b>	 Thumb <b>1 tsp</b>
 Poker Chip <b>1 tbsp</b>	 Shot Glass <b>1 oz</b> <b>2 tbsp</b>	 CD <b>1 slice of bread</b> <b>1 oz lunch meat</b>	 3 Dice <b>1 ½ oz cheese</b>	 Kids' School Milk Carton <b>8 oz drink</b>

#### Useful Examples

 Bread & Grains <b>1 cup of cereal = 1 baseball</b> <b>½ cup cooked rice = computer mouse</b> <b>½ cup cooked paste = computer mouse</b> <b>1 slice of bread = CD</b> <b>3 cups of popcorn = 3 baseballs</b>	 Fruits & Vegetables <b>½ cup grapes = about 16 grapes</b> <b>1 cup of strawberries = about 12 berries</b> <b>1 cup of salad greens = 1 baseball</b> <b>1 cup cooked vegetables = 1 baseball</b> <b>1 baked potato = computer mouse</b>	 Meats, Fish & Nuts <b>3 oz lean meat or poultry = deck of cards</b> <b>3 oz tofu = deck of cards</b> <b>2 tbsp peanut butter = golf ball</b> <b>¼ cup almonds = about 23 almonds</b> <b>¼ cup pistachios = about 24 pistachios</b>
 Dairy & Cheese <b>1 ½ oz cheese = stacked dice</b> <b>1 cup yogurt = baseball</b> <b>½ cup ice cream = computer mouse</b>	 Fats & Oils <b>1 tbsp butter or spread = poker chip</b> <b>1 tbsp salad dressing = poker chip</b> <b>1 tbsp oil or mayonnaise = poker chip</b>	 Sweets & Treats <b>1 slice cake = deck of cards</b> <b>1 cookie = about 2 poker chips</b> <b>1 piece of chocolate = matchbox</b>