vive
MEDICAL WEIGHT LOSS AND AESTHETICS
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Clean & Simple PALEO Meal Plan

Breakfast *250 Calories*	**Lunch** *280 Calories*	**Dinner** *310 Calories*	**Snack** *160 Calories*
2 eggs with 1 oz avocado and 2 tbsp fresh salsa	3 oz grilled chicken over 2 cups salad with 2 tsp olive oil and 1 tsp balsamic vinegar	4 oz ground beef or turkey over 1 cup roasted spaghetti squash with 1 cup green beans & 1 tsp butter	2 oz smoked salmon and 2 oz avocado on endive or romaine leaves
1 fried egg, 1 nitrate-free sausage link, and ½ cup sweet potato hash with onions & peppers	4 oz tilapia encrusted with ¼ oz chopped macadamia nuts sautéed in 1 tsp coconut oil with 1 cup veggies	4 oz grilled salmon with 1 cup veggies sautéed in 1 tsp butter	1 cup celery sticks with 1.5 tbsp almond butter
2 eggs scrambled with 1 cup veggies with 2 strips nitrate-free bacon	Chicken Soup: 3 oz diced chicken breast cooked in 2 cups chicken broth with 1.5 cups veggies (onions, celery, carrots, and spinach)	3 oz slow-cooker pork shoulder with ¾ cup sautéed onions and peppers with shredded lettuce, tomato, onion and 2 tbsp guacamole	Homemade trail mix: ¾ cup mixed nuts and seeds with ½ oz dried fruit (no sugar added)
1 cup fresh berries with 1 oz mixed nuts	1 cup homemade bean-less chili (use your favorite recipe – just omit the beans!) topped with 1 oz diced avocado	3 oz slow-cooker beef chuck roast cooked with beef broth & fresh herbs with 1 cup onions, garlic, and carrots	Smoothie: 1 cup spinach, ½ cup apple, grated ginger, 2 tsp coconut oil, and 1 cup unsweetened coconut milk

Paleo-Approved Foods:

- Lean meats and poultry
- Eggs
- Seafood and shellfish
- Fruits
- Vegetables
- Nuts and seeds
- Healthy fats

*White potatoes should be avoided and other starchy vegetables such as sweet potatoes and winter squashes should be eaten in moderation.

Foods to Avoid (non-Paleo)

- Grains
- Dairy
- Legumes (including peanuts)
- Starches
- All processed foods and sugars

Tips & Suggestions

- Poultry (and poultry products such as chicken broth) and eggs should be free range, hormone- and antibiotic-free when possible
- Beef (and beef products such as beef broth) and butter should be grass-fed, organic when possible
- Seafood should be sourced from the wild, never farm-raised
- Healthy fats include unprocessed and unrefined coconut oil, olive oil, sesame oil, avocado oil, and grass-fed butter; avoid canola oil, vegetable oil, corn oil, peanut oil, soybean oil, and grape seed oil.
- Fruits and vegetables should be organic whenever possible, *especially* blueberries, strawberries, apples, peaches, nectarines, grapes, cucumber, celery, peppers, grape tomatoes, spinach, kale, and summer squash
- For more flavor and variation, consider using the following healthy seasonings: fresh/dried herbs, black pepper, cayenne pepper, chili powder, cinnamon, cumin, curry, garlic, ginger, nutmeg, paprika, saffron, turmeric, vinegar, and fresh lemon or lime juice