

# MACRONUTRIENT VALUES FOR COMMON MEALS AND SNACKS

FOOD	CARBS	PROTEIN	FAT	TOTAL CALORIES
Broccoli - 1 cup	5.8	2.5	0.3	30
Green olives - 10	1.3	0.35	5.2	50
Brussels sprouts - 1 cup	11.1	4	0.8	57
Apple - 1 med	25	5	0	95
Berries (black, blueberry, raspberry) - 1/2 cup	25	2	1	105
Banana - 1 med	27	1	0	105
Red wine - 5 oz	3.8	0.1	0	123
Hard boiled eggs (2)	1.1	12.6	10.6	155
Dark chocolate - 1 oz	13	2	12	170
Can of sardines	0	22.7	10.5	191
Celery (5 x 4" strips), 2 tbl almond butter	7	7	18	200
Macadamia nuts - 1 oz	3.6	2.2	21.6	203
Venison jerky - 2 oz	8.4	18.3	12.7	225
Beef jerky - 2 oz	6.2	18.8	14.5	232
Sweet potato (1 c with 1 tbl butter)	58	5	12	351
<b>PRIMAL ESSENTIAL MEALS</b>				
Primal Fuel smoothie: 2 c water, 1/2 c ice, 2 scoops chocolate Primal Fuel	11	20	10	190
Steak and fruit breakfast - 4 oz flank, 1/2 c blueberries, 1/2 peach, 1c green tea	18	33	10	289
Primal wrap - salmon, iceberg lettuce, 3 oz salmon, 1/4 avocado, 2 oz cucumber, 1 oz sundried tomato, 2 tbl yogurt	22	28	13	301
Primal wrap - chicken or turkey, iceberg lettuce, 3 oz turkey or chicken, 1/4 avocado, 1 oz bacon, 1 oz Bleu cheese, 1/4 c tomato	11	33	26	411
Primal omelet - 4 eggs, cream, cheese, chopped veggies	10	27	29	502
Salmon and vegetables - 6 oz wild salmon, 1 c asparagus, 1 c zucchini, 1 tbl butter, red wine	18	50	26	604
Flank steak and vegetables - 6 oz ribeye, 1/2 c onion, 1 c mushroom, 1 c kale	21	44	43	639
Beef stir fry - 4 oz beef steak, 2 tbl olive oil, 1 med zucchini, 1 c mushroom, 1 c spinach, 1/2 c bamboo, 1/4 c sesame seeds	19	41	50	660
Primal salad - greens, chopped veggies, 3 oz chicken, 1/2 oz walnuts, xv olive/vinegar dressing	37	24	37	693
Steak and vegetables - 7.5 oz grassfed bison, 1 c spinach, 1 c mushrooms, 1 tbl butter, red wine	31	70	24	723
Primal Fuel smoothie with coconut milk - 1/2 c coco milk, 1-1/2 c water, 1/2 c ice, 2 scoops chocolate Primal Fuel	14	22	34	413
<b>SAD FOODS</b>				
Instant oatmeal (1 packet) with medium banana	30	4	2	146
Jamba Juice - medium (Five Fruit Frenzy)	87	2	1	340
Pasta - 1 cup w/ 1/2 c marinara	61	10	5	333
Orange juice - 8 oz	24	2	0	102
Baked potato - 1 med	34	3	0	145
Cheese pizza - 2 slices	30	11	13	279