

Salmon/Beef	Amount	Calories (g)	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	Calcium (mg)	Phosphorous (mg)
Sweet Potato	2 med	498	116	16	8	0	177	210
Barley	1.5 cups	444	101	14	9	2.3	40	195
Zucchini	1 med	49	12	5	1.7	0	40	84
Spinach	2 cups	41	7	4	5	0	245	101
Ground Flax	1/4 cup	224	12	11.5	8	18	107	270
Salmon	1 container	136	0	0	23	5	227	365
X-L Beef	1lb	708	0	0	88	38	49	760
egg shell powder	8 shells	0	0	0	0	0	1800	17
Totals		0	2100	248	50.5	63.3	2685	2002
Egg/Bean								
Sweet Potato	2 Med	498	116	16	8	0	177	210
Steel cut oats	1.5 cups	772	132	22	32	14	91	0
spinach	2 cups	41	7	4	5	0	245	101
coconut oil	1/4 cup	470	0	0	0	54.5	0	0
kidney beans	1.5 cups	338	60	18	22.5	1.5	93	366
whole eggs	6	426	0	0	36	30	159	570
egg whites	1/2 cup	59	1	0	13	0	8	18
egg shells	4 Shells	0	0	0	0	0	900	9
Totals		2604	316	60	116.5	100	1673	1274
Egg/PB								
pumpkin	1 cup mashed	41	12	3	2	0	37	73.5
broccoli	1 sm stalk	49	10	5	3	1	56	94
apple	1 large	116	31	5	1	0	13	25
brown rice	1.5 cup	648	135	12	15	6	59	486
ground flax	1/4 cup	224	12	11.5	8	18	107	270
Peanut Butter	1/2 cup	632	22	7	24	50	41	317
Whole Eggs	6	426	0	0	36	30	159	570
Egg Whites	1/2 cup	59	1	0	13	0	8	18
Egg Shells	8 Shells	0	0	0	0	0	1800	18

Totals		2195	223	43.5	102	105	2280	1871.5
Turkey/Salmon								
Butternut Squash	1 cup mashed	82	22	0	2	0	84	55.4
Kale	1 bunch (1 cup)	36	7	3	2	1	94	36
Carrots	2 med	32	8	2	0	0	28	28
Coconut Oil	1/4 cup	470	0	0	0	54.5	0	0
Brown Rice	1.5 cup	648	135	12	15	6	59	486
Salmon	1 container	136	0	0	23	5	227	365
X-L Ground Turkey	1lb	776	0	0	90	43	83	647
Egg Shells	6 Shells	0	0	0	0	0	1350	13
Totals		2180	172	17	132	109.5	1925	1630.4