

PALEO *for* **WEIGHT LOSS**

100 CALORIES



SALMON FILLET
2 1/2 ounces



BACON
2 1/2 slices



AVOCADO 1/2 medium



APPLE 1 medium



**BAKED SWEET
POTATO** 1 medium



OLIVE OIL
2 1/2 teaspoons



BANANA 1 medium



ALMONDS 13 almonds



CHICKEN BREAST
2 ounces



RAW KALE 3 cups shredded

Paleo Diet Weight Loss Paleo Questions And Answers

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Paleo Diet Weight Loss Paleo Questions And Answers:

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