

# April Paleo Week One

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Cilantro Pesto  
Sea Bass

Steamed Baby Bok  
Choy

**Meal 2:** Paprika  
Chicken Legs w/  
Carrots, Parsnips &  
Fennel

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 331	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 36 mg	1 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 20 g	40 %
Vitamin A	5 %
Vitamin C	10 %
Calcium	1 %
Iron	3 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 40	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 198 mg	8 %
Potassium 259 mg	7 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 2 g	3 %
Vitamin A	89 %
Vitamin C	75 %
Calcium	11 %
Iron	5 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 394	
% Daily Value *	
Total Fat 128 g	197 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 85 mg	28 %
Sodium 748 mg	31 %
Potassium 418 mg	12 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 6 g	22 %
Sugars 6 g	
Protein 21 g	42 %
Vitamin A	122 %
Vitamin C	15 %
Calcium	5 %
Iron	11 %
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(per serving, based on yield of 4 servings)

### Meal 3: BBQ Ribs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 580	
% Daily Value *	
Total Fat 32 g	49 %
Saturated Fat 9 g	45 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 80 mg	27 %
Sodium 262 mg	11 %
Potassium 3 mg	0 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 2 g	8 %
Sugars 37 g	
Protein 32 g	64 %
Vitamin A	15 %
Vitamin C	40 %
Calcium	0 %
Iron	2 %
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### Potato Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 371	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 12 g	
Trans Fat 0 g	
Cholesterol 10 mg	3 %
Sodium 300 mg	13 %
Potassium 1032 mg	29 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 4 g	18 %
Sugars 3 g	
Protein 5 g	9 %
Vitamin A	2 %
Vitamin C	3 %
Calcium	1 %
Iron	0 %
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### Steamed Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 20	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 1 g	2 %
Vitamin A	6 %
Vitamin C	30 %
Calcium	2 %
Iron	2 %
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## Nutrition Facts

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**Meal 4:** California Chicken & Veggie Salad

Honey Mustard Dressing (per serving, based on 8 servings)

**Salad:** Spinach w/ Mango, Goat Cheese & Walnuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 565	
% Daily Value *	
Total Fat 29 g	45 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 249 mg	83 %
Sodium 766 mg	32 %
Potassium 1017 mg	29 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 10 g	38 %
Sugars 10 g	
Protein 56 g	112 %
Vitamin A	61 %
Vitamin C	40 %
Calcium	7 %
Iron	17 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 163	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 173 mg	7 %
Potassium 0 mg	0 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 0 g	0 %
Sugars 8 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 195	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 134 mg	6 %
Potassium 69 mg	2 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	7 %
Sugars 7 g	
Protein 5 g	11 %
Vitamin A	33 %
Vitamin C	45 %
Calcium	6 %
Iron	3 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

Dressing (per serving,  
based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 125	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %
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**Breakfast:** Eggs  
Baked in Avocado w/  
Oranges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 184 mg	61 %
Sodium 691 mg	29 %
Potassium 434 mg	12 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 7 g	28 %
Sugars 10 g	
Protein 9 g	18 %
Vitamin A	13 %
Vitamin C	98 %
Calcium	7 %
Iron	8 %
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**Snack:** Celery &  
Almond Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 216	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 56 mg	2 %
Potassium 190 mg	5 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 8 g	32 %
Sugars 5 g	
Protein 7 g	14 %
Vitamin A	4 %
Vitamin C	2 %
Calcium	10 %
Iron	6 %
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**April Paleo Week One**  
Nutrition Facts  
(per serving, based on yield of 4 servings)

**Dessert:** Cherry  
Cobbler (per serving,  
based on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 292	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 197 mg	8 %
Potassium 224 mg	6 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 5 g	20 %
Sugars 16 g	
Protein 4 g	9 %
Vitamin A	5 %
Vitamin C	5 %
Calcium	5 %
Iron	6 %
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