

April Paleo Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Mustard Dill
Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 188	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 1533 mg	64 %
Potassium 51 mg	1 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 24 g	49 %
Vitamin A	2 %
Vitamin C	1 %
Calcium	3 %
Iron	4 %
* 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.	

Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 47	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 165 mg	5 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	12 %
Vitamin C	8 %
Calcium	2 %
Iron	10 %
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Purple Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 135	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 7 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 2 g	6 %
Sugars 0 g	
Protein 3 g	5 %
Vitamin A	0 %
Vitamin C	10 %
Calcium	8 %
Iron	2 %
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Meal 2: Bison Strip Steaks

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 315	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 12 g	61 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 2 g	
Cholesterol 83 mg	28 %
Sodium 295 mg	12 %
Potassium 0 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 37 g	74 %
Vitamin A	5 %
Vitamin C	0 %
Calcium	0 %
Iron	25 %
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Roasted Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 80	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 48 mg	2 %
Potassium 468 mg	13 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	15 %
Sugars 3 g	
Protein 4 g	8 %
Vitamin A	18 %
Vitamin C	220 %
Calcium	7 %
Iron	6 %
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Mashed Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 53	
% 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 63 mg	3 %
Potassium 636 mg	18 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	21 %
Sugars 5 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	163 %
Calcium	5 %
Iron	5 %
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Meal 3: Chicken & Bell Pepper Lettuce Wrap 'Tacos'

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 272	
% Daily Value *	
Total Fat 4 g	7 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 124 mg	41 %
Sodium 1621 mg	68 %
Potassium 751 mg	21 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 41 g	81 %
Vitamin A	7 %
Vitamin C	188 %
Calcium	5 %
Iron	10 %
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Jicama & Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 129	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 7 mg	0 %
Potassium 411 mg	12 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 6 g	24 %
Sugars 1 g	
Protein 2 g	4 %
Vitamin A	2 %
Vitamin C	27 %
Calcium	3 %
Iron	4 %
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Meal 4: Ratatouille

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 98	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 16 mg	1 %
Potassium 634 mg	18 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 5 g	21 %
Sugars 10 g	
Protein 3 g	6 %
Vitamin A	37 %
Vitamin C	173 %
Calcium	3 %
Iron	6 %
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(per serving, based on yield of 4 servings)

Grilled Pork Chop

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 313	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 211 mg	9 %
Potassium 11 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	46 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	7 %
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Salad: Arugula w/
Tangerines, Jicama &
Pistachios

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 238	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 16 mg	1 %
Potassium 441 mg	13 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 7 g	26 %
Sugars 12 g	
Protein 8 g	16 %
Vitamin A	33 %
Vitamin C	57 %
Calcium	14 %
Iron	11 %
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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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Nutrition Facts

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Breakfast: Breakfast Scramble

Snack: Kiwis w/ Brazil Nuts

Dessert: Coconut Macaroons (per serving, based on 40 servings, w/ chocolate chips)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 172	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 277 mg	92 %
Sodium 184 mg	8 %
Potassium 267 mg	8 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	9 %
Sugars 3 g	
Protein 12 g	23 %
Vitamin A	100 %
Vitamin C	163 %
Calcium	9 %
Iron	17 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 323	
% Daily Value *	
Total Fat 24 g	36 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 8 mg	0 %
Potassium 505 mg	14 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 7 g	29 %
Sugars 1 g	
Protein 7 g	13 %
Vitamin A	5 %
Vitamin C	190 %
Calcium	10 %
Iron	9 %
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Nutrition Facts	
Servings 40.0	
Amount Per Serving	
calories 48	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 12 mg	1 %
Potassium 3 mg	0 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	3 %
Sugars 3 g	
Protein 0 g	1 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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