

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 186 | |
| % 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 1530 mg | 64 % |
| Potassium 0 mg | 0 % |
| Total Carbohydrate 0 g | 0 % |
| Dietary Fiber 0 g | 0 % |
| Sugars 0 g | |
| Protein 24 g | 48 % |
| Vitamin A | 0 % |
| Vitamin C | 0 % |
| Calcium | 0 % |
| Iron | 0 % |
| * 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 % |
| * 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. | |

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 % |
| * 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. | |

April Paleo Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

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 % |
| * 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. | |

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 % |
| * 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. | |

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 % |
| * 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. | |

April Paleo Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

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 % |
| * 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. | |

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 % |
| * 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. | |

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 % |
| * 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. | |

April Paleo Week Two

Nutrition Facts

(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 % |
| * 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. | |

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 % |
| * 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. | |

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 % |
| * 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. | |

April Paleo Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Breakfast Scramble

| 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 % |
| * 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. | |

Snack: Kiwis w/ Brazil Nuts

| 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 % |
| * 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. | |

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

| 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 % |
| * 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. | |