March Paleo Week Five

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Mahi Mahi

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 102	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 80 mg	**27 %**
Sodium 110 mg	**5 %**
Potassium 11 mg	**0 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 21 g	**42 %**
Vitamin A	**4 %**
Vitamin C	**5 %**
Calcium	**8 %**
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.

Pineapple Salsa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 126	
	% Daily Value *
Total Fat 0 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 4 mg	**0 %**
Potassium 338 mg	**10 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 4 g	**18 %**
Sugars 24 g	
Protein 2 g	**3 %**
Vitamin A	**9 %**
Vitamin C	**188 %**
Calcium	**61 %**
Iron	**5 %**

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Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 43	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 9 mg	**0 %**
Potassium 134 mg	**4 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**5 %**
Sugars 1 g	
Protein 1 g	**3 %**
Vitamin A	**12 %**
Vitamin C	**8 %**
Calcium	**1 %**
Iron	**3 %**

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Nutrition Facts
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Meal 2: Turkey Meatloaf

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 388	
	% Daily Value *
Total Fat 30 g	**46 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 47 mg	**16 %**
Sodium 80 mg	**3 %**
Potassium 221 mg	**6 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 4 g	**14 %**
Sugars 1 g	
Protein 27 g	**55 %**
Vitamin A	**9 %**
Vitamin C	**5 %**
Calcium	**1 %**
Iron	**2 %**

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Mashed Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 52	
	% 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 21 mg	**1 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 2 g	**8 %**
Sugars 4 g	
Protein 1 g	**2 %**
Vitamin A	**219 %**
Vitamin C	**19 %**
Calcium	**2 %**
Iron	**2 %**

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Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 52	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 50 mg	**2 %**
Potassium 480 mg	**14 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 4 g	**16 %**
Sugars 3 g	
Protein 4 g	**9 %**
Vitamin A	**19 %**
Vitamin C	**226 %**
Calcium	**7 %**
Iron	**6 %**

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Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 3: Marinated Flank Steak

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 524	
	% Daily Value *
Total Fat 37 g	**57 %**
Saturated Fat 8 g	**39 %**
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 69 mg	**23 %**
Sodium 970 mg	**40 %**
Potassium 30 mg	**1 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 0 g	**1 %**
Sugars 5 g	
Protein 40 g	**80 %**
Vitamin A	**5 %**
Vitamin C	**3 %**
Calcium	**1 %**
Iron	**2 %**

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Baked Potatoes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 168	
	% 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 11 mg	**0 %**
Potassium 888 mg	**25 %**
Total Carbohydrate 38 g	**13 %**
Dietary Fiber 3 g	**11 %**
Sugars 1 g	
Protein 5 g	**9 %**
Vitamin A	**0 %**
Vitamin C	**20 %**
Calcium	**3 %**
Iron	**10 %**

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Sautéed Spinach

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 22	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 33 mg	**1 %**
Potassium 315 mg	**9 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 1 g	**2 %**
Sugars 0 g	
Protein 2 g	**3 %**
Vitamin A	**55 %**
Vitamin C	**5 %**
Calcium	**3 %**
Iron	**3 %**

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Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 4: Veggie Minestrone

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 177	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 591 mg	**25 %**
Potassium 490 mg	**14 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 5 g	**21 %**
Sugars 9 g	
Protein 14 g	**29 %**
Vitamin A	**87 %**
Vitamin C	**52 %**
Calcium	**10 %**
Iron	**14 %**

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Salad: Arugula w/ Tomatoes, Basil, & Mozzarella

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 349	
	% Daily Value *
Total Fat 29 g	**45 %**
Saturated Fat 11 g	**54 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 50 mg	**17 %**
Sodium 61 mg	**3 %**
Potassium 487 mg	**14 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 3 g	**10 %**
Sugars 4 g	
Protein 17 g	**34 %**
Vitamin A	**31 %**
Vitamin C	**29 %**
Calcium	**7 %**
Iron	**11 %**

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Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 124	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 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 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Nutrition Facts
(per serving, based on yield of 4 servings)

Breakfast: Asparagus & Bacon Frittata w/ Feta

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 265	
	% Daily Value *
Total Fat 18 g	**27 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 401 mg	**134 %**
Sodium 529 mg	**22 %**
Potassium 264 mg	**8 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**4 %**
Sugars 2 g	
Protein 19 g	**38 %**
Vitamin A	**22 %**
Vitamin C	**7 %**
Calcium	**21 %**
Iron	**13 %**

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Snack: Cucumber Slices & Sunflower Seed Butter

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 209	
	% Daily Value *
Total Fat 18 g	**27 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 12 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 295 mg	**8 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 2 g	**9 %**
Sugars 5 g	
Protein 6 g	**12 %**
Vitamin A	**2 %**
Vitamin C	**5 %**
Calcium	**3 %**
Iron	**8 %**

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Dessert: Fresh Pineapple

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 113	
	% 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 2 mg	**0 %**
Potassium 247 mg	**7 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 3 g	**13 %**
Sugars 22 g	
Protein 1 g	**2 %**
Vitamin A	**3 %**
Vitamin C	**180 %**
Calcium	**3 %**
Iron	**4 %**

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