March Paleo Week Four

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

Meal 1: Pecan-Crusted Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 595	
	% Daily Value *
Total Fat 45 g	**70 %**
Saturated Fat 11 g	**56 %**
Monounsaturated Fat 19 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 143 mg	**48 %**
Sodium 301 mg	**13 %**
Potassium 440 mg	**13 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 5 g	**21 %**
Sugars 2 g	
Protein 31 g	**63 %**
Vitamin A	**28 %**
Vitamin C	**0 %**
Calcium	**6 %**
Iron	**17 %**

* 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.

Collard Green Salad w/ Tomato, Olives, & Feta

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 304	
	% Daily Value *
Total Fat 28 g	**43 %**
Saturated Fat 11 g	**53 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 50 mg	**17 %**
Sodium 941 mg	**39 %**
Potassium 157 mg	**4 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 1 g	**3 %**
Sugars 2 g	
Protein 9 g	**17 %**
Vitamin A	**20 %**
Vitamin C	**18 %**
Calcium	**30 %**
Iron	**4 %**

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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 1 mg	**0 %**
Potassium 19 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**4 %**
Calcium	**0 %**
Iron	**1 %**

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March Paleo Week Four

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

Meal 2: Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 66	
	% Daily Value *
Total Fat 4 g	**7 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 14 mg	**1 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 7 g	**14 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Cucumber, Almond, & Strawberry Salad (w/ cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 389	
	% Daily Value *
Total Fat 24 g	**37 %**
Saturated Fat 10 g	**48 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 50 mg	**17 %**
Sodium 711 mg	**30 %**
Potassium 343 mg	**10 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 10 g	**42 %**
Sugars 8 g	
Protein 21 g	**41 %**
Vitamin A	**7 %**
Vitamin C	**59 %**
Calcium	**34 %**
Iron	**9 %**

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Lemon-Basil Vinaigrette (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 1 mg	**0 %**
Potassium 19 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**4 %**
Calcium	**0 %**
Iron	**1 %**

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March Paleo Week Four

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

Meal 3: Bison, Broccoli & over Zucchini Pesto "Pasta"

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 596	
	% Daily Value *
Total Fat 44 g	**67 %**
Saturated Fat 10 g	**50 %**
Monounsaturated Fat 16 g	
Polyunsaturated Fat 9 g	
Trans Fat 0 g	
Cholesterol 62 mg	**21 %**
Sodium 365 mg	**15 %**
Potassium 1169 mg	**33 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 7 g	**29 %**
Sugars 8 g	
Protein 35 g	**70 %**
Vitamin A	**84 %**
Vitamin C	**297 %**
Calcium	**30 %**
Iron	**28 %**

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Meal 4: Zucchini & Sausage Soup (w/ cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 521	
	% Daily Value *
Total Fat 32 g	**49 %**
Saturated Fat 12 g	**60 %**
Monounsaturated Fat 12 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 114 mg	**38 %**
Sodium 1348 mg	**56 %**
Potassium 1219 mg	**35 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 5 g	**22 %**
Sugars 10 g	
Protein 35 g	**70 %**
Vitamin A	**45 %**
Vitamin C	**77 %**
Calcium	**51 %**
Iron	**16 %**

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Salad: Romaine w/ Carrot, Radish, Avocado, & Sunflower Seeds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 72 mg	**3 %**
Potassium 302 mg	**9 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 5 g	**21 %**
Sugars 2 g	
Protein 4 g	**9 %**
Vitamin A	**34 %**
Vitamin C	**12 %**
Calcium	**2 %**
Iron	**6 %**

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March Paleo Week Four

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 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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Breakfast: Eggs over Zoodles with Sausage

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 252	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 258 mg	**86 %**
Sodium 581 mg	**24 %**
Potassium 671 mg	**19 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 2 g	**6 %**
Sugars 4 g	
Protein 23 g	**47 %**
Vitamin A	**13 %**
Vitamin C	**48 %**
Calcium	**8 %**
Iron	**15 %**

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Snack: Mango, Banana, & Spinach Smoothies

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 102	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 25 mg	**1 %**
Potassium 498 mg	**14 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 3 g	**13 %**
Sugars 17 g	
Protein 2 g	**4 %**
Vitamin A	**72 %**
Vitamin C	**66 %**
Calcium	**4 %**
Iron	**6 %**

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

Dessert: Coconut Milk Ice Cream Topped w/ Balsamic Marinated Strawberries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 226	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 16 mg	**1 %**
Potassium 92 mg	**3 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 3 g	**13 %**
Sugars 24 g	
Protein 2 g	**5 %**
Vitamin A	**0 %**
Vitamin C	**56 %**
Calcium	**3 %**
Iron	**9 %**

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