

May Paleo Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Roasted Sea Bass

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 210	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 56 mg	19 %
Sodium 64 mg	3 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 15 g	30 %
Vitamin A	7 %
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.	

Mango Salsa & Cucumber Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 71	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 288 mg	8 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 2 g	10 %
Sugars 13 g	
Protein 1 g	3 %
Vitamin A	21 %
Vitamin C	70 %
Calcium	3 %
Iron	3 %
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Cauliflower Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 72	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 467 mg	13 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	121 %
Calcium	3 %
Iron	3 %
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(per serving, based on yield of 4 servings)

Meal 2: Cajun Turkey Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 291	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 68 mg	23 %
Sodium 1887 mg	79 %
Potassium 395 mg	11 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 5 g	19 %
Sugars 2 g	
Protein 26 g	52 %
Vitamin A	3 %
Vitamin C	21 %
Calcium	1 %
Iron	3 %
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Roasted Carrot & Parsnips

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 162	
% 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 47 mg	2 %
Potassium 713 mg	20 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 9 g	35 %
Sugars 9 g	
Protein 2 g	5 %
Vitamin A	153 %
Vitamin C	49 %
Calcium	7 %
Iron	6 %
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Meal 3: Chicken, Mushroom, & Spinach Stir-Fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 193	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 83 mg	28 %
Sodium 184 mg	8 %
Potassium 636 mg	18 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 27 g	54 %
Vitamin A	1 %
Vitamin C	2 %
Calcium	1 %
Iron	4 %
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Cauliflower Rice

Meal 4: Slow Cooker
Turmeric Pork

Slaw

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 72	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 467 mg	13 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	121 %
Calcium	3 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 685	
% Daily Value *	
Total Fat 36 g	55 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 283 mg	94 %
Sodium 290 mg	12 %
Potassium 59 mg	2 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 81 g	163 %
Vitamin A	3 %
Vitamin C	1 %
Calcium	2 %
Iron	30 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 193	
% 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 43 mg	2 %
Potassium 8 mg	0 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 4 g	16 %
Sugars 15 g	
Protein 2 g	4 %
Vitamin A	50 %
Vitamin C	90 %
Calcium	8 %
Iron	7 %
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Salad: Mango, Avocado, & Macadamia Nut Salad

Dressing (per serving, based on 8 servings)

Breakfast: Ginger-Blueberry Scones

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 230	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 23 mg	1 %
Potassium 340 mg	10 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	21 %
Sugars 14 g	
Protein 4 g	9 %
Vitamin A	49 %
Vitamin C	71 %
Calcium	14 %
Iron	10 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 124	
% 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 7 mg	0 %
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	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 400	
% Daily Value *	
Total Fat 30 g	46 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 46 mg	15 %
Sodium 340 mg	14 %
Potassium 60 mg	2 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 7 g	28 %
Sugars 15 g	
Protein 14 g	28 %
Vitamin A	2 %
Vitamin C	6 %
Calcium	13 %
Iron	14 %
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May Paleo Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Carrot Sticks

Dessert: Almond Butter Brownies (per serving, based on 24 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 31	
% 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 53 mg	2 %
Potassium 244 mg	7 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	9 %
Sugars 4 g	
Protein 1 g	1 %
Vitamin A	255 %
Vitamin C	7 %
Calcium	3 %
Iron	1 %
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Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 150	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 16 mg	5 %
Sodium 64 mg	3 %
Potassium 62 mg	2 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 3 g	13 %
Sugars 11 g	
Protein 6 g	12 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	8 %
Iron	7 %
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