July Paleo Week One

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

Meal 1: Sesame-Crusted Ahi Tu

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 159	
	% Daily Value *
Total Fat 11 g	**17 %**
Saturated Fat 2 g	**12 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 13 mg	**4 %**
Sodium 12 mg	**1 %**
Potassium 125 mg	**4 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 2 g	**8 %**
Sugars 0 g	
Protein 11 g	**21 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**19 %**
Iron	**15 %**

* 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.

Garlic Sautéed Spinach

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 34	
	% 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 28 mg	**1 %**
Potassium 201 mg	**6 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**3 %**
Sugars 0 g	
Protein 1 g	**2 %**
Vitamin A	**66 %**
Vitamin C	**17 %**
Calcium	**4 %**
Iron	**6 %**

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Meal 2: Peachy Pork Tenderloin Medallions

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 265	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 4 g	**21 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 104 mg	**35 %**
Sodium 633 mg	**26 %**
Potassium 238 mg	**7 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 2 g	**7 %**
Sugars 9 g	
Protein 29 g	**58 %**
Vitamin A	**12 %**
Vitamin C	**15 %**
Calcium	**3 %**
Iron	**6 %**

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Nutrition Facts
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Roasted Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 68	
	% 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 5 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 2 g	**8 %**
Sugars 3 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 396	
	% Daily Value *
Total Fat 22 g	**33 %**
Saturated Fat 4 g	**21 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 68 mg	**23 %**
Sodium 998 mg	**42 %**
Potassium 592 mg	**17 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 4 g	**17 %**
Sugars 12 g	
Protein 29 g	**58 %**
Vitamin A	**173 %**
Vitamin C	**223 %**
Calcium	**3 %**
Iron	**8 %**

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Sesame Roasted Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 69	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 281 mg	**8 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 3 g	**12 %**
Sugars 3 g	
Protein 4 g	**8 %**
Vitamin A	**18 %**
Vitamin C	**9 %**
Calcium	**2 %**
Iron	**19 %**

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

Meal 4: Mexican Grass-fed Beef & Potato Hash

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 483	
	% Daily Value *
Total Fat 27 g	**41 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 3 g	
Trans Fat 1 g	
Cholesterol 70 mg	**23 %**
Sodium 270 mg	**11 %**
Potassium 1831 mg	**52 %**
Total Carbohydrate 37 g	**12 %**
Dietary Fiber 10 g	**40 %**
Sugars 5 g	
Protein 29 g	**58 %**
Vitamin A	**53 %**
Vitamin C	**54 %**
Calcium	**7 %**
Iron	**28 %**

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Salad: Mixed Berry Salad w/ Feta

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 265	
	% Daily Value *
Total Fat 16 g	**24 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 419 mg	**17 %**
Potassium 320 mg	**9 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 11 g	**45 %**
Sugars 7 g	
Protein 13 g	**25 %**
Vitamin A	**9 %**
Vitamin C	**52 %**
Calcium	**15 %**
Iron	**8 %**

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Dressing (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 127	
	% 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 2 mg	**0 %**
Potassium 9 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	**4 %**

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

Breakfast: Cherry-Pecan Chia Breakfast Bowls

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 507	
	% Daily Value *
Total Fat 29 g	**45 %**
Saturated Fat 16 g	**78 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 27 mg	**1 %**
Potassium 96 mg	**3 %**
Total Carbohydrate 53 g	**18 %**
Dietary Fiber 7 g	**29 %**
Sugars 12 g	
Protein 11 g	**22 %**
Vitamin A	**13 %**
Vitamin C	**2 %**
Calcium	**4 %**
Iron	**14 %**

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Snack: Cherry Tomatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 11	
	% 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 3 mg	**0 %**
Potassium 148 mg	**4 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**3 %**
Sugars 2 g	
Protein 1 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**22 %**
Calcium	**0 %**
Iron	**6 %**

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Dessert: Almond Butter-Banana “Ice Cream”

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 162	
	% Daily Value *
Total Fat 4 g	**7 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 18 mg	**1 %**
Potassium 514 mg	**15 %**
Total Carbohydrate 31 g	**10 %**
Dietary Fiber 4 g	**16 %**
Sugars 16 g	
Protein 3 g	**7 %**
Vitamin A	**2 %**
Vitamin C	**18 %**
Calcium	**2 %**
Iron	**3 %**

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