June Paleo Week Four

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

Meal 1: Nicoise Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 375	
	% Daily Value *
Total Fat 8 g	**13 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 167 mg	**56 %**
Sodium 394 mg	**16 %**
Potassium 1431 mg	**41 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 3 g	**12 %**
Sugars 3 g	
Protein 46 g	**91 %**
Vitamin A	**53 %**
Vitamin C	**52 %**
Calcium	**8 %**
Iron	**16 %**

* 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 126	
	% 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 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	**1 %**

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Meal 2: Pork, Pineapple, & Veggie Kabobs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 356	
	% Daily Value *
Total Fat 11 g	**16 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 75 mg	**25 %**
Sodium 670 mg	**28 %**
Potassium 517 mg	**15 %**
Total Carbohydrate 37 g	**12 %**
Dietary Fiber 6 g	**23 %**
Sugars 26 g	
Protein 32 g	**63 %**
Vitamin A	**14 %**
Vitamin C	**380 %**
Calcium	**4 %**
Iron	**12 %**

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

Meal 3: Bison Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 453	
	% Daily Value *
Total Fat 23 g	**35 %**
Saturated Fat 8 g	**39 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 79 mg	**26 %**
Sodium 435 mg	**18 %**
Potassium 348 mg	**10 %**
Total Carbohydrate 36 g	**12 %**
Dietary Fiber 4 g	**16 %**
Sugars 5 g	
Protein 25 g	**50 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**18 %**

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Sweet Potato Wedges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 152	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 89 mg	**4 %**
Potassium 63 mg	**2 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 4 g	**15 %**
Sugars 6 g	
Protein 2 g	**5 %**
Vitamin A	**358 %**
Vitamin C	**29 %**
Calcium	**5 %**
Iron	**11 %**

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Green Apple Coleslaw

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 312	
	% Daily Value *
Total Fat 27 g	**42 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 17 mg	**1 %**
Potassium 214 mg	**6 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 4 g	**15 %**
Sugars 14 g	
Protein 1 g	**2 %**
Vitamin A	**2 %**
Vitamin C	**43 %**
Calcium	**3 %**
Iron	**3 %**

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

Meal 4: Walnut Crusted Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 592	
	% Daily Value *
Total Fat 43 g	**66 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 29 g	
Trans Fat 0 g	
Cholesterol 183 mg	**61 %**
Sodium 332 mg	**14 %**
Potassium 300 mg	**9 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 4 g	**16 %**
Sugars 2 g	
Protein 50 g	**99 %**
Vitamin A	**3 %**
Vitamin C	**3 %**
Calcium	**7 %**
Iron	**13 %**

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Sautéed Spinach

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 37	
	% Daily Value *
Total Fat 2 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 90 mg	**4 %**
Potassium 636 mg	**18 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 3 g	**10 %**
Sugars 0 g	
Protein 3 g	**7 %**
Vitamin A	**213 %**
Vitamin C	**53 %**
Calcium	**11 %**
Iron	**17 %**

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Honey-Glazed Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 67	
	% Daily Value *
Total Fat 4 g	**7 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 116 mg	**5 %**
Potassium 97 mg	**3 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 1 g	**4 %**
Sugars 6 g	
Protein 0 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**1 %**
Iron	**1 %**

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

Salad: Mixed Greens w/ Grapes, Walnuts, & Goat Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 176	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	**12 %**
Sodium 151 mg	**6 %**
Potassium 360 mg	**10 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 4 g	**14 %**
Sugars 11 g	
Protein 7 g	**14 %**
Vitamin A	**40 %**
Vitamin C	**54 %**
Calcium	**13 %**
Iron	**4 %**

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Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 126	
	% 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 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	**1 %**

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Breakfast: Hard Boiled Eggs & Oranges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 354	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 369 mg	**123 %**
Sodium 192 mg	**8 %**
Potassium 814 mg	**23 %**
Total Carbohydrate 45 g	**15 %**
Dietary Fiber 8 g	**32 %**
Sugars 34 g	
Protein 17 g	**33 %**
Vitamin A	**30 %**
Vitamin C	**326 %**
Calcium	**20 %**
Iron	**12 %**

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

Snack: Blueberry Chia Pudding

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 299	
	% Daily Value *
Total Fat 15 g	**24 %**
Saturated Fat 5 g	**27 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 36 mg	**1 %**
Potassium 129 mg	**4 %**
Total Carbohydrate 40 g	**13 %**
Dietary Fiber 14 g	**57 %**
Sugars 17 g	
Protein 7 g	**13 %**
Vitamin A	**1 %**
Vitamin C	**12 %**
Calcium	**54 %**
Iron	**1 %**

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Dessert: Almond Butter Brownies (per serving, based on 20 servings)

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 152	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 19 mg	**6 %**
Sodium 118 mg	**5 %**
Potassium 242 mg	**7 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 2 g	**9 %**
Sugars 13 g	
Protein 4 g	**8 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**8 %**
Iron	**8 %**

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