June Paleo Week Two

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

Meal 1: Grilled Balsamic Pork Chops

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 234	
	% Daily Value *
Total Fat 13 g	**21 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	**18 %**
Sodium 214 mg	**9 %**
Potassium 18 mg	**1 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 2 g	
Protein 23 g	**46 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**4 %**

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Grilled Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 56	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 270 mg	**8 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 3 g	**11 %**
Sugars 3 g	
Protein 4 g	**7 %**
Vitamin A	**18 %**
Vitamin C	**9 %**
Calcium	**0 %**
Iron	**18 %**

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Cantaloupe Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 69	
	% 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 33 mg	**1 %**
Potassium 543 mg	**16 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 2 g	**7 %**
Sugars 16 g	
Protein 2 g	**3 %**
Vitamin A	**138 %**
Vitamin C	**122 %**
Calcium	**2 %**
Iron	**2 %**

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Nutrition Facts
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Meal 2: Cobb Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 660	
	% Daily Value *
Total Fat 61 g	**93 %**
Saturated Fat 15 g	**77 %**
Monounsaturated Fat 30 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 229 mg	**76 %**
Sodium 836 mg	**35 %**
Potassium 784 mg	**22 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 7 g	**27 %**
Sugars 5 g	
Protein 22 g	**44 %**
Vitamin A	**28 %**
Vitamin C	**29 %**
Calcium	**21 %**
Iron	**19 %**

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Meal 3: Bison & Mushroom Tacos w/ Jicama Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 580	
	% Daily Value *
Total Fat 35 g	**53 %**
Saturated Fat 12 g	**58 %**
Monounsaturated Fat 16 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 99 mg	**33 %**
Sodium 224 mg	**9 %**
Potassium 1583 mg	**45 %**
Total Carbohydrate 37 g	**12 %**
Dietary Fiber 20 g	**80 %**
Sugars 9 g	
Protein 33 g	**66 %**
Vitamin A	**61 %**
Vitamin C	**105 %**
Calcium	**10 %**
Iron	**41 %**

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Meal 4: Grilled Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 195	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 90 mg	**30 %**
Sodium 300 mg	**13 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 38 g	**75 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**0 %**
Iron	**2 %**

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June Paleo Week Two

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

Almond Butter Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 220	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 22 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 201 mg	**8 %**
Potassium 524 mg	**15 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 4 g	**15 %**
Sugars 7 g	
Protein 8 g	**16 %**
Vitamin A	**4 %**
Vitamin C	**9 %**
Calcium	**29 %**
Iron	**14 %**

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Thai Roasted Eggplant & Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 328	
	% Daily Value *
Total Fat 29 g	**44 %**
Saturated Fat 4 g	**21 %**
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 177 mg	**7 %**
Potassium 294 mg	**8 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 8 g	**32 %**
Sugars 8 g	
Protein 5 g	**11 %**
Vitamin A	**4 %**
Vitamin C	**174 %**
Calcium	**6 %**
Iron	**7 %**

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Salad: Arugula, Raspberries, Sliced Almonds, & Goat Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 186	
	% Daily Value *
Total Fat 15 g	**22 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	**12 %**
Sodium 257 mg	**11 %**
Potassium 177 mg	**5 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 5 g	**18 %**
Sugars 2 g	
Protein 8 g	**17 %**
Vitamin A	**17 %**
Vitamin C	**22 %**
Calcium	**8 %**
Iron	**4 %**

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June Paleo Week Two

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 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: Almond Butter Cherry Breakfast Cookies (per serving, based on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 166	
	% Daily Value *
Total Fat 11 g	**17 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 15 mg	**5 %**
Sodium 52 mg	**2 %**
Potassium 221 mg	**6 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 2 g	**8 %**
Sugars 9 g	
Protein 6 g	**12 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**3 %**

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Snack: Red Bell Peppers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 16	
	% 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 106 mg	**3 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**4 %**
Sugars 2 g	
Protein 0 g	**1 %**
Vitamin A	**32 %**
Vitamin C	**106 %**
Calcium	**1 %**
Iron	**2 %**

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June Paleo Week Two

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

Almond Butter Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 220	
	% Daily Value *
Total Fat 17 g	**26 %**
Saturated Fat 3 g	**17 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 261 mg	**11 %**
Potassium 230 mg	**7 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 3 g	**11 %**
Sugars 6 g	
Protein 7 g	**15 %**
Vitamin A	**4 %**
Vitamin C	**9 %**
Calcium	**9 %**
Iron	**6 %**

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Dessert: Kiwi, Mango, & Blueberry Yogurt Parfaits

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 339	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 4 mg	**1 %**
Sodium 40 mg	**2 %**
Potassium 714 mg	**20 %**
Total Carbohydrate 77 g	**26 %**
Dietary Fiber 7 g	**28 %**
Sugars 60 g	
Protein 12 g	**24 %**
Vitamin A	**40 %**
Vitamin C	**209 %**
Calcium	**16 %**
Iron	**4 %**

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