June Paleo Week Five

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

Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumber, & Walnuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 471	
	% Daily Value *
Total Fat 29 g	**45 %**
Saturated Fat 6 g	**32 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 99 mg	**33 %**
Sodium 411 mg	**17 %**
Potassium 1051 mg	**30 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 3 g	**12 %**
Sugars 5 g	
Protein 37 g	**74 %**
Vitamin A	**45 %**
Vitamin C	**56 %**
Calcium	**12 %**
Iron	**12 %**

* 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: Grilled Lemon Tenders

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 215	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 90 mg	**30 %**
Sodium 0 mg	**0 %**
Potassium 384 mg	**11 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 35 g	**69 %**
Vitamin A	**0 %**
Vitamin C	**15 %**
Calcium	**0 %**
Iron	**9 %**

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June Paleo Week Five

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

Grilled Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 56	
	% 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 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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Grilled Pineapple

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 113	
	% 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 247 mg	**7 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 3 g	**13 %**
Sugars 22 g	
Protein 1 g	**2 %**
Vitamin A	**3 %**
Vitamin C	**180 %**
Calcium	**3 %**
Iron	**4 %**

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Meal 3: Steak

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 235	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 83 mg	**28 %**
Sodium 827 mg	**34 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 35 g	**71 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**21 %**

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June Paleo Week Five

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

Baked Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 76	
	% 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 27 mg	**1 %**
Potassium 337 mg	**10 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 3 g	**12 %**
Sugars 6 g	
Protein 1 g	**2 %**
Vitamin A	**315 %**
Vitamin C	**21 %**
Calcium	**3 %**
Iron	**4 %**

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Swiss Chard

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 25	
	% Daily Value *
Total Fat 2 g	**4 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 58 mg	**2 %**
Potassium 102 mg	**3 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**2 %**
Sugars 0 g	
Protein 0 g	**1 %**
Vitamin A	**33 %**
Vitamin C	**14 %**
Calcium	**1 %**
Iron	**3 %**

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Meal 4: Mexican Zucchini Stuffed w/ Bison, Mushrooms, Bell Pepper, & Tomato Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 390	
	% Daily Value *
Total Fat 11 g	**16 %**
Saturated Fat 3 g	**17 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 128 mg	**5 %**
Potassium 1664 mg	**48 %**
Total Carbohydrate 69 g	**23 %**
Dietary Fiber 37 g	**147 %**
Sugars 11 g	
Protein 24 g	**47 %**
Vitamin A	**79 %**
Vitamin C	**300 %**
Calcium	**125 %**
Iron	**172 %**

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June Paleo Week Five

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

Salad: Arugula w/ Peach, Sliced Almond, & Goat Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 189	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	**12 %**
Sodium 256 mg	**11 %**
Potassium 224 mg	**6 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 3 g	**13 %**
Sugars 5 g	
Protein 8 g	**17 %**
Vitamin A	**20 %**
Vitamin C	**14 %**
Calcium	**8 %**
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: Onion, Mushroom, & Spinach Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 317	
	% Daily Value *
Total Fat 24 g	**37 %**
Saturated Fat 9 g	**45 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 404 mg	**135 %**
Sodium 363 mg	**15 %**
Potassium 331 mg	**9 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 3 g	**11 %**
Sugars 2 g	
Protein 20 g	**41 %**
Vitamin A	**69 %**
Vitamin C	**15 %**
Calcium	**12 %**
Iron	**19 %**

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June Paleo Week Five

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

Snack: Plums

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 61	
	% Daily Value *
Total Fat 0 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 207 mg	**6 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 2 g	**7 %**
Sugars 13 g	
Protein 1 g	**2 %**
Vitamin A	**9 %**
Vitamin C	**21 %**
Calcium	**1 %**
Iron	**1 %**

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Dessert: Almond Cakes w/ Peaches
(per serving, based on 9 servings)

Nutrition Facts	
Servings 9.0	
Amount Per Serving	
calories 245	
	% Daily Value *
Total Fat 16 g	**24 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 82 mg	**27 %**
Sodium 397 mg	**17 %**
Potassium 115 mg	**3 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 3 g	**13 %**
Sugars 16 g	
Protein 9 g	**17 %**
Vitamin A	**6 %**
Vitamin C	**5 %**
Calcium	**7 %**
Iron	**8 %**

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