

# July Paleo Week Three

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Chicken Chop Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 436	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 80 mg	27 %
Sodium 436 mg	18 %
Potassium 464 mg	13 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 9 g	37 %
Sugars 3 g	
Protein 39 g	78 %
Vitamin A	42 %
Vitamin C	36 %
Calcium	19 %
Iron	13 %
* 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.	

\*Note: with feta cheese

### Balsamic Dressing (per serving, based on 8)

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: Lemon-Parsley Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 112	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 152 mg	6 %
Potassium 2 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 24 g	48 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	0 %
Iron	0 %
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\*Note: with honey

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## Nutrition Facts

(per serving, based on yield of 4 servings)

Tomato, Cucumber &  
Red Onion Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 137	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 68 mg	3 %
Potassium 410 mg	12 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	7 %
Sugars 7 g	
Protein 2 g	4 %
Vitamin A	24 %
Vitamin C	32 %
Calcium	2 %
Iron	4 %
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**Meal 3:** Chicken Stir-fry with Portabella Mushrooms & Bok Choy

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 218	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 384 mg	16 %
Potassium 550 mg	16 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	15 %
Sugars 7 g	
Protein 28 g	56 %
Vitamin A	26 %
Vitamin C	67 %
Calcium	7 %
Iron	9 %
* 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.	

Cauliflower Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 73	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 64 mg	3 %
Potassium 664 mg	19 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 6 g	22 %
Sugars 6 g	
Protein 4 g	9 %
Vitamin A	1 %
Vitamin C	165 %
Calcium	5 %
Iron	6 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 4: Bison Strip Steaks

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 269	
% Daily Value *	
<b>Total Fat</b> 12 g	<b>18 %</b>
Saturated Fat 6 g	28 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
<b>Cholesterol</b> 45 mg	<b>15 %</b>
<b>Sodium</b> 139 mg	<b>6 %</b>
<b>Potassium</b> 0 mg	<b>0 %</b>
<b>Total Carbohydrate</b> 0 g	<b>0 %</b>
Dietary Fiber 0 g	0 %
Sugars 0 g	
<b>Protein</b> 40 g	<b>80 %</b>
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
Iron	12 %
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### Grilled Zucchini, Onion & Bell Pepper

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 291	
% Daily Value *	
<b>Total Fat</b> 10 g	<b>16 %</b>
Saturated Fat 2 g	11 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 20 mg	<b>1 %</b>
<b>Potassium</b> 1122 mg	<b>32 %</b>
<b>Total Carbohydrate</b> 58 g	<b>19 %</b>
Dietary Fiber 33 g	131 %
Sugars 7 g	
<b>Protein</b> 8 g	<b>16 %</b>
Vitamin A	29 %
Vitamin C	125 %
Calcium	121 %
Iron	155 %
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### Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 161	
% Daily Value *	
<b>Total Fat</b> 10 g	<b>16 %</b>
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 40 mg	<b>13 %</b>
<b>Sodium</b> 102 mg	<b>4 %</b>
<b>Potassium</b> 0 mg	<b>0 %</b>
<b>Total Carbohydrate</b> 4 g	<b>1 %</b>
Dietary Fiber 1 g	3 %
Sugars 2 g	
<b>Protein</b> 11 g	<b>21 %</b>
Vitamin A	25 %
Vitamin C	7 %
Calcium	31 %
Iron	2 %
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# July Paleo Week Three

## 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:** Hard  
Boiled Eggs +  
Peaches

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 181	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 372 mg	124 %
Sodium 142 mg	6 %
Potassium 324 mg	9 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 1 g	6 %
Sugars 9 g	
Protein 13 g	27 %
Vitamin A	17 %
Vitamin C	11 %
Calcium	6 %
Iron	11 %
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**Snack:** Carrots w/  
Sunflower Seed  
Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 248	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 209 mg	9 %
Potassium 371 mg	11 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 7 g	27 %
Sugars 10 g	
Protein 8 g	17 %
Vitamin A	165 %
Vitamin C	14 %
Calcium	5 %
Iron	11 %
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**July Paleo Week Three**  
Nutrition Facts  
(per serving, based on yield of 4 servings)

**Dessert:** Fresh  
Cherries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 70	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 268 mg	8 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 3 g	10 %
Sugars 13 g	
Protein 2 g	3 %
Vitamin A	39 %
Vitamin C	25 %
Calcium	2 %
Iron	2 %
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