

August Paleo Week One

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Asian
Glazed Salmon

Bok Choy &
Peaches

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 208	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 483 mg	20 %
Potassium 531 mg	15 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 31 g	61 %
Vitamin A	4 %
Vitamin C	0 %
Calcium	1 %
Iron	3 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 68	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 310 mg	13 %
Potassium 384 mg	11 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 3 g	13 %
Sugars 8 g	
Protein 3 g	5 %
Vitamin A	69 %
Vitamin C	64 %
Calcium	8 %
Iron	5 %
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Meal 2: Spinach Salad
with Balsamic Chicken,
Raspberries, Snap
Peas, Walnuts & Goat
Cheese

Balsamic
Dressing (makes
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 444	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 66 mg	22 %
Sodium 729 mg	30 %
Potassium 820 mg	23 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 8 g	30 %
Sugars 4 g	
Protein 42 g	84 %
Vitamin A	207 %
Vitamin C	77 %
Calcium	19 %
Iron	25 %
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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 76 mg	3 %
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

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Meal 3: Bison & Mushroom
Lettuce Wraps

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 293	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 79 mg	26 %
Sodium 465 mg	19 %
Potassium 657 mg	19 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 2 g	6 %
Sugars 1 g	
Protein 24 g	47 %
Vitamin A	43 %
Vitamin C	13 %
Calcium	4 %
Iron	21 %
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Avocado-Tomatillo
Salsa (makes 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 86	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 76 mg	3 %
Potassium 291 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	5 %
Vitamin C	21 %
Calcium	1 %
Iron	3 %
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Meal 4: Beef Kabobs
with Zucchini & Tomatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 427	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 62 mg	21 %
Sodium 100 mg	4 %
Potassium 1206 mg	34 %
Total Carbohydrate 61 g	20 %
Dietary Fiber 36 g	143 %
Sugars 7 g	
Protein 35 g	70 %
Vitamin A	55 %
Vitamin C	16 %
Calcium	124 %
Iron	186 %
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Nutrition Facts

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Salad: Massage
Kale Salad with
Blueberries and
pumpkin seeds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 371	
% Daily Value *	
Total Fat 30 g	46 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 19 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 674 mg	28 %
Potassium 1576 mg	45 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 14 g	55 %
Sugars 6 g	
Protein 8 g	16 %
Vitamin A	97 %
Vitamin C	85 %
Calcium	11 %
Iron	17 %
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Citrus Vinaigrette
(makes 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 69	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 22 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	13 %
Calcium	0 %
Iron	0 %
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Breakfast: Veggie Scramble with Avocado-Tomatillo Salsa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 158	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 279 mg	93 %
Sodium 277 mg	12 %
Potassium 539 mg	15 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	10 %
Sugars 4 g	
Protein 13 g	25 %
Vitamin A	81 %
Vitamin C	121 %
Calcium	7 %
Iron	14 %
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Avocado-Tomatillo Salsa (makes 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 86	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 76 mg	3 %
Potassium 291 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	5 %
Vitamin C	21 %
Calcium	1 %
Iron	3 %
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Strawberries and Walnuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 239	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 337 mg	10 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 5 g	19 %
Sugars 7 g	
Protein 5 g	11 %
Vitamin A	0 %
Vitamin C	132 %
Calcium	5 %
Iron	8 %
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Dessert: Mango
& Blueberry
Popsicles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 63	
% 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 1 mg	0 %
Potassium 147 mg	4 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	8 %
Sugars 13 g	
Protein 1 g	2 %
Vitamin A	16 %
Vitamin C	49 %
Calcium	1 %
Iron	1 %
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