

# August Paleo Week Five

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Smokey  
Paprika Chicken

Herb Roasted  
Trio Fall Veggies

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b>	200
% Daily Value *	
<b>Total Fat</b> 3 g	4 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 258 mg	11 %
<b>Potassium</b> 434 mg	12 %
<b>Total Carbohydrate</b> 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
<b>Protein</b> 39 g	79 %
Vitamin A	6 %
Vitamin C	3 %
Calcium	2 %
Iron	7 %
* 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.	

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b>	137
% Daily Value *	
<b>Total Fat</b> 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 704 mg	29 %
<b>Potassium</b> 818 mg	23 %
<b>Total Carbohydrate</b> 25 g	8 %
Dietary Fiber 8 g	31 %
Sugars 10 g	
<b>Protein</b> 2 g	5 %
Vitamin A	393 %
Vitamin C	39 %
Calcium	9 %
Iron	6 %
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(per serving, based on yield of 4 servings)

#### Meal 2: Pecan Crusted Salmon

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 607	
% Daily Value *	
<b>Total Fat</b> 48 g	<b>74 %</b>
Saturated Fat 5 g	27 %
Monounsaturated Fat 25 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
<b>Cholesterol</b> 161 mg	<b>54 %</b>
<b>Sodium</b> 348 mg	<b>15 %</b>
<b>Potassium</b> 839 mg	<b>24 %</b>
<b>Total Carbohydrate</b> 9 g	<b>3 %</b>
Dietary Fiber 6 g	24 %
Sugars 2 g	
<b>Protein</b> 39 g	<b>78 %</b>
Vitamin A	18 %
Vitamin C	1 %
Calcium	7 %
Iron	15 %
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#### Roasted Red Pepper & Sweet Potato Soup (does not include gota cheese)

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 91	
% Daily Value *	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 221 mg	<b>9 %</b>
<b>Potassium</b> 381 mg	<b>11 %</b>
<b>Total Carbohydrate</b> 20 g	<b>7 %</b>
Dietary Fiber 4 g	15 %
Sugars 7 g	
<b>Protein</b> 2 g	<b>4 %</b>
Vitamin A	218 %
Vitamin C	115 %
Calcium	3 %
Iron	4 %
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#### Meal 3: Grass-fed Beef & Vegetable Soup

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 418	
% Daily Value *	
<b>Total Fat</b> 25 g	<b>39 %</b>
Saturated Fat 10 g	50 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 84 mg	<b>28 %</b>
<b>Sodium</b> 1314 mg	<b>55 %</b>
<b>Potassium</b> 1100 mg	<b>31 %</b>
<b>Total Carbohydrate</b> 26 g	<b>9 %</b>
Dietary Fiber 6 g	23 %
Sugars 14 g	
<b>Protein</b> 23 g	<b>47 %</b>
Vitamin A	84 %
Vitamin C	36 %
Calcium	8 %
Iron	25 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 4:** Bison Burger Patties  
with Avocado

Paprika Roasted  
Cauliflower

<b>Nutrition Facts</b>	
Servings 4.0	
<b>Amount Per Serving</b>	
calories 580	
<b>% Daily Value *</b>	
<b>Total Fat</b> 41 g	<b>63 %</b>
Saturated Fat 12 g	<b>62 %</b>
Monounsaturated Fat 21 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 99 mg	<b>33 %</b>
<b>Sodium</b> 881 mg	<b>37 %</b>
<b>Potassium</b> 1595 mg	<b>46 %</b>
<b>Total Carbohydrate</b> 21 g	<b>7 %</b>
Dietary Fiber 13 g	<b>51 %</b>
Sugars 6 g	
<b>Protein</b> 33 g	<b>66 %</b>
Vitamin A	<b>33 %</b>
Vitamin C	<b>179 %</b>
Calcium	<b>8 %</b>
Iron	<b>31 %</b>
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<b>Nutrition Facts</b>	
Servings 4.0	
<b>Amount Per Serving</b>	
calories 87	
<b>% Daily Value *</b>	
<b>Total Fat</b> 4 g	<b>6 %</b>
Saturated Fat 1 g	<b>3 %</b>
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 654 mg	<b>27 %</b>
<b>Potassium</b> 39 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 11 g	<b>4 %</b>
Dietary Fiber 5 g	<b>19 %</b>
Sugars 4 g	
<b>Protein</b> 4 g	<b>8 %</b>
Vitamin A	<b>17 %</b>
Vitamin C	<b>169 %</b>
Calcium	<b>5 %</b>
Iron	<b>7 %</b>
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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Salad:** Italian Side Salad

Italian Dressing  
(makes 8 servings)

<b>Nutrition Facts</b>	
Servings 4.0	
<b>Amount Per Serving</b>	
<b>calories 78</b>	
<b>% Daily Value *</b>	
<b>Total Fat 4 g</b>	<b>5 %</b>
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol 0 mg</b>	<b>0 %</b>
<b>Sodium 26 mg</b>	<b>1 %</b>
<b>Potassium 533 mg</b>	<b>15 %</b>
<b>Total Carbohydrate 10 g</b>	<b>3 %</b>
Dietary Fiber 3 g	12 %
Sugars 5 g	
<b>Protein 4 g</b>	<b>7 %</b>
Vitamin A	91 %
Vitamin C	40 %
Calcium	5 %
Iron	11 %
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<b>Nutrition Facts</b>	
Servings 8.0	
<b>Amount Per Serving</b>	
<b>calories 122</b>	
<b>% Daily Value *</b>	
<b>Total Fat 14 g</b>	<b>21 %</b>
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol 0 mg</b>	<b>0 %</b>
<b>Sodium 75 mg</b>	<b>3 %</b>
<b>Potassium 6 mg</b>	<b>0 %</b>
<b>Total Carbohydrate 0 g</b>	<b>0 %</b>
Dietary Fiber 0 g	0 %
Sugars 0 g	
<b>Protein 0 g</b>	<b>0 %</b>
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Breakfast:** Gluten Free  
Banana Bread

**Snack:** Apples with  
Pecan Butter

**Dessert:** Cranberry-  
Walnut Dark  
Chocolate Drops  
(makes 12 servings)

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 580	
% Daily Value *	
<b>Total Fat</b> 41 g	<b>63 %</b>
Saturated Fat 12 g	62 %
Monounsaturated Fat 21 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 99 mg	<b>33 %</b>
<b>Sodium</b> 881 mg	<b>37 %</b>
<b>Potassium</b> 1595 mg	<b>46 %</b>
<b>Total Carbohydrate</b> 21 g	<b>7 %</b>
Dietary Fiber 13 g	51 %
Sugars 6 g	
<b>Protein</b> 33 g	<b>66 %</b>
Vitamin A	33 %
Vitamin C	179 %
Calcium	8 %
Iron	31 %
<p>* 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.</p>	

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 285	
% Daily Value *	
<b>Total Fat</b> 20 g	<b>31 %</b>
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 1 mg	<b>0 %</b>
<b>Potassium</b> 148 mg	<b>4 %</b>
<b>Total Carbohydrate</b> 24 g	<b>8 %</b>
Dietary Fiber 6 g	25 %
Sugars 14 g	
<b>Protein</b> 4 g	<b>9 %</b>
Vitamin A	1 %
Vitamin C	11 %
Calcium	25 %
Iron	7 %
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<b>Nutrition Facts</b>	
Servings 12.0	
Amount Per Serving	
calories 160	
% Daily Value *	
<b>Total Fat</b> 13 g	<b>19 %</b>
Saturated Fat 5 g	23 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 7 mg	<b>0 %</b>
<b>Potassium</b> 47 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 14 g	<b>5 %</b>
Dietary Fiber 2 g	9 %
Sugars 11 g	
<b>Protein</b> 2 g	<b>4 %</b>
Vitamin A	0 %
Vitamin C	1 %
Calcium	1 %
Iron	7 %
<p>* 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.</p>	