

**August Paleo Week Five**  
Nutrition Facts  
(per serving, based on yield of 4 servings)

**Meal 1:** Smokey  
Paprika Chicken

Herb Roasted  
Trio Fall Veggies

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 200   |      |
| % Daily Value *  |      |
| Total Fat 3 g  | 4 %  |
| Saturated Fat 1 g  | 3 %  |
| Monounsaturated Fat 0 g  |      |
| Polyunsaturated Fat 0 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 258 mg  | 11 % |
| Potassium 434 mg   | 12 % |
| Total Carbohydrate 0 g   | 0 %  |
| Dietary Fiber 0 g  | 0 %  |
| Sugars 0 g   |      |
| Protein 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. |      |

| Nutrition Facts  |       |
|--|-------|
| Servings 4.0   |       |
| Amount Per Serving   |       |
| calories 137   |       |
| % Daily Value *  |       |
| Total Fat 4 g  | 6 %   |
| Saturated Fat 1 g  | 3 %   |
| Monounsaturated Fat 3 g  |       |
| Polyunsaturated Fat 0 g  |       |
| Trans Fat 0 g  |       |
| Cholesterol 0 mg   | 0 %   |
| Sodium 704 mg  | 29 %  |
| Potassium 818 mg   | 23 %  |
| Total Carbohydrate 25 g  | 8 %   |
| Dietary Fiber 8 g  | 31 %  |
| Sugars 10 g  |       |
| Protein 2 g  | 5 %   |
| Vitamin A  | 393 % |
| Vitamin C  | 39 %  |
| Calcium  | 9 %   |
| Iron   | 6 %   |
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## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 2: Pecan Crusted Salmon

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 607   |      |
| % Daily Value *  |      |
| Total Fat 48 g   | 74 % |
| Saturated Fat 5 g  | 27 % |
| Monounsaturated Fat 25 g   |      |
| Polyunsaturated Fat 14 g   |      |
| Trans Fat 0 g  |      |
| Cholesterol 161 mg   | 54 % |
| Sodium 348 mg  | 15 % |
| Potassium 839 mg   | 24 % |
| Total Carbohydrate 9 g   | 3 %  |
| Dietary Fiber 6 g  | 24 % |
| Sugars 2 g   |      |
| Protein 39 g   | 78 % |
| 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)

| Nutrition Facts  |       |
|--|-------|
| Servings 4.0   |       |
| Amount Per Serving   |       |
| calories 91  |       |
| % 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 221 mg  | 9 %   |
| Potassium 381 mg   | 11 %  |
| Total Carbohydrate 20 g  | 7 %   |
| Dietary Fiber 4 g  | 15 %  |
| Sugars 7 g   |       |
| Protein 2 g  | 4 %   |
| Vitamin A  | 218 % |
| Vitamin C  | 115 % |
| Calcium  | 3 %   |
| Iron   | 4 %   |
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### Meal 3: Grass-fed Beef & Vegetable Soup

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 418   |      |
| % Daily Value *  |      |
| Total Fat 25 g   | 39 % |
| Saturated Fat 10 g   | 50 % |
| Monounsaturated Fat 11 g   |      |
| Polyunsaturated Fat 1 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 84 mg  | 28 % |
| Sodium 1314 mg   | 55 % |
| Potassium 1100 mg  | 31 % |
| Total Carbohydrate 26 g  | 9 %  |
| Dietary Fiber 6 g  | 23 % |
| Sugars 14 g  |      |
| Protein 23 g   | 47 % |
| Vitamin A  | 84 % |
| Vitamin C  | 36 % |
| Calcium  | 8 %  |
| Iron   | 25 % |
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**August Paleo Week Five**  
Nutrition Facts  
(per serving, based on yield of 4 servings)

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

Paprika Roasted  
Cauliflower

| Nutrition Facts  |              |
|--|--------------|
| Servings 4.0   |              |
| Amount Per Serving   |              |
| calories 580   |              |
| % Daily Value *  |              |
| <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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| Nutrition Facts  |              |
|--|--------------|
| Servings 4.0   |              |
| Amount Per Serving   |              |
| calories 87  |              |
| % Daily Value *  |              |
| <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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**August Paleo Week Five**  
Nutrition Facts  
(per serving, based on yield of 4 servings)

**Salad:** Italian Side  
Salad

Italian Dressing  
(makes 8  
servings)

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

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Breakfast:** Gluten Free  
Banana Bread

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

**Snack:** Apples with  
Pecan Butter

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 285   |      |
| % Daily Value *  |      |
| Total Fat 20 g   | 31 % |
| Saturated Fat 2 g  | 10 % |
| Monounsaturated Fat 0 g  |      |
| Polyunsaturated Fat 0 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 1 mg  | 0 %  |
| Potassium 148 mg   | 4 %  |
| Total Carbohydrate 24 g  | 8 %  |
| Dietary Fiber 6 g  | 25 % |
| Sugars 14 g  |      |
| Protein 4 g  | 9 %  |
| Vitamin A  | 1 %  |
| Vitamin C  | 11 % |
| Calcium  | 25 % |
| Iron   | 7 %  |
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**Dessert:** Cranberry-  
Walnut Dark  
Chocolate Drops  
(makes 12 servings)

| Nutrition Facts  |      |
|--|------|
| Servings 12.0  |      |
| Amount Per Serving   |      |
| calories 160   |      |
| % Daily Value *  |      |
| Total Fat 13 g   | 19 % |
| Saturated Fat 5 g  | 23 % |
| Monounsaturated Fat 1 g  |      |
| Polyunsaturated Fat 5 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 7 mg  | 0 %  |
| Potassium 47 mg  | 1 %  |
| Total Carbohydrate 14 g  | 5 %  |
| Dietary Fiber 2 g  | 9 %  |
| Sugars 11 g  |      |
| Protein 2 g  | 4 %  |
| Vitamin A  | 0 %  |
| Vitamin C  | 1 %  |
| Calcium  | 1 %  |
| 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. |      |