

# August Paleo Week Three

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Pesto  
Salmon

Purple Potatoes  
and Asparagus

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 417   |      |
| % Daily Value *  |      |
| Total Fat 31 g   | 47 % |
| Saturated Fat 5 g  | 23 % |
| Monounsaturated Fat 3 g  |      |
| Polyunsaturated Fat 8 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 67 mg  | 22 % |
| Sodium 149 mg  | 6 %  |
| Potassium 604 mg   | 17 % |
| Total Carbohydrate 3 g   | 1 %  |
| Dietary Fiber 1 g  | 4 %  |
| Sugars 1 g   |      |
| Protein 32 g   | 65 % |
| Vitamin A  | 4 %  |
| Vitamin C  | 8 %  |
| Calcium  | 6 %  |
| Iron   | 6 %  |
| * 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 191   |      |
| % Daily Value *  |      |
| Total Fat 7 g  | 11 % |
| Saturated Fat 1 g  | 5 %  |
| Monounsaturated Fat 5 g  |      |
| Polyunsaturated Fat 1 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 149 mg  | 6 %  |
| Potassium 968 mg   | 28 % |
| Total Carbohydrate 27 g  | 9 %  |
| Dietary Fiber 5 g  | 21 % |
| Sugars 8 g   |      |
| Protein 5 g  | 10 % |
| Vitamin A  | 12 % |
| Vitamin C  | 25 % |
| Calcium  | 2 %  |
| Iron   | 33 % |
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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 2:** Grilled Lamb  
Chops w/ Pomegranate  
Molasses

Swiss Chard and  
Shiitake

| Nutrition Facts  |             |
|--|-------------|
| Servings 4.0   |             |
| Amount Per Serving   |             |
| calories 323   |             |
| % Daily Value *  |             |
| <b>Total Fat</b> 18 g  | <b>28 %</b> |
| Saturated Fat 7 g  | 37 %        |
| Monounsaturated Fat 0 g  |             |
| Polyunsaturated Fat 0 g  |             |
| Trans Fat 0 g  |             |
| <b>Cholesterol</b> 74 mg   | <b>25 %</b> |
| <b>Sodium</b> 72 mg  | <b>3 %</b>  |
| <b>Potassium</b> 375 mg  | <b>11 %</b> |
| <b>Total Carbohydrate</b> 15 g   | <b>5 %</b>  |
| Dietary Fiber 0 g  | 0 %         |
| Sugars 6 g   |             |
| <b>Protein</b> 22 g  | <b>43 %</b> |
| Vitamin A  | 3 %         |
| Vitamin C  | 2 %         |
| Calcium  | 2 %         |
| Iron   | 11 %        |
| * 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 52  |            |
| % 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> 153 mg   | <b>6 %</b> |
| <b>Potassium</b> 178 mg  | <b>5 %</b> |
| <b>Total Carbohydrate</b> 11 g   | <b>4 %</b> |
| Dietary Fiber 5 g  | 18 %       |
| Sugars 2 g   |            |
| <b>Protein</b> 4 g   | <b>9 %</b> |
| Vitamin A  | 190 %      |
| Vitamin C  | 79 %       |
| Calcium  | 8 %        |
| Iron   | 17 %       |
| * 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. |            |

# August Paleo Week Three

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 3:** Balsamic  
Marinated  
Chicken

Eggplant, Tomato  
& Mozzarella  
Stacks (using ¼  
pesto recipe)

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 317   |      |
| % Daily Value *  |      |
| Total Fat 15 g   | 23 % |
| Saturated Fat 2 g  | 9 %  |
| Monounsaturated Fat 10 g   |      |
| Polyunsaturated Fat 1 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 83 mg  | 28 % |
| Sodium 227 mg  | 9 %  |
| Potassium 7 mg   | 0 %  |
| Total Carbohydrate 2 g   | 1 %  |
| Dietary Fiber 0 g  | 0 %  |
| Sugars 0 g   |      |
| Protein 36 g   | 72 % |
| Vitamin A  | 0 %  |
| Vitamin C  | 0 %  |
| Calcium  | 0 %  |
| Iron   | 1 %  |
| * 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 239   |      |
| % Daily Value *  |      |
| Total Fat 18 g   | 27 % |
| Saturated Fat 5 g  | 24 % |
| Monounsaturated Fat 1 g  |      |
| Polyunsaturated Fat 4 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 21 mg  | 7 %  |
| Sodium 80 mg   | 3 %  |
| Potassium 370 mg   | 11 % |
| Total Carbohydrate 12 g  | 4 %  |
| Dietary Fiber 5 g  | 21 % |
| Sugars 7 g   |      |
| Protein 9 g  | 17 % |
| Vitamin A  | 20 % |
| Vitamin C  | 29 % |
| Calcium  | 20 % |
| Iron   | 6 %  |
| * 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. |      |

# August Paleo Week Three

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 4: B.L.T.A. Burgers

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 469   |      |
| % Daily Value *  |      |
| Total Fat 33 g   | 51 % |
| Saturated Fat 11 g   | 57 % |
| Monounsaturated Fat 15 g   |      |
| Polyunsaturated Fat 2 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 106 mg   | 35 % |
| Sodium 673 mg  | 28 % |
| Potassium 763 mg   | 22 % |
| Total Carbohydrate 7 g   | 2 %  |
| Dietary Fiber 4 g  | 16 % |
| Sugars 0 g   |      |
| Protein 35 g   | 70 % |
| Vitamin A  | 11 % |
| Vitamin C  | 42 % |
| Calcium  | 3 %  |
| Iron   | 20 % |
| * 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. |      |

### Roasted Carrots & Parsnips

| Nutrition Facts  |       |
|--|-------|
| Servings 4.0   |       |
| Amount Per Serving   |       |
| calories 155   |       |
| % Daily Value *  |       |
| Total Fat 6 g  | 9 %   |
| Saturated Fat 1 g  | 4 %   |
| Monounsaturated Fat 4 g  |       |
| Polyunsaturated Fat 1 g  |       |
| Trans Fat 0 g  |       |
| Cholesterol 0 mg   | 0 %   |
| Sodium 201 mg  | 8 %   |
| Potassium 620 mg   | 18 %  |
| Total Carbohydrate 26 g  | 9 %   |
| Dietary Fiber 7 g  | 29 %  |
| Sugars 8 g   |       |
| Protein 2 g  | 4 %   |
| Vitamin A  | 204 % |
| Vitamin C  | 38 %  |
| Calcium  | 6 %   |
| Iron   | 5 %   |
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# August Paleo Week Three

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Salad:** Mixed Greens,  
Pear, Dried Cherries,  
Cucumber & Pecans

Balsamic  
Dressing (makes  
8 servings)

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 294   |      |
| % Daily Value *  |      |
| Total Fat 11 g   | 17 % |
| Saturated Fat 1 g  | 5 %  |
| Monounsaturated Fat 6 g  |      |
| Polyunsaturated Fat 3 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 25 mg   | 1 %  |
| Potassium 567 mg   | 16 % |
| Total Carbohydrate 49 g  | 16 % |
| Dietary Fiber 7 g  | 27 % |
| Sugars 38 g  |      |
| Protein 5 g  | 11 % |
| Vitamin A  | 56 % |
| Vitamin C  | 22 % |
| Calcium  | 12 % |
| Iron   | 8 %  |
| * 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 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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# August Paleo Week Three

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Breakfast:** English  
Breakfast (including  
cheese)

**Snack:** Jicama

**Dessert:** Peach  
Cobbler (makes 8  
servings)

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 353   |      |
| % Daily Value *  |      |
| Total Fat 20 g   | 30 % |
| Saturated Fat 4 g  | 21 % |
| Monounsaturated Fat 6 g  |      |
| Polyunsaturated Fat 1 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 17 mg  | 6 %  |
| Sodium 651 mg  | 27 % |
| Potassium 707 mg   | 20 % |
| Total Carbohydrate 8 g   | 3 %  |
| Dietary Fiber 3 g  | 10 % |
| Sugars 3 g   |      |
| Protein 19 g   | 38 % |
| Vitamin A  | 79 % |
| Vitamin C  | 41 % |
| 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. |      |

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 43  |      |
| % 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 4 mg  | 0 %  |
| Potassium 0 mg   | 0 %  |
| Total Carbohydrate 10 g  | 3 %  |
| Dietary Fiber 5 g  | 21 % |
| Sugars 2 g   |      |
| Protein 1 g  | 2 %  |
| Vitamin A  | 1 %  |
| Vitamin C  | 35 % |
| 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 8.0   |      |
| Amount Per Serving   |      |
| calories 376   |      |
| % Daily Value *  |      |
| Total Fat 33 g   | 51 % |
| Saturated Fat 15 g   | 77 % |
| Monounsaturated Fat 6 g  |      |
| Polyunsaturated Fat 3 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 149 mg  | 6 %  |
| Potassium 265 mg   | 8 %  |
| Total Carbohydrate 20 g  | 7 %  |
| Dietary Fiber 6 g  | 23 % |
| Sugars 14 g  |      |
| Protein 5 g  | 11 % |
| Vitamin A  | 8 %  |
| Vitamin C  | 13 % |
| Calcium  | 6 %  |
| 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. |      |