September Paleo Week One

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Bacon Stuffed Chicken (does not include goat cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 235	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 106 mg	**35 %**
Sodium 272 mg	**11 %**
Potassium 613 mg	**18 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**2 %**
Sugars 0 g	
Protein 43 g	**86 %**
Vitamin A	**44 %**
Vitamin C	**22 %**
Calcium	**4 %**
Iron	**10 %**

* 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.

Potatoes and Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 174	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 184 mg	**8 %**
Potassium 1037 mg	**30 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 4 g	**17 %**
Sugars 4 g	
Protein 5 g	**11 %**
Vitamin A	**0 %**
Vitamin C	**28 %**
Calcium	**4 %**
Iron	**11 %**

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Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 2: Cajun Shrimp with Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 261	
	% Daily Value *
Total Fat 19 g	**30 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 143 mg	**48 %**
Sodium 742 mg	**31 %**
Potassium 341 mg	**10 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 2 g	**7 %**
Sugars 1 g	
Protein 17 g	**35 %**
Vitamin A	**13 %**
Vitamin C	**79 %**
Calcium	**9 %**
Iron	**2 %**

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Mashed Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 86	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 8 mg	**3 %**
Sodium 488 mg	**20 %**
Potassium 103 mg	**3 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 4 g	**17 %**
Sugars 4 g	
Protein 6 g	**11 %**
Vitamin A	**2 %**
Vitamin C	**169 %**
Calcium	**6 %**
Iron	**6 %**

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Meal 3: Taco Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 582	
	% Daily Value *
Total Fat 41 g	**64 %**
Saturated Fat 11 g	**57 %**
Monounsaturated Fat 20 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 79 mg	**26 %**
Sodium 335 mg	**14 %**
Potassium 1659 mg	**47 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 14 g	**57 %**
Sugars 7 g	
Protein 31 g	**63 %**
Vitamin A	**250 %**
Vitamin C	**152 %**
Calcium	**10 %**
Iron	**40 %**

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September Paleo Week One

Nutrition Facts
(per serving, based on yield of 4 servings)

Cilantro-Lime Dressing (makes 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 129	
	% 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 18 mg	**1 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 2 g	
Protein 0 g	**0 %**
Vitamin A	**3 %**
Vitamin C	**3 %**
Calcium	**0 %**
Iron	**1 %**

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Meal 4: Beef Eggplant Lasagna (does not include Greek yogurt or parm cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 347	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 5 g	**27 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 79 mg	**26 %**
Sodium 291 mg	**12 %**
Potassium 1008 mg	**29 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 8 g	**33 %**
Sugars 16 g	
Protein 28 g	**57 %**
Vitamin A	**24 %**
Vitamin C	**12 %**
Calcium	**6 %**
Iron	**26 %**

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September Paleo Week One

Nutrition Facts
(per serving, based on yield of 4 servings)

Salad: Spinach Salad with Dried Cranberries, Walnuts and Feta

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 234	
	% Daily Value *
Total Fat 17 g	**26 %**
Saturated Fat 5 g	**26 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 382 mg	**16 %**
Potassium 6 mg	**0 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 4 g	**16 %**
Sugars 10 g	
Protein 9 g	**18 %**
Vitamin A	**72 %**
Vitamin C	**17 %**
Calcium	**22 %**
Iron	**7 %**

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Balsamic Dressing (makes 8 servings)

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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September Paleo Week One

Nutrition Facts
(per serving, based on yield of 4 servings)

Breakfast: Breakfast Trail Mix with Cranberries, Pumpkin Seeds and Cashews

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 386	
	% Daily Value *
Total Fat 30 g	**46 %**
Saturated Fat 5 g	**27 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 9 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 18 mg	**1 %**
Potassium 303 mg	**9 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 5 g	**18 %**
Sugars 3 g	
Protein 17 g	**35 %**
Vitamin A	**1 %**
Vitamin C	**8 %**
Calcium	**4 %**
Iron	**25 %**

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Snack: Asian Pears and Walnuts

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 231	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 148 mg	**4 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 6 g	**26 %**
Sugars 10 g	
Protein 5 g	**9 %**
Vitamin A	**0 %**
Vitamin C	**8 %**
Calcium	**0 %**
Iron	**0 %**

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Dessert: Almond Butter Brownies (makes 12 servings)

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 313	
	% Daily Value *
Total Fat 21 g	**33 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 31 mg	**10 %**
Sodium 120 mg	**5 %**
Potassium 122 mg	**3 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 5 g	**20 %**
Sugars 18 g	
Protein 11 g	**22 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**15 %**
Iron	**12 %**

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