

November Paleo Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Curried Shrimp, Eggplant & Snow Peas w/ Cauliflower Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 362	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 12 g	61 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 221 mg	74 %
Sodium 487 mg	20 %
Potassium 998 mg	29 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 11 g	43 %
Sugars 10 g	
Protein 30 g	59 %
Vitamin A	23 %
Vitamin C	71 %
Calcium	12 %
Iron	38 %
* 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.	

Meal 2: Balsamic Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 528	
% Daily Value *	
Total Fat 33 g	51 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 22 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 172 mg	57 %
Sodium 109 mg	5 %
Potassium 810 mg	23 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 53 g	106 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	1 %
Iron	6 %
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Italian Side Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 75	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 94 mg	4 %
Potassium 969 mg	28 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 6 g	22 %
Sugars 5 g	
Protein 5 g	10 %
Vitamin A	218 %
Vitamin C	294 %
Calcium	19 %
Iron	44 %
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Meal 3: Mexican Stuffed Bell Peppers w/ Pinto Bean, Mushrooms & Tomato Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 352	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 34 mg	11 %
Sodium 709 mg	30 %
Potassium 1033 mg	30 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 10 g	39 %
Sugars 9 g	
Protein 19 g	38 %
Vitamin A	75 %
Vitamin C	603 %
Calcium	35 %
Iron	29 %
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Meal 4: Grass-fed Beef & Vegetable Stew

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 342	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 1525 mg	64 %
Potassium 1388 mg	40 %
Total Carbohydrate 46 g	15 %
Dietary Fiber 6 g	23 %
Sugars 11 g	
Protein 24 g	48 %
Vitamin A	112 %
Vitamin C	54 %
Calcium	6 %
Iron	22 %
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Salad: Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 408	
% Daily Value *	
Total Fat 29 g	44 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 16 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 201 mg	8 %
Potassium 633 mg	18 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 5 g	19 %
Sugars 18 g	
Protein 13 g	26 %
Vitamin A	70 %
Vitamin C	42 %
Calcium	14 %
Iron	14 %
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Breakfast: Cabbage & Apples w/ Sausage

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	290
% Daily Value *	
Total Fat	12 g 18 %
Saturated Fat	2 g 12 %
Monounsaturated Fat	4 g
Polyunsaturated Fat	3 g
Trans Fat	0 g
Cholesterol	90 mg 30 %
Sodium	424 mg 18 %
Potassium	296 mg 8 %
Total Carbohydrate	38 g 13 %
Dietary Fiber	8 g 33 %
Sugars	24 g
Protein	12 g 24 %
Vitamin A	49 %
Vitamin C	213 %
Calcium	12 %
Iron	14 %
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Snack: Carrots & Celery w/ Almond Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	137
% Daily Value *	
Total Fat	9 g 14 %
Saturated Fat	1 g 5 %
Monounsaturated Fat	11 g
Polyunsaturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	230 mg 10 %
Potassium	823 mg 24 %
Total Carbohydrate	11 g 4 %
Dietary Fiber	5 g 21 %
Sugars	6 g
Protein	6 g 11 %
Vitamin A	119 %
Vitamin C	13 %
Calcium	18 %
Iron	9 %
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Dessert: Honey Broiled Grapefruit

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	112
% 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	2 mg 0 %
Potassium	211 mg 6 %
Total Carbohydrate	29 g 10 %
Dietary Fiber	0 g 0 %
Sugars	17 g
Protein	1 g 1 %
Vitamin A	11 %
Vitamin C	78 %
Calcium	1 %
Iron	2 %
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