

# November Paleo Week Three

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Asian Salmon Pouches with Spinach, Mushroom & Bell Pepper

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 216	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 56 mg	19 %
Sodium 356 mg	15 %
Potassium 157 mg	4 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	10 %
Sugars 5 g	
Protein 32 g	64 %
Vitamin A	101 %
Vitamin C	171 %
Calcium	5 %
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.	

**Meal 2:** Chicken Stir Fry with Broccoli & Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 594 mg	25 %
Potassium 480 mg	14 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 6 g	24 %
Sugars 7 g	
Protein 28 g	56 %
Vitamin A	260 %
Vitamin C	233 %
Calcium	9 %
Iron	11 %
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**Meal 3:** Sausage, Sweet Potato & Kale Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 493	
% Daily Value *	
Total Fat 37 g	57 %
Saturated Fat 13 g	65 %
Monounsaturated Fat 17 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 86 mg	29 %
Sodium 1125 mg	47 %
Potassium 968 mg	28 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 6 g	24 %
Sugars 7 g	
Protein 21 g	43 %
Vitamin A	228 %
Vitamin C	142 %
Calcium	18 %
Iron	27 %
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(per serving, based on yield of 4 servings)

**Meal 4:** Turkey  
Zucchini Lasagna

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 722	
% Daily Value *	
Total Fat 26 g	40 %
Saturated Fat 10 g	48 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 108 mg	36 %
Sodium 682 mg	28 %
Potassium 378 mg	11 %
Total Carbohydrate 63 g	21 %
Dietary Fiber 3 g	13 %
Sugars 31 g	
Protein 59 g	117 %
Vitamin A	11 %
Vitamin C	39 %
Calcium	34 %
Iron	23 %
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**Salad:** Mixed Greens  
with Apple, Walnuts &  
Goat Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 255	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 13 mg	4 %
Sodium 185 mg	8 %
Potassium 182 mg	5 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 4 g	17 %
Sugars 12 g	
Protein 10 g	19 %
Vitamin A	38 %
Vitamin C	24 %
Calcium	9 %
Iron	18 %
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Dressing (per serving,  
based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 126	
% 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 2 mg	0 %
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	1 %
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(per serving, based on yield of 4 servings)

**Breakfast:** Hard Boiled Eggs & Berries

**Snack:** Cucumber Slices

**Dessert:** Dark Chocolate Dipped Orange Slices (per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 213	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 372 mg	124 %
Sodium 157 mg	7 %
Potassium 138 mg	4 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 3 g	12 %
Sugars 11 g	
Protein 14 g	27 %
Vitamin A	13 %
Vitamin C	20 %
Calcium	12 %
Iron	14 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 5	
% 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 5 mg	0 %
Potassium 11 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 247	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 7 g	34 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 44 mg	2 %
Potassium 71 mg	2 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 4 g	18 %
Sugars 30 g	
Protein 1 g	2 %
Vitamin A	1 %
Vitamin C	7 %
Calcium	4 %
Iron	9 %
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