

# November Paleo Week Five

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Asian Glazed

Sea Bass w/ Snow  
Peas & Shiitake  
Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 173	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 85 mg	28 %
Sodium 452 mg	19 %
Potassium 98 mg	3 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 1 g	4 %
Sugars 4 g	
Protein 23 g	46 %
Vitamin A	5 %
Vitamin C	29 %
Calcium	3 %
Iron	14 %
* 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: Turkey Italian Meatballs w/ Herbed Sweet Potatoes & Cucumber Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 511	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 121 mg	40 %
Sodium 581 mg	24 %
Potassium 860 mg	25 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 7 g	30 %
Sugars 11 g	
Protein 39 g	78 %
Vitamin A	208 %
Vitamin C	24 %
Calcium	24 %
Iron	19 %
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### Meal 3: Steaks w/ Mashed Cauliflower & Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 265	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 79 mg	26 %
Sodium 1547 mg	64 %
Potassium 502 mg	14 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	6 %
Sugars 1 g	
Protein 29 g	58 %
Vitamin A	3 %
Vitamin C	68 %
Calcium	4 %
Iron	13 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 4:** Chicken Chili

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 516	
% Daily Value *	
<b>Total Fat</b> 11 g	<b>17 %</b>
Saturated Fat 7 g	<b>35 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 25 mg	<b>8 %</b>
<b>Sodium</b> 1133 mg	<b>47 %</b>
<b>Potassium</b> 1447 mg	<b>41 %</b>
<b>Total Carbohydrate</b> 57 g	<b>19 %</b>
<b>Dietary Fiber</b> 8 g	<b>33 %</b>
<b>Sugars</b> 4 g	
<b>Protein</b> 49 g	<b>98 %</b>
Vitamin A	<b>4 %</b>
Vitamin C	<b>41 %</b>
Calcium	<b>12 %</b>
Iron	<b>36 %</b>
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**Salad:** Mixed Greens  
w/ Grapefruit,  
Avocado & Sliced  
Almonds w/  
Champagne  
Vinaigrette

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 402	
% Daily Value *	
<b>Total Fat</b> 31 g	<b>47 %</b>
Saturated Fat 3 g	<b>14 %</b>
Monounsaturated Fat 11 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 15 mg	<b>1 %</b>
<b>Potassium</b> 480 mg	<b>14 %</b>
<b>Total Carbohydrate</b> 27 g	<b>9 %</b>
<b>Dietary Fiber</b> 5 g	<b>21 %</b>
<b>Sugars</b> 8 g	
<b>Protein</b> 10 g	<b>21 %</b>
Vitamin A	<b>50 %</b>
Vitamin C	<b>91 %</b>
Calcium	<b>12 %</b>
Iron	<b>13 %</b>
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**Breakfast:** Baked  
Sweet Potatoes w/  
Poached Eggs &  
Avocado Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 388	
% Daily Value *	
<b>Total Fat</b> 24 g	<b>37 %</b>
Saturated Fat 5 g	<b>26 %</b>
Monounsaturated Fat 13 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 369 mg	<b>123 %</b>
<b>Sodium</b> 264 mg	<b>11 %</b>
<b>Potassium</b> 588 mg	<b>17 %</b>
<b>Total Carbohydrate</b> 28 g	<b>9 %</b>
<b>Dietary Fiber</b> 4 g	<b>16 %</b>
<b>Sugars</b> 6 g	
<b>Protein</b> 15 g	<b>29 %</b>
Vitamin A	<b>392 %</b>
Vitamin C	<b>5 %</b>
Calcium	<b>10 %</b>
Iron	<b>14 %</b>
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## November Paleo Week Five

### Nutrition Facts

(per serving, based on yield of 4 servings)

**Breakfast:** Pears &  
Cashew Butter

**Dessert:** Chai Hot  
Cocoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 284	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 106 mg	4 %
Potassium 172 mg	5 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 6 g	22 %
Sugars 17 g	
Protein 5 g	9 %
Vitamin A	1 %
Vitamin C	11 %
Calcium	3 %
Iron	9 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 88	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 14 mg	1 %
Potassium 52 mg	1 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 1 g	4 %
Sugars 18 g	
Protein 1 g	1 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	3 %
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