

# November Paleo Week Two

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Pesto Sea Bass

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 321	
% Daily Value *	
<b>Total Fat</b> 23 g	<b>35 %</b>
Saturated Fat 4 g	18 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
<b>Cholesterol</b> 91 mg	<b>30 %</b>
<b>Sodium</b> 210 mg	<b>9 %</b>
<b>Potassium</b> 98 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 3 g	<b>1 %</b>
<b>Dietary Fiber</b> 1 g	<b>4 %</b>
<b>Sugars</b> 1 g	
<b>Protein</b> 26 g	<b>52 %</b>
Vitamin A	10 %
Vitamin C	5 %
Calcium	10 %
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.	

### Roasted Potatoes & Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 249	
% Daily Value *	
<b>Total Fat</b> 9 g	<b>14 %</b>
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 67 mg	<b>3 %</b>
<b>Potassium</b> 1233 mg	<b>35 %</b>
<b>Total Carbohydrate</b> 37 g	<b>12 %</b>
<b>Dietary Fiber</b> 6 g	<b>26 %</b>
<b>Sugars</b> 5 g	
<b>Protein</b> 7 g	<b>15 %</b>
Vitamin A	19 %
Vitamin C	255 %
Calcium	8 %
Iron	12 %
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### Meal 2: Jerk Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 297	
% Daily Value *	
<b>Total Fat</b> 30 g	<b>47 %</b>
Saturated Fat 6 g	28 %
Monounsaturated Fat 21 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
<b>Cholesterol</b> 8 mg	<b>3 %</b>
<b>Sodium</b> 276 mg	<b>11 %</b>
<b>Potassium</b> 112 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 11 g	<b>4 %</b>
<b>Dietary Fiber</b> 3 g	<b>11 %</b>
<b>Sugars</b> 1 g	
<b>Protein</b> 1 g	<b>2 %</b>
Vitamin A	13 %
Vitamin C	41 %
Calcium	4 %
Iron	5 %
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(per serving, based on yield of 4 servings)

Plantains & Sautéed Spinach

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 241	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 12 g	59 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 23 mg	1 %
Potassium 597 mg	17 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 3 g	11 %
Sugars 14 g	
Protein 2 g	3 %
Vitamin A	60 %
Vitamin C	29 %
Calcium	3 %
Iron	7 %
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Meal 3: Sausage, Roasted Tomato & Pesto Spaghetti Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 536	
% Daily Value *	
Total Fat 42 g	64 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 11 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 165 mg	7 %
Potassium 719 mg	21 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 6 g	23 %
Sugars 10 g	
Protein 21 g	43 %
Vitamin A	31 %
Vitamin C	47 %
Calcium	16 %
Iron	13 %
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Meal 4: Grassfed Beef & Kale Chili

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 473	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 1 g	
Cholesterol 70 mg	23 %
Sodium 1228 mg	51 %
Potassium 1447 mg	41 %
Total Carbohydrate 45 g	15 %
Dietary Fiber 14 g	55 %
Sugars 15 g	
Protein 37 g	74 %
Vitamin A	251 %
Vitamin C	145 %
Calcium	21 %
Iron	43 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Salad:** Mixed Greens  
with Oranges, Pecans  
& Feta Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 350	
% Daily Value *	
Total Fat 30 g	46 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 306 mg	13 %
Potassium 230 mg	7 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 4 g	17 %
Sugars 11 g	
Protein 8 g	16 %
Vitamin A	40 %
Vitamin C	71 %
Calcium	22 %
Iron	6 %
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**Breakfast:** Cranberry  
& Hazelnut Baked  
Apples (8 Servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 239	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 103 mg	3 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	10 %
Sugars 12 g	
Protein 0 g	1 %
Vitamin A	1 %
Vitamin C	6 %
Calcium	1 %
Iron	1 %
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**Snack:** Roasted  
Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 68	
% 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 8 mg	0 %
Potassium 72 mg	2 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	1 %
Vitamin A	3 %
Vitamin C	34 %
Calcium	1 %
Iron	1 %
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### Nutrition Facts

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**Dessert:** Chocolate  
Pudding topped with  
Cacao Nibs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 241	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 18 mg	1 %
Potassium 337 mg	10 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 7 g	29 %
Sugars 17 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	3 %
Iron	13 %
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