October Paleo Week Four

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

Meal 1: Cornmeal Catfish, Black-eyed peas & steamed carrots

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 394	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 99 mg	**33 %**
Sodium 323 mg	**13 %**
Potassium 1282 mg	**37 %**
Total Carbohydrate 48 g	**16 %**
Dietary Fiber 9 g	**35 %**
Sugars 4 g	
Protein 37 g	**73 %**
Vitamin A	**205 %**
Vitamin C	**7 %**
Calcium	**31 %**
Iron	**21 %**

* 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: Maple Mustard Chicken Breasts

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 167	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	**22 %**
Sodium 151 mg	**6 %**
Potassium 299 mg	**9 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 2 g	
Protein 26 g	**52 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Baked Potatoes & Swiss Chard

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 120	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 48 mg	**2 %**
Potassium 691 mg	**20 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 2 g	**9 %**
Sugars 1 g	
Protein 3 g	**7 %**
Vitamin A	**22 %**
Vitamin C	**54 %**
Calcium	**3 %**
Iron	**8 %**

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Nutrition Facts
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Meal 3: Spaghetti w/ Pesto & Roasted Mushrooms, Broccoli & White Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 466	
	% Daily Value *
Total Fat 13 g	**19 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 1 mg	**0 %**
Sodium 257 mg	**11 %**
Potassium 857 mg	**24 %**
Total Carbohydrate 76 g	**25 %**
Dietary Fiber 12 g	**49 %**
Sugars 6 g	
Protein 19 g	**38 %**
Vitamin A	**20 %**
Vitamin C	**233 %**
Calcium	**15 %**
Iron	**26 %**

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*Note: w/ parmesan cheese

Meal 4: Grassfed Beef Chili (8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 206	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 30 mg	**10 %**
Sodium 992 mg	**41 %**
Potassium 630 mg	**18 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 8 g	**32 %**
Sugars 5 g	
Protein 19 g	**38 %**
Vitamin A	**33 %**
Vitamin C	**43 %**
Calcium	**7 %**
Iron	**29 %**

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Salad: Mixed Greens w/ Apples, Cherries, Cheddar & Almonds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 296	
	% Daily Value *
Total Fat 15 g	**24 %**
Saturated Fat 7 g	**33 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 189 mg	**8 %**
Potassium 351 mg	**10 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 4 g	**18 %**
Sugars 21 g	
Protein 11 g	**23 %**
Vitamin A	**63 %**
Vitamin C	**18 %**
Calcium	**26 %**
Iron	**8 %**

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*Note: w/ cheddar cheese

October Paleo Week Four

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

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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Breakfast: Lemon Blackberry Muffins (serving size = 12)

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 136	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 62 mg	**21 %**
Sodium 120 mg	**5 %**
Potassium 65 mg	**2 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 3 g	**12 %**
Sugars 10 g	
Protein 3 g	**6 %**
Vitamin A	**3 %**
Vitamin C	**9 %**
Calcium	**2 %**
Iron	**6 %**

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Snack: Broccoli dipped in Pesto

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 154	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 7 mg	**2 %**
Sodium 107 mg	**4 %**
Potassium 216 mg	**6 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 2 g	**7 %**
Sugars 1 g	
Protein 6 g	**13 %**
Vitamin A	**7 %**
Vitamin C	**76 %**
Calcium	**6 %**
Iron	**5 %**

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Nutrition Facts
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Dessert: Dark Chocolate Apricots (8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 179	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 2 mg	**1 %**
Sodium 12 mg	**0 %**
Potassium 189 mg	**5 %**
Total Carbohydrate 28 g	**9 %**
Dietary Fiber 3 g	**13 %**
Sugars 21 g	
Protein 1 g	**1 %**
Vitamin A	**12 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**10 %**

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