

December Week Two, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Pecan Crusted Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 398	
% Daily Value *	
Total Fat 36 g	56 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 18 g	
Polyunsaturated Fat 9 g	
Trans Fat 0 g	
Cholesterol 106 mg	35 %
Sodium 128 mg	5 %
Potassium 303 mg	9 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 5 g	21 %
Sugars 2 g	
Protein 15 g	30 %
Vitamin A	31 %
Vitamin C	1 %
Calcium	5 %
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.	

Asparagus Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 44	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 807 mg	34 %
Potassium 108 mg	3 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	2 %
Vitamin A	3 %
Vitamin C	8 %
Calcium	1 %
Iron	2 %
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Roasted Butternut

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 108	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 7 mg	0 %
Potassium 613 mg	18 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 4 g	14 %
Sugars 4 g	
Protein 2 g	4 %
Vitamin A	362 %
Vitamin C	60 %
Calcium	9 %
Iron	9 %
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Meal 2: Bacon & Chard Stuffed Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 404	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 159 mg	53 %
Sodium 390 mg	16 %
Potassium 542 mg	15 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 61 g	123 %
Vitamin A	29 %
Vitamin C	9 %
Calcium	8 %
Iron	15 %
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Broccoli, Tomatoes & Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 169	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 76 mg	3 %
Potassium 973 mg	28 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	25 %
Sugars 6 g	
Protein 8 g	16 %
Vitamin A	33 %
Vitamin C	247 %
Calcium	9 %
Iron	13 %
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Meal 3: Potato & Onion Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 285	
% Daily Value *	
Total Fat 13 g	21 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 423 mg	141 %
Sodium 148 mg	6 %
Potassium 672 mg	19 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 2 g	9 %
Sugars 3 g	
Protein 16 g	31 %
Vitamin A	10 %
Vitamin C	17 %
Calcium	8 %
Iron	16 %
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Grapes
(4 servings in 2 cups)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 31	
% 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 1 mg	0 %
Potassium 88 mg	3 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 0 g	2 %
Sugars 8 g	
Protein 0 g	1 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	6 %
Iron	0 %
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Meal 4: Beef
Minestrone Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 280	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 405 mg	17 %
Potassium 507 mg	14 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 3 g	14 %
Sugars 8 g	
Protein 30 g	60 %
Vitamin A	38 %
Vitamin C	66 %
Calcium	7 %
Iron	30 %
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Salad: Mixed
Greens w/
Blueberries,
Walnuts & Feta
(w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 149	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 371 mg	15 %
Potassium 282 mg	8 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	6 %
Sugars 4 g	
Protein 7 g	14 %
Vitamin A	4 %
Vitamin C	6 %
Calcium	7 %
Iron	2 %
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Breakfast: Almond
Flour Pancakes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 250	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 3 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Snack: Broccoli &

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 422	
% Daily Value *	
Total Fat 34 g	52 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 191 mg	64 %
Sodium 98 mg	4 %
Potassium 181 mg	5 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 8 g	24 %
Sugars 5 g	
Protein 20 g	41 %
Vitamin A	8 %
Vitamin C	0 %
Calcium	22 %
Iron	17 %
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Tomatoes w/ Zucchini
Hummus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 396	
% Daily Value *	
Total Fat 30 g	46 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 125 mg	5 %
Potassium 1181 mg	34 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 10 g	39 %
Sugars 10 g	
Protein 14 g	28 %
Vitamin A	40 %
Vitamin C	307 %
Calcium	17 %
Iron	21 %
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Dessert: Dark Chocolate
w/ Brazil Nuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 390	
% Daily Value *	
Total Fat 35 g	54 %
Saturated Fat 13 g	67 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	8 %
Sugars 9 g	
Protein 8 g	15 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
Iron	28 %
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