

December Week One, Paleo

Nutrition Facts for 1 serving out of 4

Meal 1: Beef Braised
in Red Wine w/
Carrots, Celery &
Potatoes

Meal 2: Spinach Pesto
Salmon

Side Salad w/
Cranberries,
Cucumber & Walnuts
(w/ dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 490	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 772 mg	32 %
Potassium 1199 mg	34 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 7 g	28 %
Sugars 7 g	
Protein 51 g	102 %
Vitamin A	122 %
Vitamin C	44 %
Calcium	12 %
Iron	23 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 379	
% Daily Value *	
Total Fat 27 g	41 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 63 mg	21 %
Sodium 270 mg	11 %
Potassium 71 mg	2 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	6 %
Sugars 1 g	
Protein 36 g	71 %
Vitamin A	25 %
Vitamin C	10 %
Calcium	11 %
Iron	5 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 416	
% Daily Value *	
Total Fat 38 g	59 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 21 g	
Polyunsaturated Fat 10 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 179 mg	5 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 7 g	30 %
Sugars 15 g	
Protein 3 g	7 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	2 %
Iron	3 %
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Meal 3: Broccoli,
Mushroom & Onion
Stir Fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 198	
% Daily Value *	
Total Fat 9 g	15 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 328 mg	14 %
Potassium 1082 mg	31 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 6 g	25 %
Sugars 9 g	
Protein 7 g	15 %
Vitamin A	20 %
Vitamin C	232 %
Calcium	8 %
Iron	10 %
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Sesame Cauliflower
Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 87	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 44 mg	2 %
Potassium 440 mg	13 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	118 %
Calcium	3 %
Iron	3 %
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Meal 4: Beef &
Roasted Pepper
Fajitas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 183	
% Daily Value *	
Total Fat 4 g	7 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 62 mg	21 %
Sodium 980 mg	40 %
Potassium 605 mg	17 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 29 g	57 %
Vitamin A	42 %
Vitamin C	97 %
Calcium	4 %
Iron	16 %
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Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 85	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 267 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 4 g	16 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	4 %
Vitamin C	15 %
Calcium	3 %
Iron	2 %
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Salad: Arugula w/
Butternut Squash,
Pomegranate &
Pumpkin Seeds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 227	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 950 mg	40 %
Potassium 297 mg	8 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	11 %
Sugars 6 g	
Protein 11 g	21 %
Vitamin A	95 %
Vitamin C	25 %
Calcium	22 %
Iron	18 %
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Dressing

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 4 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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Breakfast: Bell Pepper
& Mushroom
Scramble

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 343	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 9 g	46 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 453 mg	151 %
Sodium 643 mg	27 %
Potassium 692 mg	20 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 3 g	12 %
Sugars 6 g	
Protein 27 g	55 %
Vitamin A	112 %
Vitamin C	142 %
Calcium	53 %
Iron	20 %
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Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 85	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 267 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 4 g	16 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	4 %
Vitamin C	15 %
Calcium	3 %
Iron	2 %
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Snack: Kale Chips

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 99	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 570 mg	24 %
Potassium 75 mg	2 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 1 g	1 %
Vitamin A	53 %
Vitamin C	33 %
Calcium	3 %
Iron	2 %
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Dessert: Clementine

Oranges (1 orange)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 10	
% 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 0 mg	0 %
Potassium 33 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	1 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	15 %
Calcium	1 %
Iron	0 %
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