Meal 1: Swordfish Puttanesca w/ Mashed Cauliflower

Swordfish

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 175	
	% Daily Value *
Total Fat 6 g	9 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 58 mg	19 %
Sodium 125 mg	5 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 28 g	55 %
Vitamin A	3 %
Vitamin C	2 %
Calcium	0 %
Iron	7 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Puttanesca Sauce

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 117	
	% Daily Value *
Total Fat 6 g	9 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 327 mg	14 %
Potassium 19 mg	1 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 2 g	7 %
Sugars 8 g	
Protein 5 g	10 %
Vitamin A	11 %
Vitamin C	24 %
Calcium	3 %
Iron	13 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Mashed Cauliflower

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 53	
	% 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 64 mg	3 %
Potassium 636 mg	18 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	21 %
Sugars 5 g	
Protein 4 g	8 %
Vitamin A	4 %
Vitamin C	167 %
Calcium	5 %
Iron	6 %

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Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes

Sweet Potatoes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 88	
	% Daily Value *
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 38 mg	2 %
Potassium 235 mg	7 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	192 %
Vitamin C	7 %
Calcium	2 %
Iron	3 %

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Chicken Stuffing

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 36	
	% Daily Value *
Total Fat 2 g	4 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 9 mg	3 %
Sodium 24 mg	1 %
Potassium 124 mg	4 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 3 g	5 %
Vitamin A	6 %
Vitamin C	1 %
Calcium	2 %
Iron	1 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 110	
	% Daily Value *
Total Fat 3 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 230 mg	10 %
Potassium 210 mg	6 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 22 g	44 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	2 %
Iron	4 %

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Meal 3: Meatza

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 474	
	% Daily Value *
Total Fat 28 g	**43 %**
Saturated Fat 10 g	**50 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	**5 %**
Sodium 1256 mg	**52 %**
Potassium 242 mg	**7 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 2 g	**8 %**
Sugars 7 g	
Protein 32 g	**63 %**
Vitamin A	**85 %**
Vitamin C	**22 %**
Calcium	**25 %**
Iron	**10 %**

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Meal 4: Chipotle Bison Veggie Chili

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 270	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 50 mg	**17 %**
Sodium 196 mg	**8 %**
Potassium 170 mg	**5 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 4 g	**16 %**
Sugars 6 g	
Protein 26 g	**52 %**
Vitamin A	**78 %**
Vitamin C	**84 %**
Calcium	**63 %**
Iron	**23 %**

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Salad: Mixed Greens w/ Beets, Shaved Fennel, Goat Cheese & Walnuts

Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 179	
	% Daily Value *
Total Fat 11 g	**18 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 9 mg	**3 %**
Sodium 166 mg	**7 %**
Potassium 507 mg	**14 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 4 g	**16 %**
Sugars 7 g	
Protein 8 g	**16 %**
Vitamin A	**17 %**
Vitamin C	**12 %**
Calcium	**5 %**
Iron	**8 %**

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Vinaigrette

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 125	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 0 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	**0 %**

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Breakfast: Strawberry Jam w/ Paleo Pancakes

Strawberry Jam

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 163	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 6 mg	**0 %**
Potassium 404 mg	**12 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 8 g	**34 %**
Sugars 19 g	
Protein 3 g	**6 %**
Vitamin A	**2 %**
Vitamin C	**152 %**
Calcium	**11 %**
Iron	**15 %**

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Paleo Pancakes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 221	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 293 mg	**98 %**
Sodium 267 mg	**11 %**
Potassium 469 mg	**13 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 5 g	**19 %**
Sugars 13 g	
Protein 11 g	**22 %**
Vitamin A	**16 %**
Vitamin C	**15 %**
Calcium	**4 %**
Iron	**14 %**

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Snack: Bananas w/ Spiced Almond Butter

Bananas

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 90	
	% Daily Value *
Total Fat 0 g	**1 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 361 mg	**10 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 3 g	**10 %**
Sugars 12 g	
Protein 1 g	**2 %**
Vitamin A	**1 %**
Vitamin C	**15 %**
Calcium	**1 %**
Iron	**1 %**

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Spiced Almond Butter

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 214	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 8 mg	**0 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 4 g	**17 %**
Sugars 1 g	
Protein 7 g	**14 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**9 %**
Iron	**7 %**

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Dessert: Chocolate Mousse

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 189	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 7 mg	**0 %**
Potassium 503 mg	**14 %**
Total Carbohydrate 43 g	**14 %**
Dietary Fiber 7 g	**29 %**
Sugars 33 g	
Protein 3 g	**6 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**4 %**
Iron	**11 %**

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