

## February Week 1 Paleo

**Meal 1:** *Ginger-Lime Salmon Pouches w/ Roasted Red Pepper & Sweet Potato Soup*

### Ginger-Lime Salmon Pouches

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 198	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 71 mg	24 %
Sodium 70 mg	3 %
Potassium 458 mg	13 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	3 %
Sugars 0 g	
Protein 25 g	51 %
Vitamin A	1 %
Vitamin C	18 %
Calcium	1 %
Iron	2 %
* 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 Red Pepper & Sweet Potato Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 105	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 731 mg	30 %
Potassium 326 mg	9 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 3 g	13 %
Sugars 7 g	
Protein 2 g	3 %
Vitamin A	214 %
Vitamin C	60 %
Calcium	3 %
Iron	4 %
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**Meal 2:** *Honey BBQ Chicken w/ Coleslaw & Purple Potatoes*

**Honey BBQ Chicken**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 262	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 72 mg	24 %
Sodium 591 mg	25 %
Potassium 272 mg	8 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 2 g	9 %
Sugars 20 g	
Protein 23 g	45 %
Vitamin A	30 %
Vitamin C	20 %
Calcium	1 %
Iron	11 %
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**Coleslaw**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 257	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 16 mg	1 %
Potassium 7 mg	0 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	5 %
Sugars 4 g	
Protein 1 g	1 %
Vitamin A	10 %
Vitamin C	33 %
Calcium	3 %
Iron	2 %
* 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	

**Purple Potatoes**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 102	
% 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 0 mg	0 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 4 g	16 %
Sugars 7 g	
Protein 2 g	5 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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**Meal 3:** *Chicken Chopped Salad w/ Artichokes, Tomatoes & Feta*

**Salad**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 310	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 70 mg	23 %
Sodium 601 mg	25 %
Potassium 553 mg	16 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 3 g	14 %
Sugars 3 g	
Protein 33 g	66 %
Vitamin A	37 %
Vitamin C	12 %
Calcium	19 %
Iron	11 %
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**Balsamic Vinaigrette**

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 124	
% 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 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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**Meal 4:** *Classic Beef & Root Veggie Stew*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 345	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 782 mg	33 %
Potassium 923 mg	26 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 7 g	28 %
Sugars 10 g	
Protein 29 g	58 %
Vitamin A	112 %
Vitamin C	56 %
Calcium	11 %
Iron	17 %
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**Salad:** *Spinach w/ Blueberries, Sliced Almonds & Goat Cheese*

**Salad**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 480	
% Daily Value *	
Total Fat 42 g	64 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 25 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 321 mg	13 %
Potassium 381 mg	11 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 5 g	21 %
Sugars 11 g	
Protein 10 g	20 %
Vitamin A	67 %
Vitamin C	29 %
Calcium	9 %
Iron	13 %
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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:** *Almond Butter & Cherry Breakfast Cookies*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 388	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 49 mg	16 %
Sodium 21 mg	1 %
Potassium 303 mg	9 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 7 g	26 %
Sugars 45 g	
Protein 10 g	20 %
Vitamin A	20 %
Vitamin C	0 %
Calcium	12 %
Iron	11 %
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**Snack:** *Plantain Chips w/ Avocado*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 197	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 48 mg	2 %
Potassium 376 mg	11 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 6 g	22 %
Sugars 1 g	
Protein 2 g	4 %
Vitamin A	10 %
Vitamin C	22 %
Calcium	1 %
Iron	3 %
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**Dessert:** *Paleo Cookie Dough Bites*

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 141	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 11 mg	0 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	6 %
Sugars 6 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	3 %
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