

February Week 2
Paleo

Meal 1: Seared Tuna w/ Mashed Sweet Potato & Asparagus

Tuna

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 45 mg	15 %
Sodium 50 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 28 g	56 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %
* 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	

Mashed Sweet Potato

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 114	
% 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 73 mg	3 %
Potassium 448 mg	13 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 2 g	4 %
Vitamin A	377 %
Vitamin C	5 %
Calcium	4 %
Iron	4 %
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Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 18	
% 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 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	5 %
Vitamin C	11 %
Calcium	2 %
Iron	2 %
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Meal 2: *Slow Baked Brisket w/ Braised Cabbage & Carrots***Brisket**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 425	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 161 mg	54 %
Sodium 216 mg	9 %
Potassium 752 mg	21 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 59 g	119 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	16 %
* 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	

Brisket Rub

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 4	
% 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 570 mg	24 %
Potassium 15 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	3 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
* 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	

Cabbage & Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 141	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 413 mg	17 %
Potassium 422 mg	12 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 9 g	36 %
Sugars 16 g	
Protein 5 g	9 %
Vitamin A	164 %
Vitamin C	156 %
Calcium	12 %
Iron	9 %
* 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	

Meal 3: Chicken w/ Almond Butter Dipping Sauce, Sesame Broccoli & Cauliflower Rice

Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 110	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 370 mg	15 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	46 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	2 %
Iron	4 %
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Almond Butter Sauce

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 118	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 59 mg	2 %
Potassium 10 mg	0 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 2 g	7 %
Sugars 1 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	4 %
Iron	4 %
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Sesame Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 123	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 50 mg	2 %
Potassium 534 mg	15 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 4 g	9 %
Vitamin A	20 %
Vitamin C	226 %
Calcium	7 %
Iron	6 %
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Cauliflower Rice

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 %
* 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	

Meal 4: Turkey & Zucchini Lasagna

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 676	
% Daily Value *	
Total Fat 15 g	24 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 93 mg	31 %
Sodium 655 mg	27 %
Potassium 631 mg	18 %
Total Carbohydrate 74 g	25 %
Dietary Fiber 4 g	17 %
Sugars 16 g	
Protein 58 g	117 %
Vitamin A	17 %
Vitamin C	38 %
Calcium	60 %
Iron	16 %
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Salad: Grapefruit & Avocado Salad w/ Champagne Vinaigrette

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 203	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 23 mg	1 %
Potassium 590 mg	17 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	25 %
Sugars 10 g	
Protein 6 g	12 %
Vitamin A	58 %
Vitamin C	89 %
Calcium	10 %
Iron	8 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Champagne Vinaigrette

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 52	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 50 mg	1 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	0 %
Sugars 5 g	
Protein 0 g	0 %
Vitamin A	11 %
Vitamin C	8 %
Calcium	4 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Breakfast: *Brisket w/ Eggs, Spinach & Avocado*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 485	
% Daily Value *	
Total Fat 29 g	44 %
Saturated Fat 10 g	48 %
Monounsaturated Fat 14 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 440 mg	147 %
Sodium 282 mg	12 %
Potassium 690 mg	20 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 6 g	23 %
Sugars 1 g	
Protein 48 g	97 %
Vitamin A	89 %
Vitamin C	29 %
Calcium	8 %
Iron	20 %
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Snack: Bell Pepper Slices w/ Almond Butter Dipping Sauce

Almond Dipping Sauce

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 118	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 59 mg	2 %
Potassium 10 mg	0 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 2 g	7 %
Sugars 1 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	4 %
Iron	4 %
* 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	

Bell Pepper Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 36	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 282 mg	8 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	9 %
Sugars 3 g	
Protein 1 g	3 %
Vitamin A	46 %
Vitamin C	327 %
Calcium	1 %
Iron	3 %
* 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	

Dessert: Chewy Cocoa Cookies

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 120	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 24 mg	1 %
Potassium 43 mg	1 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 2 g	9 %
Sugars 12 g	
Protein 3 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	3 %
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