

April Week 2 Paleo Nutrition Facts

Meal 1: Mustard-Dill Salmon, Asparagus & Purple Potatoes

Mustard-Dill Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 223	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 244 mg	10 %
Potassium 365 mg	10 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	5 %
Sugars 0 g	
Protein 21 g	42 %
Vitamin A	11 %
Vitamin C	12 %
Calcium	2 %
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	

Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 15	
% 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 2 g	1 %
Dietary Fiber 1 g	3 %
Sugars 2 g	
Protein 2 g	3 %
Vitamin A	5 %
Vitamin C	9 %
Calcium	2 %
Iron	2 %
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Purple Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 121	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 2 g	6 %
Sugars 0 g	
Protein 3 g	5 %
Vitamin A	0 %
Vitamin C	10 %
Calcium	8 %
Iron	1 %
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Meal 2: *Bison Strip Steaks, Broccoli & Mashed Cauliflower***Steak**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 204	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 305 mg	13 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 31 g	61 %
Vitamin A	2 %
Vitamin C	1 %
Calcium	0 %
Iron	0 %
* 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	

Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 15	
% 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 15 mg	1 %
Potassium 144 mg	4 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	5 %
Sugars 1 g	
Protein 1 g	3 %
Vitamin A	6 %
Vitamin C	68 %
Calcium	2 %
Iron	2 %
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Mashed Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 36	
% 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 43 mg	2 %
Potassium 436 mg	12 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	14 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	111 %
Calcium	3 %
Iron	4 %
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Meal 3: Chicken & Bell Pepper Lettuce Wrap “Tacos” w/ Jicama & Guacamole

“Tacos”

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 188	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 787 mg	33 %
Potassium 426 mg	12 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	11 %
Sugars 5 g	
Protein 24 g	48 %
Vitamin A	20 %
Vitamin C	81 %
Calcium	1 %
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	

Guacamole

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 42	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 150 mg	4 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 1 g	
Protein 1 g	1 %
Vitamin A	2 %
Vitamin C	9 %
Calcium	0 %
Iron	1 %
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Meal 4: Ratatouille w/ Grilled Pork Chops**Ratatouille**

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 237	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 10 mg	0 %
Potassium 297 mg	8 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 7 g	28 %
Sugars 5 g	
Protein 5 g	11 %
Vitamin A	6 %
Vitamin C	54 %
Calcium	2 %
Iron	11 %
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Grilled Pork Chops

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 230 mg	10 %
Potassium 0 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 22 g	44 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Salad: Arugula w/ Roasted Beets & Pumpkin Seeds

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 177	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 102 mg	4 %
Potassium 638 mg	18 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 6 g	22 %
Sugars 10 g	
Protein 9 g	17 %
Vitamin A	12 %
Vitamin C	12 %
Calcium	5 %
Iron	15 %
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Balsamic Dressing

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 65	
% 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 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: Veggie Breakfast Scramble

Breakfast Scramble

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 126	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 278 mg	93 %
Sodium 111 mg	5 %
Potassium 442 mg	13 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	10 %
Sugars 2 g	
Protein 9 g	19 %
Vitamin A	15 %
Vitamin C	68 %
Calcium	8 %
Iron	15 %
* 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	

Guacamole

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 42	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 150 mg	4 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 1 g	
Protein 1 g	1 %
Vitamin A	2 %
Vitamin C	9 %
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 because the recipes have not been	

Snack: Kiwis w/ Brazil Nuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 284	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 629 mg	18 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 6 g	25 %
Sugars 13 g	
Protein 6 g	11 %
Vitamin A	2 %
Vitamin C	212 %
Calcium	8 %
Iron	6 %
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Dessert: Coconut Macaroons

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 123	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 30 mg	1 %
Potassium 8 mg	0 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	10 %
Sugars 6 g	
Protein 2 g	3 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %
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