

April Week 1 Paleo Nutrition Facts

Meal 1: *BBQ Shrimp w/ Mashed Sweet Potatoes*

BBQ Shrimp

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 220	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 171 mg	57 %
Sodium 395 mg	16 %
Potassium 207 mg	6 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 3 g	12 %
Sugars 22 g	
Protein 25 g	51 %
Vitamin A	31 %
Vitamin C	13 %
Calcium	3 %
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	

Mashed Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 57	
% 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 37 mg	2 %
Potassium 224 mg	6 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	189 %
Vitamin C	3 %
Calcium	2 %
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	

Meal 2: *Italian Chicken w/ Roasted Carrots, Parsnips & Fennel*

Italian Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 403	
% Daily Value *	
Total Fat 35 g	54 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 85 mg	4 %
Potassium 5 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 21 g	42 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	3 %
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Roasted Veggies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 90	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 146 mg	6 %
Potassium 393 mg	11 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	17 %
Sugars 6 g	
Protein 1 g	3 %
Vitamin A	59 %
Vitamin C	23 %
Calcium	4 %
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	

Meal 3: BBQ Ribs w/ Potato Salad & Steamed Zucchini

BBQ Ribs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 505	
% Daily Value *	
Total Fat 34 g	52 %
Saturated Fat 12 g	60 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 98 mg	33 %
Sodium 224 mg	9 %
Potassium 84 mg	2 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 3 g	12 %
Sugars 22 g	
Protein 31 g	61 %
Vitamin A	31 %
Vitamin C	16 %
Calcium	6 %
Iron	18 %
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Potato Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 298	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 142 mg	6 %
Potassium 1123 mg	32 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 5 g	18 %
Sugars 3 g	
Protein 5 g	10 %
Vitamin A	6 %
Vitamin C	40 %
Calcium	4 %
Iron	10 %
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Steamed Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 17	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 8 mg	0 %
Potassium 256 mg	7 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 1 g	2 %
Vitamin A	4 %
Vitamin C	29 %
Calcium	2 %
Iron	2 %
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Meal 4: *California Chicken & Veggie Salad*

California Chicken & Veggie Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 243	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 451 mg	19 %
Potassium 353 mg	10 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	16 %
Sugars 1 g	
Protein 29 g	58 %
Vitamin A	93 %
Vitamin C	48 %
Calcium	8 %
Iron	15 %
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Italian Dressing

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 126	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 2 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Salad: *Spinach w/ Mango, Avocado & Walnuts*

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 33 mg	1 %
Potassium 376 mg	11 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	13 %
Sugars 12 g	
Protein 4 g	7 %
Vitamin A	98 %
Vitamin C	71 %
Calcium	6 %
Iron	10 %
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Balsamic Vinaigrette

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: *Eggs Baked in Avocado w/ Oranges*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 239	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 98 mg	33 %
Sodium 38 mg	2 %
Potassium 722 mg	21 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 9 g	38 %
Sugars 18 g	
Protein 6 g	12 %
Vitamin A	15 %
Vitamin C	162 %
Calcium	9 %
Iron	6 %
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Snack: *Cauliflower w/ Olive Dip*

Olive Dip

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 173 mg	7 %
Potassium 60 mg	2 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	1 %
Sugars 2 g	
Protein 5 g	9 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 5	
% 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 24 mg	1 %
Potassium 77 mg	2 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	2 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	3 %
Vitamin C	2 %
Calcium	1 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Dessert: *Cherry Cobbler*

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 380	
% Daily Value *	
Total Fat 33 g	51 %
Saturated Fat 13 g	66 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 4 mg	0 %
Potassium 111 mg	3 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 6 g	24 %
Sugars 13 g	
Protein 5 g	11 %
Vitamin A	7 %
Vitamin C	2 %
Calcium	6 %
Iron	7 %
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