

## May 2017 Week 4 Paleo Nutrition Facts

### Meal 1: Peppered Salmon w/ Garlic Asparagus & Fresh Cantaloupe

#### Peppered Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	109
% 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	241 mg 10 %
Potassium	411 mg 12 %
Total Carbohydrate	4 g 1 %
Dietary Fiber	2 g 7 %
Sugars	0 g
Protein	21 g 43 %
Vitamin A	0 %
Vitamin C	2 %
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	

#### Garlic Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	34
% Daily Value *	
Total Fat	2 g 3 %
Saturated Fat	0 g 1 %
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	0 mg 0 %
Potassium	8 mg 0 %
Total Carbohydrate	3 g 1 %
Dietary Fiber	1 g 3 %
Sugars	2 g
Protein	2 g 3 %
Vitamin A	5 %
Vitamin C	10 %
Calcium	2 %
Iron	2 %
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#### Fresh Cantaloupe

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	47
% 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	22 mg 1 %
Potassium	368 mg 11 %
Total Carbohydrate	11 g 4 %
Dietary Fiber	1 g 5 %
Sugars	11 g
Protein	1 g 2 %
Vitamin A	93 %
Vitamin C	84 %
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	

## Meal 2: Slow Cooker BBQ Pulled Pork w/ Almond Flour Biscuits & Coleslaw

### Pulled Pork

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 282	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 96 mg	32 %
Sodium 769 mg	32 %
Potassium 37 mg	1 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	2 %
Sugars 3 g	
Protein 29 g	58 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	1 %
Iron	7 %
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### Honey BBQ Sauce

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 86	
% 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 60 mg	2 %
Potassium 48 mg	1 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 2 g	7 %
Sugars 20 g	
Protein 1 g	2 %
Vitamin A	19 %
Vitamin C	20 %
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	

### Coleslaw

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 143	
% 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 13 mg	1 %
Potassium 0 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	5 %
Sugars 3 g	
Protein 1 g	1 %
Vitamin A	22 %
Vitamin C	25 %
Calcium	3 %
Iron	1 %
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### Almond Flour Biscuits

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 111	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 19 mg	6 %
Sodium 70 mg	3 %
Potassium 7 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	6 %
Sugars 1 g	
Protein 4 g	7 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	3 %
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: Bacon-Avocado Grassfed Burgers w/ Roasted Zucchini & Sweet Potatoes

#### Burger

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 350	
% Daily Value *	
Total Fat 24 g	36 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 262 mg	11 %
Potassium 380 mg	11 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 5 g	21 %
Sugars 1 g	
Protein 27 g	53 %
Vitamin A	4 %
Vitamin C	12 %
Calcium	1 %
Iron	17 %
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#### Roasted Zucchini & Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 97	
% 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 41 mg	2 %
Potassium 355 mg	10 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 2 g	3 %
Vitamin A	192 %
Vitamin C	18 %
Calcium	3 %
Iron	3 %
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**Meal 4:** BBQ Pork Stuffed Baked Sweet Potatoes w/ Steamed Broccoli

Honey BBQ Sauce

Pulled Pork

Baked Potato

Steamed Broccoli

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 86	
% 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 60 mg	2 %
Potassium 48 mg	1 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 2 g	7 %
Sugars 20 g	
Protein 1 g	2 %
Vitamin A	19 %
Vitamin C	20 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 282	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 96 mg	32 %
Sodium 769 mg	32 %
Potassium 37 mg	1 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	2 %
Sugars 3 g	
Protein 29 g	58 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	1 %
Iron	7 %
* 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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 110	
% 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 10 mg	0 %
Potassium 620 mg	18 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	45 %
Calcium	2 %
Iron	6 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 31	
% 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 30 mg	1 %
Potassium 288 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	9 %
Sugars 2 g	
Protein 3 g	5 %
Vitamin A	11 %
Vitamin C	135 %
Calcium	4 %
Iron	4 %
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**Salad:** Mixed Greens w/ Raspberries, Mint & Cucumber

**Salad**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 43	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 14 mg	1 %
Potassium 219 mg	6 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 5 g	19 %
Sugars 3 g	
Protein 2 g	3 %
Vitamin A	2 %
Vitamin C	28 %
Calcium	2 %
Iron	3 %
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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:** Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 247	
% Daily Value *	
Total Fat 13 g	21 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 428 mg	143 %
Sodium 617 mg	26 %
Potassium 348 mg	10 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 25 g	50 %
Vitamin A	78 %
Vitamin C	17 %
Calcium	10 %
Iron	16 %
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**Snack:** Cranberry Almond Energy Bites

Nutrition Facts	
Servings 18.0	
Amount Per Serving	
calories 77	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 35 mg	1 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	6 %
Sugars 4 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	3 %
Iron	3 %
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**Dessert:** Minted Strawberry & Orange Fruit Salad  
(includes dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 120	
% 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 1 mg	0 %
Potassium 161 mg	5 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 4 g	17 %
Sugars 16 g	
Protein 2 g	3 %
Vitamin A	5 %
Vitamin C	180 %
Calcium	5 %
Iron	3 %
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