

May 2017 Week 3 Paleo
Nutrition Facts

Meal 1: Asparagus "Risotto"

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 145	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 22 mg	7 %
Sodium 322 mg	13 %
Potassium 569 mg	16 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 5 g	19 %
Sugars 5 g	
Protein 10 g	19 %
Vitamin A	8 %
Vitamin C	124 %
Calcium	8 %
Iron	11 %
* 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	

Meal 2: Cilantro-Lime Chicken over Mixed Greens w/ Jicama & Avocado

Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 336	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 424 mg	18 %
Potassium 1042 mg	30 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 12 g	49 %
Sugars 2 g	
Protein 30 g	61 %
Vitamin A	33 %
Vitamin C	30 %
Calcium	9 %
Iron	19 %
* 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	

Cilantro-Lime Dressing

Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 88	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 15 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	0 %
Iron	0 %
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Meal 3: Grassfed Beef & Mushroom "Tacos"

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 356	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 374 mg	16 %
Potassium 515 mg	15 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 9 g	35 %
Sugars 2 g	
Protein 26 g	51 %
Vitamin A	49 %
Vitamin C	24 %
Calcium	6 %
Iron	25 %
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Meal 4: Jalapeño Shrimp w/ Green Curried Sweet Potato Noodles

Shrimp | Jalapeno-Lime Marinade | Green Curry Almond Sauce | Sweet Potato

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 112	
% 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 221 mg	74 %
Sodium 253 mg	11 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	47 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 43	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 6 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	0 %
Iron	0 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 175	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 434 mg	18 %
Potassium 6 mg	0 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 4 g	8 %
Vitamin A	0 %
Vitamin C	2 %
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	

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 %
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Noodles

Salad: Mixed Greens w/ Strawberries, Pecans & Feta

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 162	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 357 mg	15 %
Potassium 224 mg	6 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	7 %
Sugars 3 g	
Protein 8 g	16 %
Vitamin A	60 %
Vitamin C	55 %
Calcium	14 %
Iron	5 %
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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: Strawberry-Mango Smoothies w/ Almond Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 346	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 40 mg	2 %
Potassium 284 mg	8 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 7 g	29 %
Sugars 17 g	
Protein 8 g	16 %
Vitamin A	16 %
Vitamin C	116 %
Calcium	11 %
Iron	12 %
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Snack: Carrots & Sunflower Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 326	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 180 mg	7 %
Potassium 284 mg	8 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 5 g	21 %
Sugars 19 g	
Protein 8 g	16 %
Vitamin A	16 %
Vitamin C	116 %
Calcium	3 %
Iron	10 %
* 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: Blueberry Crisp

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 267	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 9 g	46 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 10 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 185 mg	5 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 3 g	14 %
Sugars 12 g	
Protein 4 g	7 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	2 %
Iron	4 %
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