

**June Week 5**  
**Paleo Nutrition Facts**

**Meal 1:** Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts

**Salad | Balsamic Vinaigrette**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 291	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 507 mg	21 %
Potassium 544 mg	16 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	13 %
Sugars 3 g	
Protein 29 g	59 %
Vitamin A	13 %
Vitamin C	47 %
Calcium	14 %
Iron	8 %
* 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 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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**Meal 2:** Grilled Lemon Tenders w/ Grilled Asparagus & Pineapple**Grilled Lemon Tenders | Grilled Asparagus | Pineapple**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 59 mg	20 %
Sodium 67 mg	3 %
Potassium 176 mg	5 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 27 g	53 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 40	
% 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 113 mg	3 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	9 %
Vitamin C	5 %
Calcium	1 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 79	
% 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 203 mg	6 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 9 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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**Meal 3:** Steaks, Baked Sweet Potatoes & Sautéed Swiss Chard

**Steak | Baked Sweet Potatoes | Sautéed Swiss Chard**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 183	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 660 mg	28 %
Potassium 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 24 g	48 %
Vitamin A	0 %
Vitamin C	0 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 114	calories 70
% Daily Value *	
Total Fat 0 g	Total Fat 6 g 9 %
Saturated Fat 0 g	Saturated Fat 4 g 18 %
Monounsaturated Fat 0 g	Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g	Polyunsaturated Fat 0 g
Trans Fat 0 g	Trans Fat 0 g
Cholesterol 0 mg	Cholesterol 15 mg 5 %
Sodium 73 mg	Sodium 340 mg 14 %
Potassium 44 mg	Potassium 0 mg 0 %
Total Carbohydrate 5 g	Total Carbohydrate 5 g 2 %
Dietary Fiber 2 g	Dietary Fiber 2 g 8 %
Sugars 1 g	Sugars 1 g
Protein 2 g	Protein 2 g 4 %
Vitamin A	Vitamin A 130 %
Vitamin C	Vitamin C 30 %
Calcium	Calcium 6 %
Iron	Iron 15 %
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**Meal 4:** Mexican Kabobs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 257	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 114 mg	38 %
Sodium 121 mg	5 %
Potassium 761 mg	22 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 36 g	73 %
Vitamin A	17 %
Vitamin C	97 %
Calcium	1 %
Iron	3 %
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**Salad:** Arugula w/ Peaches, Sliced Almonds & Goat Cheese

**Salad | Balsamic Vinaigrette**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 10 mg	3 %
Sodium 138 mg	6 %
Potassium 286 mg	8 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	10 %
Sugars 4 g	
Protein 10 g	19 %
Vitamin A	18 %
Vitamin C	11 %
Calcium	13 %
Iron	13 %
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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 Chia Jam w/ Paleo Pancakes

**Strawberry Chia Jam | Paleo Pancakes**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 163	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 404 mg	12 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 8 g	34 %
Sugars 19 g	
Protein 3 g	6 %
Vitamin A	2 %
Vitamin C	152 %
Calcium	11 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 220	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 279 mg	93 %
Sodium 276 mg	12 %
Potassium 465 mg	13 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	18 %
Sugars 13 g	
Protein 11 g	23 %
Vitamin A	9 %
Vitamin C	15 %
Calcium	5 %
Iron	12 %
* 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:** Seaweed Snack

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 25	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 60 mg	3 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 1 g	2 %
Vitamin A	8 %
Vitamin C	4 %
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	

**Dessert:** Berry Peachy Fruit Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 206	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 552 mg	16 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 11 g	44 %
Sugars 16 g	
Protein 7 g	13 %
Vitamin A	13 %
Vitamin C	74 %
Calcium	9 %
Iron	10 %
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