July Week 2 - Paleo

Meal 1: Cold Creamy Gazpacho w/ Grilled Shrimp Kebabs

Gazpacho | Grilled Shrimp Kebabs

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 333	
	% Daily Value *
Total Fat 27 g	**42 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 69 mg	**2 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 13 g	**50 %**
Sugars 1 g	
Protein 12 g	**25 %**
Vitamin A	**1 %**
Vitamin C	**22 %**
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

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 124	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 150 mg	**50 %**
Sodium 171 mg	**7 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 23 g	**46 %**
Vitamin A	**10 %**
Vitamin C	**4 %**
Calcium	**6 %**
Iron	**16 %**

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Meal 2: Grassfed Beef Burgers w/ Baked Sweet Potato Wedges & Sautéed Spinach

Grassfed Burger | Baked Sweet Potato Wedges | Sautéed Spinach

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 218	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 1 g	
Cholesterol 70 mg	**23 %**
Sodium 77 mg	**3 %**
Potassium 328 mg	**9 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 22 g	**44 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**13 %**

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Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 197	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 23 mg	**1 %**
Potassium 869 mg	**25 %**
Total Carbohydrate 33 g	**11 %**
Dietary Fiber 4 g	**16 %**
Sugars 2 g	
Protein 4 g	**9 %**
Vitamin A	**17 %**
Vitamin C	**21 %**
Calcium	**3 %**
Iron	**11 %**

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Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 41	
	% 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 126 mg	**5 %**
Potassium 802 mg	**23 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 4 g	**16 %**
Sugars 1 g	
Protein 5 g	**10 %**
Vitamin A	**266 %**
Vitamin C	**70 %**
Calcium	**24 %**
Iron	**22 %**

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Meal 3: Coconut Chicken w/ Honey Orange Sauce & Watermelon Mint Salad

Coconut Chicken | Honey Orange Sauce | Watermelon Mint Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 375	
	% Daily Value *
Total Fat 19 g	**30 %**
Saturated Fat 12 g	**60 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 176 mg	**59 %**
Sodium 510 mg	**21 %**
Potassium 355 mg	**10 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 9 g	**36 %**
Sugars 2 g	
Protein 39 g	**78 %**
Vitamin A	**4 %**
Vitamin C	**3 %**
Calcium	**10 %**
Iron	**21 %**

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Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 91	
	% 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 146 mg	**6 %**
Potassium 6 mg	**0 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 0 g	**0 %**
Sugars 22 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 24	
	% 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 1 mg	**0 %**
Potassium 86 mg	**2 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 0 g	**2 %**
Sugars 5 g	
Protein 0 g	**1 %**
Vitamin A	**9 %**
Vitamin C	**10 %**
Calcium	**1 %**
Iron	**1 %**

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Meal 4: Sausage & Kale Frittata

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 423	
	% Daily Value *
Total Fat 32 g	**50 %**
Saturated Fat 12 g	**60 %**
Monounsaturated Fat 12 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 401 mg	**134 %**
Sodium 693 mg	**29 %**
Potassium 576 mg	**16 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 2 g	**10 %**
Sugars 2 g	
Protein 27 g	**53 %**
Vitamin A	**151 %**
Vitamin C	**135 %**
Calcium	**30 %**
Iron	**19 %**

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Salad: Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds

Salad | Dressing

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 246	
	% Daily Value *
Total Fat 21 g	**33 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 102 mg	**4 %**
Potassium 625 mg	**18 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 7 g	**27 %**
Sugars 2 g	
Protein 6 g	**12 %**
Vitamin A	**166 %**
Vitamin C	**18 %**
Calcium	**3 %**
Iron	**5 %**

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Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 127	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 9 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	**4 %**

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Breakfast: Strawberry-Mango Smoothie

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 226	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 78 mg	**3 %**
Potassium 228 mg	**7 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 5 g	**18 %**
Sugars 15 g	
Protein 4 g	**8 %**
Vitamin A	**71 %**
Vitamin C	**125 %**
Calcium	**6 %**
Iron	**10 %**

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Snack: Cucumber Slices

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 11	
	% 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 2 mg	**0 %**
Potassium 111 mg	**3 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**2 %**
Sugars 1 g	
Protein 0 g	**1 %**
Vitamin A	**2 %**
Vitamin C	**4 %**
Calcium	**1 %**
Iron	**1 %**

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Dessert: Watermelon (slices)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 12	
	% 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 43 mg	**1 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**1 %**
Sugars 2 g	
Protein 0 g	**0 %**
Vitamin A	**4 %**
Vitamin C	**5 %**
Calcium	**0 %**
Iron	**1 %**

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