July Week 4 - Paleo

Meal 1: Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli

## Sundried Tomato Pesto Chicken | Roasted Mushrooms & Broccoli

### Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 414 | |
| | **% Daily Value *** |
| **Total Fat** 22 g | **34 %** |
| Saturated Fat 2 g | **10 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 82 mg | **27 %** |
| **Sodium** 992 mg | **41 %** |
| **Potassium** 385 mg | **11 %** |
| **Total Carbohydrate** 14 g | **5 %** |
| **Dietary Fiber** 7 g | **28 %** |
| **Sugars** 4 g | |
| **Protein** 39 g | **79 %** |
| Vitamin A | **18 %** |
| Vitamin C | **5 %** |
| Calcium | **5 %** |
| Iron | **16 %** |

* 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 professionally evaluated nor have they been evaluated by the U.S. FDA.

### Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 78 | |
| | **% Daily Value *** |
| **Total Fat** 6 g | **9 %** |
| Saturated Fat 1 g | **6 %** |
| Monounsaturated Fat 4 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 2 mg | **1 %** |
| **Sodium** 61 mg | **3 %** |
| **Potassium** 283 mg | **8 %** |
| **Total Carbohydrate** 3 g | **1 %** |
| **Dietary Fiber** 1 g | **5 %** |
| **Sugars** 1 g | |
| **Protein** 4 g | **7 %** |
| Vitamin A | **4 %** |
| Vitamin C | **35 %** |
| Calcium | **4 %** |
| Iron | **3 %** |

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Meal 2: Mahi-Mahi w/ Pineapple Salsa & Asparagus

## Mahi Mahi with Pineapple Salsa | Roasted Asparagus

### Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 414 | |
| | **% Daily Value *** |
| **Total Fat** 22 g | **34 %** |
| Saturated Fat 2 g | **10 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 82 mg | **27 %** |
| **Sodium** 992 mg | **41 %** |
| **Potassium** 385 mg | **11 %** |
| **Total Carbohydrate** 14 g | **5 %** |
| **Dietary Fiber** 7 g | **28 %** |
| **Sugars** 4 g | |
| **Protein** 39 g | **79 %** |
| Vitamin A | **18 %** |
| Vitamin C | **5 %** |
| Calcium | **5 %** |
| Iron | **16 %** |

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### Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 46 | |
| | **% 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** 149 mg | **6 %** |
| **Potassium** 165 mg | **5 %** |
| **Total Carbohydrate** 3 g | **1 %** |
| **Dietary Fiber** 2 g | **7 %** |
| **Sugars** 2 g | |
| **Protein** 2 g | **4 %** |
| Vitamin A | **12 %** |
| Vitamin C | **8 %** |
| Calcium | **2 %** |
| 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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Meal 3: Crockpot BBQ Ribs w/ Corn-on-the-Cob & Smoky Lime Carrots

## Crockpot BBQ Ribs | Smoky Lime Carrots

### Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 821 | |
| | **% Daily Value *** |
| **Total Fat** 44 g | **67 %** |
| Saturated Fat 18 g | **92 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 167 mg | **56 %** |
| **Sodium** 958 mg | **40 %** |
| **Potassium** 668 mg | **19 %** |
| **Total Carbohydrate** 48 g | **16 %** |
| **Dietary Fiber** 4 g | **17 %** |
| **Sugars** 38 g | |
| **Protein** 64 g | **127 %** |
| Vitamin A | **46 %** |
| Vitamin C | **22 %** |
| Calcium | **4 %** |
| Iron | **18 %** |

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### Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 115 | |
| | **% Daily Value *** |
| **Total Fat** 7 g | **10 %** |
| Saturated Fat 1 g | **5 %** |
| Monounsaturated Fat 5 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 372 mg | **16 %** |
| **Potassium** 376 mg | **11 %** |
| **Total Carbohydrate** 13 g | **4 %** |
| **Dietary Fiber** 3 g | **11 %** |
| **Sugars** 8 g | |
| **Protein** 1 g | **3 %** |
| Vitamin A | **160 %** |
| Vitamin C | **18 %** |
| Calcium | **3 %** |
| 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

Meal 4: Mediterranean Stuffed Bell Peppers

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 433 | |
| | **% Daily Value** * |
| **Total Fat** 18 g | **27 %** |
| Saturated Fat 9 g | **44 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 119 mg | **40 %** |
| **Sodium** 801 mg | **33 %** |
| **Potassium** 568 mg | **16 %** |
| **Total Carbohydrate** 26 g | **9 %** |
| **Dietary Fiber** 8 g | **31 %** |
| **Sugars** 15 g | |
| **Protein** 35 g | **69 %** |
| Vitamin A | **225 %** |
| Vitamin C | **673 %** |
| Calcium | **27 %** |
| Iron | **24 %** |

* 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

Salad: Broccoli & Apple Slaw

# Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 299 | |
| | **% Daily Value** * |
| **Total Fat** 20 g | **30 %** |
| Saturated Fat 3 g | **13 %** |
| Monounsaturated Fat 5 g | |
| Polyunsaturated Fat 11 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 149 mg | **6 %** |
| **Potassium** 182 mg | **5 %** |
| **Total Carbohydrate** 26 g | **9 %** |
| **Dietary Fiber** 5 g | **19 %** |
| **Sugars** 19 g | |
| **Protein** 3 g | **7 %** |
| Vitamin A | **11 %** |
| Vitamin C | **19 %** |
| Calcium | **2 %** |
| 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

Breakfast: Poached Eggs over Sweet Potatoes & Sliced Avocado

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 247 | |
| | **% Daily Value *** |
| **Total Fat** 18 g | **28 %** |
| Saturated Fat 3 g | **17 %** |
| Monounsaturated Fat 10 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| **Cholesterol** 186 mg | **62 %** |
| **Sodium** 302 mg | **13 %** |
| **Potassium** 837 mg | **24 %** |
| **Total Carbohydrate** 29 g | **10 %** |
| **Dietary Fiber** 9 g | **36 %** |
| **Sugars** 5 g | |
| **Protein** 9 g | **19 %** |
| Vitamin A | **284 %** |
| Vitamin C | **14 %** |
| Calcium | **6 %** |
| Iron | **13 %** |

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Snack: Apricots & Almonds

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 204 | |
| | **% Daily Value *** |
| **Total Fat** 15 g | **23 %** |
| Saturated Fat 1 g | **5 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 1 mg | **0 %** |
| **Potassium** 182 mg | **5 %** |
| **Total Carbohydrate** 14 g | **5 %** |
| **Dietary Fiber** 5 g | **22 %** |
| **Sugars** 7 g | |
| **Protein** 7 g | **14 %** |
| Vitamin A | **26 %** |
| Vitamin C | **12 %** |
| Calcium | **8 %** |
| Iron | **10 %** |

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Dessert: Pineapple Nice Cream

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 320 | |
| | **% Daily Value *** |
| **Total Fat** 9 g | **14 %** |
| Saturated Fat 8 g | **40 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 81 mg | **3 %** |
| **Potassium** 540 mg | **15 %** |
| **Total Carbohydrate** 3 g | **1 %** |
| **Dietary Fiber** 2 g | **9 %** |
| **Sugars** 24 g | |
| **Protein** 0 g | **1 %** |
| Vitamin A | **20 %** |
| Vitamin C | **1 %** |
| Calcium | **90 %** |
| 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