August 2017, Week 1 - Paleo

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Italian Foil Packets w/ Roasted Broccoli & Cauliflower

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 280	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 45 mg	**15 %**
Sodium 299 mg	**12 %**
Potassium 1558 mg	**45 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 12 g	**48 %**
Sugars 12 g	
Protein 34 g	**68 %**
Vitamin A	**40 %**
Vitamin C	**417 %**
Calcium	**16 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.

August 2017, Week 1 - Paleo

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 2: Spinach Salad with Balsamic Chicken, Raspberries, Snap Peas, Walnuts & Goat Cheese

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 444	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 7 g	**36 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 66 mg	**22 %**
Sodium 729 mg	**30 %**
Potassium 820 mg	**23 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 8 g	**30 %**
Sugars 4 g	
Protein 42 g	**84 %**
Vitamin A	**207 %**
Vitamin C	**77 %**
Calcium	**19 %**
Iron	**25 %**

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Balsamic Dressing
(8 servings)

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 76 mg	**3 %**
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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August 2017, Week 1 - Paleo

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 3: Bison & Mushroom Lettuce Wraps

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 293	
	% Daily Value *
Total Fat 19 g	**30 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 79 mg	**26 %**
Sodium 465 mg	**19 %**
Potassium 657 mg	**19 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 2 g	**6 %**
Sugars 1 g	
Protein 24 g	**47 %**
Vitamin A	**43 %**
Vitamin C	**13 %**
Calcium	**4 %**
Iron	**21 %**

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Avocado-Tomatillo Salsa (makes 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 86	
	% Daily Value *
Total Fat 7 g	**10 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 76 mg	**3 %**
Potassium 291 mg	**8 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 3 g	**12 %**
Sugars 3 g	
Protein 1 g	**2 %**
Vitamin A	**5 %**
Vitamin C	**21 %**
Calcium	**1 %**
Iron	**3 %**

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Meal 4: Beef Kabobs with Zucchini & Tomatoes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 427	
	% Daily Value *
Total Fat 13 g	**19 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 62 mg	**21 %**
Sodium 100 mg	**4 %**
Potassium 1206 mg	**34 %**
Total Carbohydrate 61 g	**20 %**
Dietary Fiber 36 g	**143 %**
Sugars 7 g	
Protein 35 g	**70 %**
Vitamin A	**55 %**
Vitamin C	**16 %**
Calcium	**124 %**
Iron	**186 %**

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August 2017, Week 1 - Paleo

Nutrition Facts
(per serving, based on yield of 4 servings)

Salad: Massage Kale Salad with Blueberries and pumpkin seeds

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 371	
	% Daily Value *
Total Fat 30 g	**46 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 19 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 674 mg	**28 %**
Potassium 1576 mg	**45 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 14 g	**55 %**
Sugars 6 g	
Protein 8 g	**16 %**
Vitamin A	**97 %**
Vitamin C	**85 %**
Calcium	**11 %**
Iron	**17 %**

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Citrus Vinaigrette
(makes 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 69	
	% 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 22 mg	**1 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**13 %**
Calcium	**0 %**
Iron	**0 %**

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August 2017, Week 1 - Paleo

Nutrition Facts
(per serving, based on yield of 4 servings)

Breakfast: Veggie Scramble with Avocado-Tomatillo Salsa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 158	
	% Daily Value *
Total Fat 9 g	**13 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 279 mg	**93 %**
Sodium 277 mg	**12 %**
Potassium 539 mg	**15 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 2 g	**10 %**
Sugars 4 g	
Protein 13 g	**25 %**
Vitamin A	**81 %**
Vitamin C	**121 %**
Calcium	**7 %**
Iron	**14 %**

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Avocado-Tomatillo Salsa (makes 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 86	
	% Daily Value *
Total Fat 7 g	**10 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 76 mg	**3 %**
Potassium 291 mg	**8 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 3 g	**12 %**
Sugars 3 g	
Protein 1 g	**2 %**
Vitamin A	**5 %**
Vitamin C	**21 %**
Calcium	**1 %**
Iron	**3 %**

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Snack: Strawberries and Walnuts

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 239	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 337 mg	**10 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 5 g	**19 %**
Sugars 7 g	
Protein 5 g	**11 %**
Vitamin A	**0 %**
Vitamin C	**132 %**
Calcium	**5 %**
Iron	**8 %**

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August 2017, Week 1 - Paleo

Nutrition Facts
(per serving, based on yield of 4 servings)

Dessert: Mango & Blueberry Popsicles

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 63	
	% 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 1 mg	**0 %**
Potassium 147 mg	**4 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 2 g	**8 %**
Sugars 13 g	
Protein 1 g	**2 %**
Vitamin A	**16 %**
Vitamin C	**49 %**
Calcium	**1 %**
Iron	**1 %**

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