August Week 3 - Paleo

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

Meal 1: Pesto Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 417	
	% Daily Value *
Total Fat 31 g	**47 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 67 mg	**22 %**
Sodium 149 mg	**6 %**
Potassium 604 mg	**17 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**4 %**
Sugars 1 g	
Protein 32 g	**65 %**
Vitamin A	**4 %**
Vitamin C	**8 %**
Calcium	**6 %**
Iron	**6 %**

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Purple Potatoes and Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 191	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 149 mg	**6 %**
Potassium 968 mg	**28 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 5 g	**21 %**
Sugars 8 g	
Protein 5 g	**10 %**
Vitamin A	**12 %**
Vitamin C	**25 %**
Calcium	**2 %**
Iron	**33 %**

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August Week 3 - Paleo

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

Meal 2: Mustard Rosemary Lamb Chops

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 140	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 497 mg	**21 %**
Potassium 198 mg	**6 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 17 g	**34 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**2 %**
Iron	**7 %**

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Summer Vegetable Ribbon Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 184	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 2 g	**12 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 17 mg	**1 %**
Potassium 281 mg	**8 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 2 g	**6 %**
Sugars 2 g	
Protein 1 g	**2 %**
Vitamin A	**54 %**
Vitamin C	**27 %**
Calcium	**2 %**
Iron	**3 %**

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August Week 3 - Paleo

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

Meal 3: Balsamic Marinated Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 317	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 83 mg	**28 %**
Sodium 227 mg	**9 %**
Potassium 7 mg	**0 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 36 g	**72 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**

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Eggplant, Tomato & Mozzarella Stacks (using ¼ pesto recipe)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 239	
	% Daily Value *
Total Fat 18 g	**27 %**
Saturated Fat 5 g	**24 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 21 mg	**7 %**
Sodium 80 mg	**3 %**
Potassium 370 mg	**11 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 5 g	**21 %**
Sugars 7 g	
Protein 9 g	**17 %**
Vitamin A	**20 %**
Vitamin C	**29 %**
Calcium	**20 %**
Iron	**6 %**

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August Week 3 - Paleo

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

Meal 4: B.L.T.A. Burgers

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 469	
	% Daily Value *
Total Fat 33 g	**51 %**
Saturated Fat 11 g	**57 %**
Monounsaturated Fat 15 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 106 mg	**35 %**
Sodium 673 mg	**28 %**
Potassium 763 mg	**22 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 4 g	**16 %**
Sugars 0 g	
Protein 35 g	**70 %**
Vitamin A	**11 %**
Vitamin C	**42 %**
Calcium	**3 %**
Iron	**20 %**

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Roasted Carrots & Parsnips

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 155	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 201 mg	**8 %**
Potassium 620 mg	**18 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 7 g	**29 %**
Sugars 8 g	
Protein 2 g	**4 %**
Vitamin A	**204 %**
Vitamin C	**38 %**
Calcium	**6 %**
Iron	**5 %**

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August Week 3 - Paleo

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

Salad: Mixed Greens, Pear, Dried Cherries, Cucumber & Pecans

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 294	
	% Daily Value *
Total Fat 11 g	**17 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 25 mg	**1 %**
Potassium 567 mg	**16 %**
Total Carbohydrate 49 g	**16 %**
Dietary Fiber 7 g	**27 %**
Sugars 38 g	
Protein 5 g	**11 %**
Vitamin A	**56 %**
Vitamin C	**22 %**
Calcium	**12 %**
Iron	**8 %**

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Balsamic Dressing (makes 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 Week 3 - Paleo

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

Breakfast: Paleo Banana Bread Granola w/ Blueberries

Nutrition Facts

Servings 10.0

Amount Per Serving	
calories 412	
	% Daily Value *
Total Fat 35 g	**54 %**
Saturated Fat 12 g	**59 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 12 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 131 mg	**5 %**
Potassium 315 mg	**9 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 6 g	**23 %**
Sugars 13 g	
Protein 9 g	**17 %**
Vitamin A	**1 %**
Vitamin C	**5 %**
Calcium	**4 %**
Iron	**8 %**

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Snack: Plums

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 15	
	% 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 52 mg	**1 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 0 g	**2 %**
Sugars 3 g	
Protein 0 g	**0 %**
Vitamin A	**2 %**
Vitamin C	**5 %**
Calcium	**0 %**
Iron	**0 %**

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Dessert: Peach Cobbler (makes 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 376	
	% Daily Value *
Total Fat 33 g	**51 %**
Saturated Fat 15 g	**77 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 149 mg	**6 %**
Potassium 265 mg	**8 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 6 g	**23 %**
Sugars 14 g	
Protein 5 g	**11 %**
Vitamin A	**8 %**
Vitamin C	**13 %**
Calcium	**6 %**
Iron	**7 %**

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