

# September Paleo Week One

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Bacon  
Stuffed Chicken  
(does not include  
goat cheese)

Potatoes and  
Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 235	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 106 mg	35 %
Sodium 272 mg	11 %
Potassium 613 mg	18 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 43 g	86 %
Vitamin A	44 %
Vitamin C	22 %
Calcium	4 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 174	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 184 mg	8 %
Potassium 1037 mg	30 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 4 g	17 %
Sugars 4 g	
Protein 5 g	11 %
Vitamin A	0 %
Vitamin C	28 %
Calcium	4 %
Iron	11 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 2: Cajun Shrimp with Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 261	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 143 mg	48 %
Sodium 742 mg	31 %
Potassium 341 mg	10 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	7 %
Sugars 1 g	
Protein 17 g	35 %
Vitamin A	13 %
Vitamin C	79 %
Calcium	9 %
Iron	2 %
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### Mashed Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 86	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 488 mg	20 %
Potassium 103 mg	3 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	17 %
Sugars 4 g	
Protein 6 g	11 %
Vitamin A	2 %
Vitamin C	169 %
Calcium	6 %
Iron	6 %
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### Meal 3: Vietnamese Steak bowl

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 674	
% Daily Value *	
Total Fat 15 g	24 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 113 mg	38 %
Sodium 3306 mg	138 %
Potassium 563 mg	16 %
Total Carbohydrate 103 g	34 %
Dietary Fiber 5 g	19 %
Sugars 90 g	
Protein 41 g	81 %
Vitamin A	251 %
Vitamin C	42 %
Calcium	11 %
Iron	26 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

Cilantro-Lime  
Dressing (makes 8  
servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 129	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 75 mg	3 %
Potassium 18 mg	1 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	3 %
Vitamin C	3 %
Calcium	0 %
Iron	1 %
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**Meal 4:** Turkey Eggplant  
Lasagna (does not  
include Greek yogurt or  
parm cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 321	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 1220 mg	51 %
Potassium 479 mg	14 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 9 g	36 %
Sugars 21 g	
Protein 34 g	68 %
Vitamin A	33 %
Vitamin C	11 %
Calcium	14 %
Iron	14 %
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## Nutrition Facts

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**Salad:** Spinach,  
Blackberry, Hemp,  
Avocado

Balsamic  
Dressing (makes  
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 209	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 298 mg	12 %
Potassium 518 mg	15 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 9 g	37 %
Sugars 4 g	
Protein 6 g	12 %
Vitamin A	11 %
Vitamin C	41 %
Calcium	3 %
Iron	12 %
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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 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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**Breakfast:** Gingered  
Mango Smoothie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 255	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 14 g	69 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 89 mg	3 %
Potassium 419 mg	12 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 3 g	14 %
Sugars 15 g	
Protein 4 g	9 %
Vitamin A	29 %
Vitamin C	176 %
Calcium	5 %
Iron	7 %
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**Snack:** Blackberry,  
Oranges & Kiwi

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 98	
% Daily Value *	
Total Fat 1 g	1 %
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 294 mg	8 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 7 g	28 %
Sugars 15 g	
Protein 2 g	4 %
Vitamin A	7 %
Vitamin C	124 %
Calcium	7 %
Iron	4 %
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**Dessert:** Almond  
Butter Brownies  
(makes 12  
servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 313	
% Daily Value *	
Total Fat 21 g	33 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 120 mg	5 %
Potassium 122 mg	3 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 5 g	20 %
Sugars 18 g	
Protein 11 g	22 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	15 %
Iron	12 %
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