

# September Paleo Week Two

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Grainy  
Mustard Chicken  
Thighs

Acorn Squash &  
Sautéed Spinach

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 457   |      |
| % Daily Value *  |      |
| Total Fat 32 g   | 49 % |
| Saturated Fat 9 g  | 44 % |
| Monounsaturated Fat 13 g   |      |
| Polyunsaturated Fat 7 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 189 mg   | 63 % |
| Sodium 381 mg  | 16 % |
| Potassium 394 mg   | 11 % |
| Total Carbohydrate 3 g   | 1 %  |
| Dietary Fiber 0 g  | 0 %  |
| Sugars 0 g   |      |
| Protein 32 g   | 64 % |
| Vitamin A  | 3 %  |
| Vitamin C  | 0 %  |
| Calcium  | 1 %  |
| Iron   | 7 %  |
| * 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 156   |      |
| % Daily Value *  |      |
| Total Fat 7 g  | 11 % |
| Saturated Fat 6 g  | 30 % |
| Monounsaturated Fat 0 g  |      |
| Polyunsaturated Fat 0 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 183 mg  | 8 %  |
| Potassium 951 mg   | 27 % |
| Total Carbohydrate 24 g  | 8 %  |
| Dietary Fiber 4 g  | 16 % |
| Sugars 0 g   |      |
| Protein 3 g  | 6 %  |
| Vitamin A  | 62 % |
| Vitamin C  | 57 % |
| Calcium  | 11 % |
| Iron   | 15 % |
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(per serving, based on yield of 4 servings)

### Meal 2: Hazelnut Pork Chops with Green Beans

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 457   |      |
| % Daily Value *  |      |
| Total Fat 32 g   | 49 % |
| Saturated Fat 4 g  | 21 % |
| Monounsaturated Fat 19 g   |      |
| Polyunsaturated Fat 3 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 218 mg   | 73 % |
| Sodium 272 mg  | 11 % |
| Potassium 470 mg   | 13 % |
| Total Carbohydrate 9 g   | 3 %  |
| Dietary Fiber 5 g  | 19 % |
| Sugars 6 g   |      |
| Protein 36 g   | 72 % |
| Vitamin A  | 17 % |
| Vitamin C  | 23 % |
| Calcium  | 9 %  |
| Iron   | 18 % |
| * 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. |      |

### Celery Root Puree

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 99  |      |
| % 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 382 mg  | 16 % |
| Potassium 702 mg   | 20 % |
| Total Carbohydrate 21 g  | 7 %  |
| Dietary Fiber 4 g  | 17 % |
| Sugars 4 g   |      |
| Protein 3 g  | 7 %  |
| Vitamin A  | 0 %  |
| Vitamin C  | 30 % |
| Calcium  | 9 %  |
| Iron   | 9 %  |
| * 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: Shrimp Stir-fry

| Nutrition Facts  |       |
|--|-------|
| Servings 4.0   |       |
| Amount Per Serving   |       |
| calories 162   |       |
| % Daily Value *  |       |
| Total Fat 6 g  | 9 %   |
| Saturated Fat 2 g  | 9 %   |
| Monounsaturated Fat 0 g  |       |
| Polyunsaturated Fat 0 g  |       |
| Trans Fat 0 g  |       |
| Cholesterol 143 mg   | 48 %  |
| Sodium 1006 mg   | 42 %  |
| Potassium 267 mg   | 8 %   |
| Total Carbohydrate 8 g   | 3 %   |
| Dietary Fiber 3 g  | 11 %  |
| Sugars 3 g   |       |
| Protein 18 g   | 37 %  |
| Vitamin A  | 66 %  |
| Vitamin C  | 212 % |
| Calcium  | 11 %  |
| Iron   | 7 %   |
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## Nutrition Facts

(per serving, based on yield of 4 servings)

Cauliflower Rice

| Nutrition Facts  |       |
|--|-------|
| Servings 4.0   |       |
| Amount Per Serving   |       |
| calories 93  |       |
| % Daily Value *  |       |
| Total Fat 4 g  | 6 %   |
| Saturated Fat 3 g  | 15 %  |
| Monounsaturated Fat 0 g  |       |
| Polyunsaturated Fat 0 g  |       |
| Trans Fat 0 g  |       |
| Cholesterol 0 mg   | 0 %   |
| Sodium 212 mg  | 9 %   |
| Potassium 37 mg  | 1 %   |
| Total Carbohydrate 13 g  | 4 %   |
| Dietary Fiber 5 g  | 19 %  |
| Sugars 5 g   |       |
| Protein 4 g  | 9 %   |
| Vitamin A  | 0 %   |
| Vitamin C  | 172 % |
| Calcium  | 6 %   |
| Iron   | 5 %   |
| * 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 4:** Whole Chicken

| Nutrition Facts  |      |
|--|------|
| Servings 8.0   |      |
| Amount Per Serving   |      |
| calories 252   |      |
| % Daily Value *  |      |
| Total Fat 18 g   | 28 % |
| Saturated Fat 5 g  | 23 % |
| Monounsaturated Fat 1 g  |      |
| Polyunsaturated Fat 0 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 100 mg   | 33 % |
| Sodium 365 mg  | 15 % |
| Potassium 21 mg  | 1 %  |
| Total Carbohydrate 2 g   | 1 %  |
| Dietary Fiber 1 g  | 4 %  |
| Sugars 0 g   |      |
| Protein 21 g   | 43 % |
| Vitamin A  | 15 % |
| Vitamin C  | 23 % |
| Calcium  | 1 %  |
| 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. |      |

Roasted Fennel & Fingerling Potatoes

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 300   |      |
| % Daily Value *  |      |
| Total Fat 15 g   | 22 % |
| Saturated Fat 6 g  | 29 % |
| Monounsaturated Fat 7 g  |      |
| Polyunsaturated Fat 1 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 20 mg  | 7 %  |
| Sodium 605 mg  | 25 % |
| Potassium 1335 mg  | 38 % |
| Total Carbohydrate 39 g  | 13 % |
| Dietary Fiber 7 g  | 27 % |
| Sugars 7 g   |      |
| Protein 5 g  | 10 % |
| Vitamin A  | 29 % |
| Vitamin C  | 60 % |
| Calcium  | 8 %  |
| Iron   | 13 % |
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(per serving, based on yield of 4 servings)

**Salad:** Mixed Greens with Orange, Celery and Pecans (cheese not included)

| Nutrition Facts  |             |
|--|-------------|
| Servings 4.0   |             |
| Amount Per Serving   |             |
| <b>calories</b> 189  |             |
| % Daily Value *  |             |
| <b>Total Fat</b> 10 g  | <b>16 %</b> |
| Saturated Fat 1 g  | 5 %         |
| Monounsaturated Fat 6 g  |             |
| Polyunsaturated Fat 3 g  |             |
| Trans Fat 0 g  |             |
| <b>Cholesterol</b> 0 mg  | <b>0 %</b>  |
| <b>Sodium</b> 198 mg   | <b>8 %</b>  |
| <b>Potassium</b> 539 mg  | <b>15 %</b> |
| <b>Total Carbohydrate</b> 22 g   | <b>7 %</b>  |
| Dietary Fiber 7 g  | 28 %        |
| Sugars 13 g  |             |
| <b>Protein</b> 4 g   | <b>7 %</b>  |
| Vitamin A  | 18 %        |
| Vitamin C  | 103 %       |
| Calcium  | 9 %         |
| Iron   | 6 %         |
| * 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. |             |

Balsamic Dressing(makes 8 servings)

| Nutrition Facts  |             |
|--|-------------|
| Servings 8.0   |             |
| Amount Per Serving   |             |
| <b>calories</b> 127  |             |
| % Daily Value *  |             |
| <b>Total Fat</b> 14 g  | <b>22 %</b> |
| Saturated Fat 2 g  | 10 %        |
| Monounsaturated Fat 10 g   |             |
| Polyunsaturated Fat 2 g  |             |
| Trans Fat 0 g  |             |
| <b>Cholesterol</b> 0 mg  | <b>0 %</b>  |
| <b>Sodium</b> 76 mg  | <b>3 %</b>  |
| <b>Potassium</b> 9 mg  | <b>0 %</b>  |
| <b>Total Carbohydrate</b> 1 g  | <b>0 %</b>  |
| Dietary Fiber 0 g  | 0 %         |
| Sugars 1 g   |             |
| <b>Protein</b> 0 g   | <b>0 %</b>  |
| Vitamin A  | 0 %         |
| Vitamin C  | 0 %         |
| Calcium  | 0 %         |
| Iron   | 4 %         |
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# September Paleo Week Two

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Breakfast:** Mashed Acorn Squash w/ Poached Eggs & Avocado

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 332   |      |
| % Daily Value *  |      |
| Total Fat 22 g   | 33 % |
| Saturated Fat 9 g  | 47 % |
| Monounsaturated Fat 8 g  |      |
| Polyunsaturated Fat 3 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 279 mg   | 93 % |
| Sodium 266 mg  | 11 % |
| Potassium 1098 mg  | 31 % |
| Total Carbohydrate 27 g  | 9 %  |
| Dietary Fiber 7 g  | 26 % |
| Sugars 1 g   |      |
| Protein 12 g   | 24 % |
| Vitamin A  | 25 % |
| Vitamin C  | 48 % |
| Calcium  | 12 % |
| Iron   | 17 % |
| * 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. |      |

**Snack:** Celery and Cashew Butter

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 208   |      |
| % Daily Value *  |      |
| Total Fat 16 g   | 25 % |
| Saturated Fat 3 g  | 16 % |
| Monounsaturated Fat 9 g  |      |
| Polyunsaturated Fat 3 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 104 mg  | 4 %  |
| Potassium 497 mg   | 14 % |
| Total Carbohydrate 13 g  | 4 %  |
| Dietary Fiber 3 g  | 10 % |
| Sugars 2 g   |      |
| Protein 6 g  | 13 % |
| Vitamin A  | 11 % |
| Vitamin C  | 6 %  |
| Calcium  | 6 %  |
| 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. |      |

**Dessert:** Cashew Butter Cups (makes 12 servings)

| Nutrition Facts  |      |
|--|------|
| Servings 12.0  |      |
| Amount Per Serving   |      |
| calories 241   |      |
| % Daily Value *  |      |
| Total Fat 22 g   | 33 % |
| Saturated Fat 17 g   | 84 % |
| Monounsaturated Fat 3 g  |      |
| Polyunsaturated Fat 1 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 56 mg   | 2 %  |
| Potassium 161 mg   | 5 %  |
| Total Carbohydrate 12 g  | 4 %  |
| Dietary Fiber 2 g  | 9 %  |
| Sugars 6 g   |      |
| Protein 3 g  | 5 %  |
| Vitamin A  | 0 %  |
| Vitamin C  | 0 %  |
| Calcium  | 1 %  |
| Iron   | 6 %  |
| * 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. |      |