

Prep Dish November 2017 Wk 3 - Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Asian Salmon
Pouches with
Spinach, Mushroom &
Bell Pepper

Meal 2: Chicken Stir
Fry with Broccoli &
Carrots

Meal 3: Pork &
Collards Stew

Nutrition Facts

Servings: 4

Amount per serving

Calories **228**

% Daily Value*

Total Fat 12.4g	16%
Saturated Fat 1.8g	9%
Cholesterol 50mg	17%
Sodium 89mg	4%
Total Carbohydrate 6.3g	2%
Dietary Fiber 1.7g	6%
Total Sugars 1.6g	
Protein 24.4g	
Vitamin D 128mcg	638%
Calcium 76mg	6%
Iron 4mg	21%
Potassium 807mg	17%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Nutrition Facts

Servings: 4

Amount per serving

Calories **242**

% Daily Value*

Total Fat 8.3g	11%
Saturated Fat 0.7g	4%
Cholesterol 73mg	24%
Sodium 139mg	6%
Total Carbohydrate 14.4g	5%
Dietary Fiber 3.9g	14%
Total Sugars 4.6g	
Protein 27.2g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 1mg	8%
Potassium 916mg	19%

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Nutrition Facts

Servings: 4

Amount per serving

Calories **745**

% Daily Value*

Total Fat 22.3g	29%
Saturated Fat 4.6g	23%
Cholesterol 163mg	54%
Sodium 898mg	39%
Total Carbohydrate 75.1g	27%
Dietary Fiber 12.7g	45%
Total Sugars 7.9g	
Protein 61.6g	
Vitamin D 0mcg	0%
Calcium 172mg	13%
Iron 7mg	39%
Potassium 1684mg	36%

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Meal 4: Turkey
Zucchini Lasagna

Nutrition Facts

Servings: 4

Amount per serving

Calories 620

% Daily Value*

Total Fat 23.7g	30%
Saturated Fat 9g	45%
Cholesterol 114mg	38%
Sodium 1080mg	47%
Total Carbohydrate 49.8g	18%
Dietary Fiber 6.7g	24%
Total Sugars 29.4g	
Protein 51.5g	
Vitamin D 128mcg	638%
Calcium 387mg	30%
Iron 4mg	24%
Potassium 1559mg	33%

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Salad: Mixed Greens
with Apple, Walnuts &
Goat Cheese

Nutrition Facts

Servings: 4

Amount per serving

Calories 373

% Daily Value*

Total Fat 29g	37%
Saturated Fat 6.8g	34%
Cholesterol 30mg	10%
Sodium 383mg	17%
Total Carbohydrate 21.8g	8%
Dietary Fiber 5g	18%
Total Sugars 11.8g	
Protein 11.3g	
Vitamin D 0mcg	0%
Calcium 236mg	18%
Iron 4mg	24%
Potassium 207mg	4%

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Breakfast: Hard
Boiled Eggs & Berries

Nutrition Facts

Servings: 4

Amount per serving

Calories 206

% Daily Value*

Total Fat 9.3g	12%
Saturated Fat 2.7g	14%
Cholesterol 327mg	109%
Sodium 123mg	5%
Total Carbohydrate 17.7g	6%
Dietary Fiber 5g	18%
Total Sugars 10.7g	
Protein 12.1g	
Vitamin D 31mcg	154%
Calcium 67mg	5%
Iron 2mg	13%
Potassium 298mg	6%

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Snack: Carrot Chips

Nutrition Facts

Servings: 4

Amount per serving

Calories **95**

% Daily Value*

Total Fat 7.1g	9%
Saturated Fat 5.9g	30%
Cholesterol 0mg	0%
Sodium 54mg	2%
Total Carbohydrate 8.1g	3%
Dietary Fiber 2.1g	7%
Total Sugars 3.8g	
Protein 0.9g	
Vitamin D 0mcg	0%
Calcium 35mg	3%
Iron 1mg	5%
Potassium 269mg	6%

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Dessert: Dark
Chocolate Dipped
Orange Slices (per
serving, based on 8
servings)

Nutrition Facts

Servings: 8

Amount per serving

Calories **113**

% Daily Value*

Total Fat 4.1g	5%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20.8g	8%
Dietary Fiber 2.2g	8%
Total Sugars 16.6g	
Protein 1.9g	
Vitamin D 0mcg	0%
Calcium 37mg	3%
Iron 0mg	3%
Potassium 167mg	4%

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