

Prep Dish November 2017 Wk 1 - Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Cucumber Dill
Salmon w/ Cauliflower
Couscous

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	566
	% Daily Value*
Total Fat 34.5g	44%
Saturated Fat 3.8g	19%
Cholesterol 82mg	27%
Sodium 302mg	13%
Total Carbohydrate 20.8g	8%
Dietary Fiber 5.6g	20%
Total Sugars 10g	
Protein 46.4g	
Vitamin D 0mcg	0%
Calcium 248mg	19%
Iron 4mg	21%
Potassium 1380mg	29%
*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.	

Meal 2: Herb Roasted
Chicken

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	392
	% Daily Value*
Total Fat 34.2g	44%
Saturated Fat 10g	50%
Cholesterol 110mg	37%
Sodium 508mg	22%
Total Carbohydrate 3.2g	1%
Dietary Fiber 0.7g	2%
Total Sugars 1.2g	
Protein 17.8g	
Vitamin D 0mcg	0%
Calcium 33mg	3%
Iron 2mg	11%
Potassium 116mg	2%
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Meal 3: Italian Turkey
Meatballs

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	336
	% Daily Value*
Total Fat 19.2g	25%
Saturated Fat 5.5g	28%
Cholesterol 145mg	48%
Sodium 451mg	20%
Total Carbohydrate 12.5g	5%
Dietary Fiber 3g	11%
Total Sugars 6.7g	
Protein 29.6g	
Vitamin D 4mcg	19%
Calcium 169mg	13%
Iron 3mg	17%
Potassium 842mg	18%
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**Brussels Sprouts w/
Bacon**

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	106
	% Daily Value*
Total Fat 4.6g	6%
Saturated Fat 0.8g	4%
Cholesterol 13mg	4%
Sodium 231mg	10%
Total Carbohydrate 10.1g	4%
Dietary Fiber 4.2g	15%
Total Sugars 2.4g	
Protein 6g	
Vitamin D 0mcg	0%
Calcium 38mg	3%
Iron 2mg	9%
Potassium 429mg	9%
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Sautéed Swiss Chard

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	36
	% Daily Value*
Total Fat 3.6g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 199mg	9%
Total Carbohydrate 1.2g	0%
Dietary Fiber 0.5g	2%
Total Sugars 0.3g	
Protein 0.5g	
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 0mg	3%
Potassium 96mg	2%
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Meal 4: Butternut Squash, Caramelized Onion, & Blue Cheese Tart (8 Servings)

Nutrition Facts

Servings: 8

Amount per serving	
Calories	263
	% Daily Value*
Total Fat 21.4g	27%
Saturated Fat 5.1g	25%
Cholesterol 43mg	14%
Sodium 374mg	16%
Total Carbohydrate 12.9g	5%
Dietary Fiber 2.5g	9%
Total Sugars 1.8g	
Protein 8.1g	
Vitamin D 2mcg	10%
Calcium 134mg	10%
Iron 1mg	7%
Potassium 252mg	5%

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Salad: Pear, Pomegranate, Hazelnut, Celery, Blue Cheese & Balsamic Vinaigrette

Nutrition Facts

Servings: 4

Amount per serving	
Calories	322
	% Daily Value*
Total Fat 19.3g	25%
Saturated Fat 5.9g	30%
Cholesterol 35mg	12%
Sodium 490mg	21%
Total Carbohydrate 31.8g	12%
Dietary Fiber 6.5g	23%
Total Sugars 16.8g	
Protein 9.5g	
Vitamin D 0mcg	0%
Calcium 258mg	20%
Iron 5mg	27%
Potassium 359mg	8%

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Snack: Celery, Walnut Butter & Pomegranate

Nutrition Facts

Servings: 4

Amount per serving	
Calories	188
	% Daily Value*
Total Fat 15.1g	19%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 64mg	3%
Total Carbohydrate 11.9g	4%
Dietary Fiber 3g	11%
Total Sugars 6.3g	
Protein 4.6g	
Vitamin D 0mcg	0%
Calcium 62mg	5%
Iron 1mg	6%
Potassium 308mg	7%

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Breakfast: Fried Eggs
w/ Butternut Squash,
Bacon & Roasted
Mushrooms

Dessert: Cranberry
Orange Cookies
(8 servings)

Nutrition Facts

Servings: 4

Amount per serving

Calories **369**

% Daily Value*

Total Fat 23.9g **31%**

Saturated Fat 5.6g **28%**

Cholesterol 20mg **7%**

Sodium 453mg **20%**

Total Carbohydrate 28.7g **10%**

Dietary Fiber 5.1g **18%**

Total Sugars 6.2g

Protein 13.7g

Vitamin D 204mcg **1021%**

Calcium 112mg **9%**

Iron 3mg **18%**

Potassium 1034mg **22%**

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Nutrition Facts

Servings: 8

Amount per serving

Calories **209**

% Daily Value*

Total Fat 16.8g **22%**

Saturated Fat 12.3g **61%**

Cholesterol 41mg **14%**

Sodium 126mg **5%**

Total Carbohydrate 12.8g **5%**

Dietary Fiber 2.4g **9%**

Total Sugars 9.3g

Protein 3.5g

Vitamin D 4mcg **19%**

Calcium 23mg **2%**

Iron 1mg **3%**

Potassium 17mg **0%**

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