

Prep Dish November 2017 Wk 5 - Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Asian Glazed

Sea Bass w/ Snow

Peas & Shiitake

Mushrooms

Nutrition Facts

Servings: 4

Amount per serving

Calories **298**

% Daily Value*

Total Fat 15.8g 20%

Saturated Fat 3.3g 17%

Cholesterol 43mg 14%

Sodium 304mg 13%

Total Carbohydrate 19.1g 7%

Dietary Fiber 4.4g 16%

Total Sugars 6g

Protein 21.9g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2mg 13%

Potassium 562mg 12%

*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: Turkey Italian

Meatballs w/ Herbed

Sweet Potatoes &

Cucumber Slices

Nutrition Facts

Servings: 4

Amount per serving

Calories **409**

% Daily Value*

Total Fat 18.9g 24%

Saturated Fat 5.1g 25%

Cholesterol 92mg 31%

Sodium 722mg 31%

Total Carbohydrate 27.3g 10%

Dietary Fiber 3.7g 13%

Total Sugars 4.1g

Protein 31g

Vitamin D 0mcg 0%

Calcium 67mg 5%

Iron 2mg 10%

Potassium 751mg 16%

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Meal 3: Steaks w/

Mashed Cauliflower &

Broccoli

Nutrition Facts

Servings: 4

Amount per serving

Calories **237**

% Daily Value*

Total Fat 7.4g 10%

Saturated Fat 2.5g 13%

Cholesterol 70mg 23%

Sodium 133mg 6%

Total Carbohydrate 13.7g 5%

Dietary Fiber 6g 21%

Total Sugars 5g

Protein 30.4g

Vitamin D 0mcg 0%

Calcium 74mg 6%

Iron 3mg 17%

Potassium 724mg 15%

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Nutrition Facts
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Meal 4: Chicken Chili

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 13.8g	18%
Saturated Fat 5.9g	29%
Cholesterol 98mg	33%
Sodium 991mg	43%
Total Carbohydrate 23.5g	9%
Dietary Fiber 3.4g	12%
Total Sugars 3.4g	
Protein 40.2g	
Vitamin D 128mcg	638%
Calcium 289mg	22%
Iron 5mg	30%
Potassium 1398mg	30%
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Salad: Mixed Greens w/ Grapefruit, Avocado & Sliced Almonds w/ Champagne Vinaigrette

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	332
% Daily Value*	
Total Fat 26.4g	34%
Saturated Fat 3.8g	19%
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 22.6g	8%
Dietary Fiber 7.9g	28%
Total Sugars 10.9g	
Protein 6.4g	
Vitamin D 0mcg	0%
Calcium 70mg	5%
Iron 1mg	8%
Potassium 488mg	10%
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Breakfast: Shakshuka

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	194
% Daily Value*	
Total Fat 10.7g	14%
Saturated Fat 3.2g	16%
Cholesterol 329mg	110%
Sodium 416mg	18%
Total Carbohydrate 11.5g	4%
Dietary Fiber 2.9g	10%
Total Sugars 6.5g	
Protein 13.6g	
Vitamin D 31mcg	154%
Calcium 116mg	9%
Iron 4mg	22%
Potassium 596mg	13%
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Breakfast: Pears &
Cashew Butter

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	309
	% Daily Value*
Total Fat 16.1g	21%
Saturated Fat 3.1g	16%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 40.7g	15%
Dietary Fiber 7.1g	25%
Total Sugars 20.4g	
Protein 6.4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 9mg	52%
Potassium 417mg	9%
<small>*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.</small>	

Dessert: Chai Hot
Cocoa

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 7.4g	9%
Saturated Fat 6.2g	31%
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 23.8g	9%
Dietary Fiber 0.8g	3%
Total Sugars 17.3g	
Protein 1.4g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	3%
Potassium 79mg	2%
<small>*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.</small>	