

# Prep Dish November 2017 Wk 4 - Paleo

Nutrition Facts  
(per serving, based on yield of 4 servings)

## Meal 1: Curried Shrimp, Eggplant & Snow Peas w/ Cauliflower Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 362	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 12 g	61 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 221 mg	74 %
Sodium 487 mg	20 %
Potassium 998 mg	29 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 11 g	43 %
Sugars 10 g	
Protein 30 g	59 %
Vitamin A	23 %
Vitamin C	71 %
Calcium	12 %
Iron	38 %
* 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 2: Balsamic Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 528	
% Daily Value *	
Total Fat 33 g	51 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 22 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 172 mg	57 %
Sodium 109 mg	5 %
Potassium 810 mg	23 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 53 g	106 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	1 %
Iron	6 %
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## Italian Side Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 75	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 94 mg	4 %
Potassium 969 mg	28 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 6 g	22 %
Sugars 5 g	
Protein 5 g	10 %
Vitamin A	218 %
Vitamin C	294 %
Calcium	19 %
Iron	44 %
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**Meal 3:** Mexican Stuffed Bell Peppers w/ Pinto Bean, Mushrooms & Tomato Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 352	
% Daily Value *	
<b>Total Fat</b> 12 g	19 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 34 mg	11 %
<b>Sodium</b> 709 mg	30 %
<b>Potassium</b> 1033 mg	30 %
<b>Total Carbohydrate</b> 42 g	14 %
<b>Dietary Fiber</b> 10 g	39 %
<b>Sugars</b> 9 g	
<b>Protein</b> 19 g	38 %
<b>Vitamin A</b>	75 %
<b>Vitamin C</b>	603 %
<b>Calcium</b>	35 %
<b>Iron</b>	29 %
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**Meal 4:** Grass-fed Beef & Vegetable Stew

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 342	
% Daily Value *	
<b>Total Fat</b> 7 g	10 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	17 %
<b>Sodium</b> 1525 mg	64 %
<b>Potassium</b> 1388 mg	40 %
<b>Total Carbohydrate</b> 46 g	15 %
<b>Dietary Fiber</b> 6 g	23 %
<b>Sugars</b> 11 g	
<b>Protein</b> 24 g	48 %
<b>Vitamin A</b>	112 %
<b>Vitamin C</b>	54 %
<b>Calcium</b>	6 %
<b>Iron</b>	22 %
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**Salad:** Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 408	
% Daily Value *	
<b>Total Fat</b> 29 g	44 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 16 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	7 %
<b>Sodium</b> 201 mg	8 %
<b>Potassium</b> 633 mg	18 %
<b>Total Carbohydrate</b> 27 g	9 %
<b>Dietary Fiber</b> 5 g	19 %
<b>Sugars</b> 18 g	
<b>Protein</b> 13 g	26 %
<b>Vitamin A</b>	70 %
<b>Vitamin C</b>	42 %
<b>Calcium</b>	14 %
<b>Iron</b>	14 %
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**Breakfast:** Cabbage & Apples w/ Sausage

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 424 mg	18 %
Potassium 296 mg	8 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 8 g	33 %
Sugars 24 g	
Protein 12 g	24 %
Vitamin A	49 %
Vitamin C	213 %
Calcium	12 %
Iron	14 %
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**Snack:** Carrots & Celery w/ Almond Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 137	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 230 mg	10 %
Potassium 823 mg	24 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	21 %
Sugars 6 g	
Protein 6 g	11 %
Vitamin A	119 %
Vitamin C	13 %
Calcium	18 %
Iron	9 %
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**Dessert:** Honey Broiled Grapefruit

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 112	
% 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 2 mg	0 %
Potassium 211 mg	6 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 0 g	0 %
Sugars 17 g	
Protein 1 g	1 %
Vitamin A	11 %
Vitamin C	78 %
Calcium	1 %
Iron	2 %
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