

Prep Dish November 2017 Week 2 - Paleo

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

Meal 1: Pesto Sea Bass

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	395
	% Daily Value*
Total Fat 27.8g	36%
Saturated Fat 5.1g	25%
Cholesterol 70mg	23%
Sodium 231mg	10%
Total Carbohydrate 3.1g	1%
Dietary Fiber 1.3g	5%
Total Sugars 0.4g	
Protein 35.3g	
Vitamin D 0mcg	0%
Calcium 159mg	12%
Iron 1mg	6%
Potassium 476mg	10%
*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: Moroccan Chicken Salad

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	509
	% Daily Value*
Total Fat 19.6g	25%
Saturated Fat 4.4g	22%
Cholesterol 151mg	50%
Sodium 615mg	27%
Total Carbohydrate 26.5g	10%
Dietary Fiber 5.7g	20%
Total Sugars 0.4g	
Protein 55.1g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 5mg	27%
Potassium 682mg	15%
*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 3: Sausage, Roasted Tomato & Pesto Spaghetti Squash

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	545
	% Daily Value*
Total Fat 36.6g	47%
Saturated Fat 8.5g	43%
Cholesterol 75mg	25%
Sodium 1286mg	56%
Total Carbohydrate 29.2g	11%
Dietary Fiber 5.3g	19%
Total Sugars 9.5g	
Protein 32.9g	
Vitamin D 0mcg	0%
Calcium 288mg	22%
Iron 13mg	75%
Potassium 1027mg	22%
*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.	

Roasted Potatoes & Broccoli

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	252
	% Daily Value*
Total Fat 7.8g	10%
Saturated Fat 1.1g	6%
Cholesterol 0mg	0%
Sodium 198mg	9%
Total Carbohydrate 42.2g	15%
Dietary Fiber 7.1g	25%
Total Sugars 4.1g	
Protein 7.4g	
Vitamin D 0mcg	0%
Calcium 93mg	7%
Iron 3mg	16%
Potassium 1350mg	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.	

Prep Dish November 2017 Week 2 - Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Slow Cooker
Chicken Pozole

Nutrition Facts

Servings: 4

Amount per serving

Calories **470**

% Daily Value*

Total Fat 24g **31%**

Saturated Fat 5.1g **25%**

Cholesterol 191mg **64%**

Sodium 595mg **26%**

Total Carbohydrate 11.9g **4%**

Dietary Fiber 7.7g **27%**

Total Sugars 2.7g

Protein 52.5g

Vitamin D 0mcg 0%

Calcium 58mg 4%

Iron 3mg 18%

Potassium 417mg 9%

*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.

Salad: Mixed Greens
with Oranges, Pecans
& Feta Cheese

Nutrition Facts

Servings: 4

Amount per serving

Calories **237**

% Daily Value*

Total Fat 18.2g **23%**

Saturated Fat 2.7g **13%**

Cholesterol 6mg **2%**

Sodium 180mg **8%**

Total Carbohydrate 17.2g **6%**

Dietary Fiber 5.1g **18%**

Total Sugars 9.2g

Protein 5.4g

Vitamin D 0mcg 0%

Calcium 148mg 11%

Iron 4mg 21%

Potassium 177mg 4%

*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.

Breakfast: Cranberry
& Hazelnut Baked
Apples (8 Servings)

Nutrition Facts

Servings: 8

Amount per serving

Calories **226**

% Daily Value*

Total Fat 9.9g **13%**

Saturated Fat 6.1g **31%**

Cholesterol 0mg **0%**

Sodium 1mg **0%**

Total Carbohydrate 42.5g **15%**

Dietary Fiber 5.4g **19%**

Total Sugars 30.1g

Protein 1.7g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1mg 6%

Potassium 160mg 3%

*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.

Prep Dish November 2017 Week 2 - Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Spice Roasted
Walnuts (per serving,
makes 8 servings)

Dessert: Chocolate
Pudding topped with
Cacao Nibs (per
serving, makes 8
servings)

Nutrition Facts

Servings: 8

Amount per serving

Calories **140**

% Daily Value*

Total Fat 11.1g **14%**

Saturated Fat 1.8g **9%**

Cholesterol 0mg **0%**

Sodium 3mg **0%**

Total Carbohydrate 6.6g **2%**

Dietary Fiber 0.9g **3%**

Total Sugars 0.1g

Protein 3.9g

Vitamin D 0mcg **0%**

Calcium 5mg **0%**

Iron 0mg **1%**

Potassium 15mg **0%**

*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: 8

Amount per serving

Calories **345**

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 4g **20%**

Cholesterol 0mg **0%**

Sodium 49mg **2%**

Total Carbohydrate 57.4g **21%**

Dietary Fiber 11g **39%**

Total Sugars 39g

Protein 4.3g

Vitamin D 0mcg **0%**

Calcium 40mg **3%**

Iron 2mg **10%**

Potassium 466mg **10%**

*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.