

December Week Four, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Steamed Crab & Roasted Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 689	
% Daily Value *	
Total Fat 35 g	53 %
Saturated Fat 17 g	84 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 301 mg	100 %
Sodium 4863 mg	203 %
Potassium 164 mg	5 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 90 g	180 %
Vitamin A	36 %
Vitamin C	65 %
Calcium	29 %
Iron	30 %
* 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.	

Parsnip Fries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 115	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 13 mg	1 %
Potassium 427 mg	12 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 6 g	22 %
Sugars 5 g	
Protein 1 g	3 %
Vitamin A	0 %
Vitamin C	32 %
Calcium	4 %
Iron	4 %
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Meal 2: Orange Chicken & Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 532	
% Daily Value *	
Total Fat 25 g	38 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 141 mg	47 %
Sodium 303 mg	13 %
Potassium 3786 mg	108 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 5 g	20 %
Sugars 32 g	
Protein 39 g	78 %
Vitamin A	73 %
Vitamin C	297 %
Calcium	19 %
Iron	93 %
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Cauliflower Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 77	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 467 mg	13 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	120 %
Calcium	3 %
Iron	3 %
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Meal 3: Lamb Chops

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 136	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 257 mg	11 %
Potassium 209 mg	6 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 18 g	36 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %
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Chimichurri

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 254	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 315 mg	13 %
Potassium 125 mg	4 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	1 %
Vitamin A	31 %
Vitamin C	35 %
Calcium	3 %
Iron	7 %
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Mashed Winter Squash

Meal 4: Turkey Taco Soup

Salad: Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese (w/o Dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 84	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 548 mg	16 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 6 g	26 %
Sugars 3 g	
Protein 2 g	4 %
Vitamin A	14 %
Vitamin C	29 %
Calcium	5 %
Iron	9 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 237	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1360 mg	57 %
Potassium 533 mg	15 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 4 g	15 %
Sugars 10 g	
Protein 18 g	35 %
Vitamin A	40 %
Vitamin C	99 %
Calcium	6 %
Iron	9 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 298	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 44 mg	15 %
Sodium 188 mg	8 %
Potassium 284 mg	8 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 11 g	42 %
Sugars 19 g	
Protein 11 g	22 %
Vitamin A	18 %
Vitamin C	20 %
Calcium	15 %
Iron	10 %
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Dressing

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 126	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 9 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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Breakfast: Kale, Sausage & Feta Cheese Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 531	
% Daily Value *	
Total Fat 38 g	58 %
Saturated Fat 16 g	78 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 507 mg	169 %
Sodium 1072 mg	45 %
Potassium 549 mg	16 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	12 %
Sugars 7 g	
Protein 33 g	66 %
Vitamin A	150 %
Vitamin C	139 %
Calcium	43 %
Iron	20 %
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Snack: Tangelos & Almonds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 225	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 440 mg	13 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 6 g	24 %
Sugars 19 g	
Protein 5 g	10 %
Vitamin A	8 %
Vitamin C	200 %
Calcium	12 %
Iron	7 %
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Dessert: Kiwi &
Pomegranate Parfait

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 203	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 9 mg	0 %
Potassium 893 mg	26 %
Total Carbohydrate 48 g	16 %
Dietary Fiber 10 g	40 %
Sugars 31 g	
Protein 4 g	8 %
Vitamin A	4 %
Vitamin C	365 %
Calcium	9 %
Iron	5 %
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