

## December Week One, Paleo

(per serving, based on yield of 4 servings)

**Meal 1:** Slow Cooker  
Beef in Red Wine w/  
Carrots, Celery &  
Potatoes

**Meal 2:** Lemon Caper  
Cod w/ Butternut Squash  
Halves & Sautéed  
Spinach

**Meal 3:** Mediterranean  
Turkey Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 560	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 150 mg	50 %
Sodium 414 mg	17 %
Potassium 1305 mg	37 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 8 g	31 %
Sugars 7 g	
Protein 55 g	110 %
Vitamin A	128 %
Vitamin C	30 %
Calcium	15 %
Iron	22 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 343	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 734 mg	31 %
Potassium 896 mg	26 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 5 g	20 %
Sugars 4 g	
Protein 17 g	35 %
Vitamin A	431 %
Vitamin C	88 %
Calcium	18 %
Iron	24 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 526	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 120 mg	40 %
Sodium 361 mg	15 %
Potassium 1426 mg	41 %
Total Carbohydrate 78 g	26 %
Dietary Fiber 11 g	42 %
Sugars 5 g	
Protein 48 g	95 %
Vitamin A	10 %
Vitamin C	10 %
Calcium	28 %
Iron	41 %
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### Rosemary Fries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 111	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 21 mg	1 %
Potassium 521 mg	15 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	16 %
Calcium	1 %
Iron	5 %
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### Meal 4: Beef & Roasted Pepper Fajitas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 542 mg	23 %
Potassium 413 mg	12 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	13 %
Sugars 5 g	
Protein 26 g	53 %
Vitamin A	109 %
Vitamin C	115 %
Calcium	7 %
Iron	14 %
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### Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 67	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 213 mg	6 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 4 g	17 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	5 %
Vitamin C	17 %
Calcium	4 %
Iron	2 %
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**Salad:** Arugula w/  
Butternut Squash,  
Pomegranate &  
Pumpkin Seeds  
(w/o dressing)

**Dressing**

**Breakfast:** Bell Pepper &  
Mushroom Scramble

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 227	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 950 mg	40 %
Potassium 297 mg	8 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	11 %
Sugars 6 g	
Protein 11 g	21 %
Vitamin A	95 %
Vitamin C	25 %
Calcium	22 %
Iron	18 %
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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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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 257	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 380 mg	127 %
Sodium 301 mg	13 %
Potassium 224 mg	6 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 3 g	12 %
Sugars 4 g	
Protein 20 g	39 %
Vitamin A	83 %
Vitamin C	115 %
Calcium	11 %
Iron	15 %
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## December Week One, Paleo

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**Snack:** Pork Rinds

Guacamole

**Dessert:** Clementine  
Oranges (1 orange)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 123	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 403 mg	17 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 12 g	25 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 85	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 267 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 4 g	16 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	4 %
Vitamin C	15 %
Calcium	3 %
Iron	2 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 10	
% 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 0 mg	0 %
Potassium 33 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	1 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	15 %
Calcium	1 %
Iron	0 %
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