

December Week Two, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Pecan Crusted Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 398	
% Daily Value *	
Total Fat 36 g	56 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 18 g	
Polyunsaturated Fat 9 g	
Trans Fat 0 g	
Cholesterol 106 mg	35 %
Sodium 128 mg	5 %
Potassium 303 mg	9 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 5 g	21 %
Sugars 2 g	
Protein 15 g	30 %
Vitamin A	31 %
Vitamin C	1 %
Calcium	5 %
Iron	12 %
* 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.	

Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 44	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 807 mg	34 %
Potassium 108 mg	3 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	2 %
Vitamin A	3 %
Vitamin C	8 %
Calcium	1 %
Iron	2 %
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Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 113	
% 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 217 mg	9 %
Potassium 438 mg	13 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	16 %
Sugars 5 g	
Protein 2 g	4 %
Vitamin A	369 %
Vitamin C	5 %
Calcium	4 %
Iron	5 %
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Meal 2: Bacon & Chard Stuffed Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 404	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 159 mg	53 %
Sodium 390 mg	16 %
Potassium 542 mg	15 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 61 g	123 %
Vitamin A	29 %
Vitamin C	9 %
Calcium	8 %
Iron	15 %
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Broccoli, Tomatoes & Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 169	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 76 mg	3 %
Potassium 973 mg	28 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	25 %
Sugars 6 g	
Protein 8 g	16 %
Vitamin A	33 %
Vitamin C	247 %
Calcium	9 %
Iron	13 %
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Meal 3: Potato & Onion Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 285	
% Daily Value *	
Total Fat 13 g	21 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 423 mg	141 %
Sodium 148 mg	6 %
Potassium 672 mg	19 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 2 g	9 %
Sugars 3 g	
Protein 16 g	31 %
Vitamin A	10 %
Vitamin C	17 %
Calcium	8 %
Iron	16 %
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Grapes
(4 servings in 2 cups)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 31	
% 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 1 mg	0 %
Potassium 88 mg	3 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 0 g	2 %
Sugars 8 g	
Protein 0 g	1 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	6 %
Iron	0 %
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Meal 4: Beef
Minestrone Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 280	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 405 mg	17 %
Potassium 507 mg	14 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 3 g	14 %
Sugars 8 g	
Protein 30 g	60 %
Vitamin A	38 %
Vitamin C	66 %
Calcium	7 %
Iron	30 %
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Salad: Mixed
Greens w/
Blueberries,
Walnuts & Feta
(w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 149	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 371 mg	15 %
Potassium 282 mg	8 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	6 %
Sugars 4 g	
Protein 7 g	14 %
Vitamin A	4 %
Vitamin C	6 %
Calcium	7 %
Iron	2 %
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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: Sweet Potato Waffles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 180	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 34 mg	11 %
Sodium 383 mg	16 %
Potassium 180 mg	5 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 11 g	23 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Bacon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 578	
% Daily Value *	
Total Fat 41 g	63 %
Saturated Fat 15 g	73 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 390 mg	130 %
Sodium 482 mg	20 %
Potassium 580 mg	17 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 6 g	22 %
Sugars 8 g	
Protein 24 g	49 %
Vitamin A	381 %
Vitamin C	6 %
Calcium	10 %
Iron	16 %
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Snack: Pumpkin Seed
Trail Mix

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 178	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 99 mg	4 %
Potassium 139 mg	4 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
Protein 4 g	9 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	1 %
Iron	6 %
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Dessert: Dark
Chocolate w/ Brazil
Nuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 370	
% Daily Value *	
Total Fat 33 g	50 %
Saturated Fat 10 g	49 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	8 %
Sugars 9 g	
Protein 7 g	13 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
Iron	28 %
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