

# December Week Three, Paleo

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Orange-Basil Turkey Breast

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 304	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 188 mg	62 %
Sodium 1880 mg	78 %
Potassium 865 mg	19 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 40 g	80 %
Vitamin A	3 %
Vitamin C	7 %
Calcium	3 %
Iron	15 %
* 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.	

### Brussel Sprouts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 94	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 29 mg	1 %
Potassium 441 mg	13 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	17 %
Sugars 2 g	
Protein 4 g	8 %
Vitamin A	17 %
Vitamin C	161 %
Calcium	5 %
Iron	9 %
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### Delicata Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 185	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 10 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 2 g	8 %
Sugars 0 g	
Protein 4 g	8 %
Vitamin A	0 %
Vitamin C	60 %
Calcium	0 %
Iron	12 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 2: Slow Baked Brisket

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 317	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 96 mg	32 %
Sodium 111 mg	5 %
Potassium 16 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 29 g	58 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	2 %
Iron	26 %
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### Creamy Cauliflower and Leek Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 121	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 627 mg	26 %
Potassium 762 mg	22 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 7 g	27 %
Sugars 8 g	
Protein 6 g	11 %
Vitamin A	23 %
Vitamin C	178 %
Calcium	9 %
Iron	13 %
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### Meal 3: Italian Sausage Pizza Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 247	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 993 mg	41 %
Potassium 307 mg	9 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 6 g	23 %
Sugars 6 g	
Protein 20 g	41 %
Vitamin A	17 %
Vitamin C	41 %
Calcium	14 %
Iron	24 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 4: Fiesta Brisket Bowl

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 529	
% Daily Value *	
Total Fat 26 g	40 %
Saturated Fat 7 g	34 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 144 mg	48 %
Sodium 1352 mg	56 %
Potassium 1179 mg	34 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 6 g	22 %
Sugars 7 g	
Protein 51 g	102 %
Vitamin A	8 %
Vitamin C	10 %
Calcium	4 %
Iron	30 %
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### Salad: Arugula w/ Apples, Cherries, Walnuts & Goat Cheese (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 289	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 174 mg	7 %
Potassium 456 mg	13 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 6 g	25 %
Sugars 17 g	
Protein 8 g	17 %
Vitamin A	68 %
Vitamin C	21 %
Calcium	10 %
Iron	11 %
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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:** Green Eggs  
w/ Side of Apples

**Snack:** Celery & Almond  
Butter & Cherries

**Dessert:** Pumpkin Pie  
Pudding

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 260	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 372 mg	124 %
Sodium 173 mg	7 %
Potassium 598 mg	17 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 6 g	24 %
Sugars 9 g	
Protein 14 g	28 %
Vitamin A	80 %
Vitamin C	27 %
Calcium	13 %
Iron	17 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 248	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 145 mg	6 %
Potassium 773 mg	22 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 4 g	17 %
Sugars 9 g	
Protein 6 g	12 %
Vitamin A	14 %
Vitamin C	9 %
Calcium	15 %
Iron	9 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 217	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 98 mg	4 %
Potassium 583 mg	17 %
Total Carbohydrate 49 g	16 %
Dietary Fiber 7 g	28 %
Sugars 26 g	
Protein 3 g	7 %
Vitamin A	766 %
Vitamin C	17 %
Calcium	22 %
Iron	21 %
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