

# January Week Two, Paleo

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Cider Cream Scallops

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 264	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 8 g	42 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 54 mg	18 %
Sodium 912 mg	38 %
Potassium 498 mg	14 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 0 g	1 %
Sugars 2 g	
Protein 28 g	56 %
Vitamin A	6 %
Vitamin C	2 %
Calcium	15 %
Iron	7 %
* 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.	

### Mashed Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 36	
% 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 45 mg	2 %
Potassium 437 mg	12 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	14 %
Sugars 4 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	118 %
Calcium	3 %
Iron	3 %
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### Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 198	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 85 mg	28 %
Sodium 197 mg	8 %
Potassium 0 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	7 %
Sugars 1 g	
Protein 29 g	58 %
Vitamin A	69 %
Vitamin C	27 %
Calcium	4 %
Iron	12 %
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(per serving, based on yield of 4 servings)

Roasted Sweet Potato

**Meal 3:** Meatza

**Meal 4:** Chipotle Bison & Veggie Chili

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 74 mg	3 %
Potassium 450 mg	13 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 2 g	4 %
Vitamin A	377 %
Vitamin C	5 %
Calcium	4 %
Iron	4 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 596	
% Daily Value *	
Total Fat 44 g	68 %
Saturated Fat 15 g	74 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 114 mg	38 %
Sodium 1643 mg	68 %
Potassium 134 mg	4 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	7 %
Sugars 7 g	
Protein 30 g	59 %
Vitamin A	32 %
Vitamin C	12 %
Calcium	16 %
Iron	12 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 210	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 356 mg	15 %
Potassium 391 mg	11 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	14 %
Sugars 5 g	
Protein 17 g	34 %
Vitamin A	22 %
Vitamin C	85 %
Calcium	15 %
Iron	13 %
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**Salad:** Mixed Greens w/  
Beets, Goat Cheese &  
Walnuts (w/o dressing)

Dressing

**Breakfast:** Pumpkin  
"Donuts"

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 276	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 10 mg	3 %
Sodium 237 mg	10 %
Potassium 338 mg	10 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 4 g	15 %
Sugars 7 g	
Protein 8 g	17 %
Vitamin A	35 %
Vitamin C	27 %
Calcium	7 %
Iron	15 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 10 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 12.0	
Amount Per Serving	
calories 171	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 8 g	41 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 993 mg	41 %
Potassium 65 mg	2 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	10 %
Sugars 11 g	
Protein 3 g	6 %
Vitamin A	19 %
Vitamin C	1 %
Calcium	3 %
Iron	7 %
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## Nutrition Facts

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**Snack:** Bananas w/ Spiced Almond Butter

**Dessert:** Honey Broiled Grapefruit

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 300	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 664 mg	19 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 4 g	17 %
Sugars 16 g	
Protein 6 g	12 %
Vitamin A	2 %
Vitamin C	18 %
Calcium	10 %
Iron	10 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 168	
% Daily Value *	
Total Fat 0 g	1 %
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 343 mg	10 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 4 g	16 %
Sugars 33 g	
Protein 2 g	4 %
Vitamin A	56 %
Vitamin C	128 %
Calcium	6 %
Iron	2 %
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