

January Week Four, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Beef & Butternut Squash Tagine

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 381	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 87 mg	4 %
Potassium 1275 mg	36 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 8 g	32 %
Sugars 15 g	
Protein 27 g	55 %
Vitamin A	513 %
Vitamin C	93 %
Calcium	15 %
Iron	31 %
* 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.	

Meal 2: Spinach Pesto Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 427	
% Daily Value *	
Total Fat 37 g	56 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 15 g	
Trans Fat 0 g	
Cholesterol 43 mg	14 %
Sodium 245 mg	10 %
Potassium 535 mg	15 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	12 %
Sugars 1 g	
Protein 24 g	48 %
Vitamin A	78 %
Vitamin C	30 %
Calcium	12 %
Iron	15 %
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Zucchini Noodles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 45	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 16 mg	1 %
Potassium 518 mg	15 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	8 %
Sugars 5 g	
Protein 2 g	5 %
Vitamin A	7 %
Vitamin C	59 %
Calcium	3 %
Iron	3 %
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Meal 3: Orange Cilantro Shrimp & Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 436	
% Daily Value *	
Total Fat 29 g	45 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 248 mg	83 %
Sodium 1021 mg	43 %
Potassium 618 mg	18 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	23 %
Sugars 7 g	
Protein 27 g	55 %
Vitamin A	35 %
Vitamin C	269 %
Calcium	18 %
Iron	10 %
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Sweet Potato Wedges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 55 mg	2 %
Potassium 331 mg	9 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 3 g	12 %
Sugars 4 g	
Protein 2 g	3 %
Vitamin A	277 %
Vitamin C	4 %
Calcium	3 %
Iron	4 %
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Meal 4: Spinach Pesto Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 434	
% Daily Value *	
Total Fat 35 g	53 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 15 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 270 mg	11 %
Potassium 740 mg	21 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 4 g	16 %
Sugars 1 g	
Protein 27 g	55 %
Vitamin A	78 %
Vitamin C	31 %
Calcium	8 %
Iron	16 %
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Roasted Tomatoes & Mushrooms

Salad: Mixed Greens w/ Raspberries, Feta & Pistachios (w/o dressing)

Dressing

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 105	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 28 mg	1 %
Potassium 642 mg	18 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 5 g	9 %
Vitamin A	18 %
Vitamin C	27 %
Calcium	2 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 190	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 297 mg	12 %
Potassium 394 mg	11 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	22 %
Sugars 4 g	
Protein 10 g	20 %
Vitamin A	44 %
Vitamin C	28 %
Calcium	19 %
Iron	7 %
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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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Breakfast: Baked Apples
w/ Walnuts & Cherries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 321	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 13 g	63 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 292 mg	8 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 7 g	28 %
Sugars 31 g	
Protein 2 g	3 %
Vitamin A	11 %
Vitamin C	8 %
Calcium	11 %
Iron	5 %
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Snack: Roasted Mini Peppers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 92	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 159 mg	5 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 1 g	2 %
Vitamin A	30 %
Vitamin C	199 %
Calcium	4 %
Iron	4 %
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Dessert: Dark Chocolate + Almonds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 267	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	23 %
Sugars 1 g	
Protein 8 g	16 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
Iron	6 %
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