

# January Week One, Paleo

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Honey Ginger Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 272	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 511 mg	21 %
Potassium 437 mg	12 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 1 g	4 %
Sugars 12 g	
Protein 21 g	42 %
Vitamin A	0 %
Vitamin C	10 %
Calcium	0 %
Iron	5 %
* 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.	

### Roasted Mushrooms & Acorn Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 204	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 17 mg	1 %
Potassium 1101 mg	31 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	20 %
Sugars 0 g	
Protein 5 g	11 %
Vitamin A	16 %
Vitamin C	40 %
Calcium	7 %
Iron	9 %
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### Meal 2: Salt & Pepper Roasted Drumsticks

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 180	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 96 mg	4 %
Potassium 2 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 22 g	44 %
Vitamin A	2 %
Vitamin C	6 %
Calcium	2 %
Iron	6 %
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Sweet Potato & Pear Soup

**Meal 3:** Lamb Kofta w/  
Tahini Sauce

Parsley Cauliflower Rice

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 170</b>	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 146 mg	6 %
Potassium 432 mg	12 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 5 g	20 %
Sugars 11 g	
Protein 10 g	19 %
Vitamin A	277 %
Vitamin C	11 %
Calcium	4 %
Iron	4 %
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<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 669</b>	
% Daily Value *	
Total Fat 57 g	87 %
Saturated Fat 15 g	73 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 14 g	
Trans Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 24 mg	1 %
Potassium 350 mg	10 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 5 g	19 %
Sugars 0 g	
Protein 30 g	61 %
Vitamin A	2 %
Vitamin C	14 %
Calcium	9 %
Iron	19 %
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<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 87</b>	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 61 mg	3 %
Potassium 638 mg	18 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 5 g	20 %
Sugars 6 g	
Protein 4 g	8 %
Vitamin A	51 %
Vitamin C	188 %
Calcium	8 %
Iron	14 %
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**Meal 4:** "Good Luck" Soup

**Salad:** Mixed Greens w/  
Pomegranate, Avocado,  
Cucumber & Walnuts (w/o  
dressing)

Dressing

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 341	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 413 mg	17 %
Potassium 693 mg	20 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 9 g	38 %
Sugars 9 g	
Protein 20 g	39 %
Vitamin A	46 %
Vitamin C	40 %
Calcium	14 %
Iron	36 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 262	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 19 mg	1 %
Potassium 695 mg	20 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 8 g	34 %
Sugars 6 g	
Protein 6 g	12 %
Vitamin A	42 %
Vitamin C	30 %
Calcium	4 %
Iron	8 %
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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:** Mixed Berry  
Green Smoothie

**Snack:** Golden Turmeric  
Milk

**Dessert:** Snickerdoodles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 96	
% 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 28 mg	1 %
Potassium 421 mg	12 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	21 %
Sugars 13 g	
Protein 2 g	3 %
Vitamin A	68 %
Vitamin C	35 %
Calcium	6 %
Iron	9 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 126	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 162 mg	7 %
Potassium 213 mg	6 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 5 g	18 %
Sugars 16 g	
Protein 2 g	4 %
Vitamin A	10 %
Vitamin C	3 %
Calcium	52 %
Iron	20 %
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Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 233	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 8 g	42 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 30 mg	10 %
Sodium 65 mg	3 %
Potassium 20 mg	1 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 1 g	3 %
Sugars 6 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	3 %
Iron	3 %
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