

February Week One, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Ginger-Lime Salmon Pouches

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 228	
% Daily Value *	
Total Fat 15 g	24 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 68 mg	23 %
Sodium 208 mg	9 %
Potassium 47 mg	1 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 19 g	37 %
Vitamin A	7 %
Vitamin C	23 %
Calcium	3 %
Iron	4 %
* 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.	

Red Pepper & Sweet Potato Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 130	
% 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 197 mg	8 %
Potassium 535 mg	15 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 5 g	20 %
Sugars 10 g	
Protein 3 g	5 %
Vitamin A	337 %
Vitamin C	62 %
Calcium	4 %
Iron	5 %
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Meal 2: Oriental Cashew Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 247	
% Daily Value *	
Total Fat 13 g	21 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 95 mg	32 %
Sodium 249 mg	10 %
Potassium 80 mg	2 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 1 g	4 %
Sugars 5 g	
Protein 23 g	47 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	3 %
Iron	11 %
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Zoodles

Meal 3: Roasted Pork w/
Apples & Rutabaga

Meal 4: Slow Cooker
Classic Beef & Root
Veggie Stew

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 32	
% 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 10 mg	0 %
Potassium 258 mg	7 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 1 g	2 %
Vitamin A	4 %
Vitamin C	29 %
Calcium	2 %
Iron	2 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 312	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 89 mg	30 %
Sodium 188 mg	8 %
Potassium 963 mg	28 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 5 g	18 %
Sugars 9 g	
Protein 26 g	52 %
Vitamin A	8 %
Vitamin C	88 %
Calcium	8 %
Iron	5 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 512	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 9 g	45 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
Cholesterol 110 mg	37 %
Sodium 516 mg	22 %
Potassium 1245 mg	36 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 12 g	48 %
Sugars 15 g	
Protein 35 g	70 %
Vitamin A	253 %
Vitamin C	69 %
Calcium	13 %
Iron	38 %
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Salad: Spinach w/
Blueberries, Sliced
Almonds & Goat Cheese
(w/o dressing)

Dressing (per serving,
based on 8 servings)

Breakfast: Almond Butter &
Cherry Breakfast Cookies
(per serving, based on 8
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 205	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 165 mg	7 %
Potassium 397 mg	11 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 7 g	28 %
Sugars 5 g	
Protein 11 g	21 %
Vitamin A	2 %
Vitamin C	6 %
Calcium	8 %
Iron	5 %
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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 8.0	
Amount Per Serving	
calories 270	
% 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 23 mg	8 %
Sodium 11 mg	0 %
Potassium 52 mg	1 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	19 %
Sugars 11 g	
Protein 8 g	16 %
Vitamin A	9 %
Vitamin C	0 %
Calcium	9 %
Iron	7 %
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Nutrition Facts

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Snack: Plantain Chips w/
Avocado

Dessert: Paleo Cookie
Dough Bites (per serving,
based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 262	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 57 mg	2 %
Potassium 571 mg	16 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 6 g	26 %
Sugars 2 g	
Protein 3 g	5 %
Vitamin A	6 %
Vitamin C	35 %
Calcium	1 %
Iron	3 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 168	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 3 mg	1 %
Sodium 6 mg	0 %
Potassium 21 mg	1 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 1 g	3 %
Sugars 10 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	2 %
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