

February Week Two, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Seared Tuna

Asparagus

Mashed Sweet Potatoes

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 174 | |
| % Daily Value * | |
| Total Fat 7 g | 10 % |
| Saturated Fat 4 g | 20 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 64 mg | 21 % |
| Sodium 63 mg | 3 % |
| Potassium 426 mg | 12 % |
| Total Carbohydrate 0 g | 0 % |
| Dietary Fiber 0 g | 0 % |
| Sugars 0 g | |
| Protein 29 g | 58 % |
| Vitamin A | 0 % |
| Vitamin C | 0 % |
| Calcium | 0 % |
| Iron | 9 % |
| * 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. | |

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 46 | |
| % 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 2 mg | 0 % |
| Potassium 162 mg | 5 % |
| Total Carbohydrate 3 g | 1 % |
| Dietary Fiber 2 g | 7 % |
| Sugars 2 g | |
| Protein 2 g | 4 % |
| Vitamin A | 12 % |
| Vitamin C | 7 % |
| Calcium | 2 % |
| Iron | 10 % |
| * 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. | |

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 116 | |
| % Daily Value * | |
| Total Fat 0 g | 1 % |
| Saturated Fat 0 g | 2 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 75 mg | 3 % |
| Potassium 438 mg | 13 % |
| Total Carbohydrate 26 g | 9 % |
| Dietary Fiber 4 g | 16 % |
| Sugars 6 g | |
| Protein 2 g | 4 % |
| Vitamin A | 369 % |
| Vitamin C | 5 % |
| Calcium | 4 % |
| Iron | 4 % |
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February Week Two, Paleo
Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 2: Slow Baked
Brisket

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 309 | |
| % Daily Value * | |
| Total Fat 21 g | 33 % |
| Saturated Fat 0 g | 0 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 593 mg | 25 % |
| Potassium 16 mg | 0 % |
| Total Carbohydrate 2 g | 1 % |
| Dietary Fiber 0 g | 2 % |
| Sugars 0 g | |
| Protein 23 g | 46 % |
| Vitamin A | 1 % |
| Vitamin C | 0 % |
| Calcium | 2 % |
| Iron | 6 % |
| * 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. | |

Braised Cabbage &
Carrots

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 200 | |
| % Daily Value * | |
| Total Fat 10 g | 16 % |
| Saturated Fat 1 g | 7 % |
| Monounsaturated Fat 7 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 123 mg | 5 % |
| Potassium 773 mg | 22 % |
| Total Carbohydrate 25 g | 8 % |
| Dietary Fiber 8 g | 34 % |
| Sugars 14 g | |
| Protein 4 g | 7 % |
| Vitamin A | 384 % |
| Vitamin C | 161 % |
| Calcium | 14 % |
| Iron | 10 % |
| * 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 3: Chicken w/
Almond Butter Dipping
Sauce

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 307 | |
| % Daily Value * | |
| Total Fat 21 g | 32 % |
| Saturated Fat 4 g | 22 % |
| Monounsaturated Fat 6 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 55 mg | 18 % |
| Sodium 285 mg | 12 % |
| Potassium 221 mg | 6 % |
| Total Carbohydrate 6 g | 2 % |
| Dietary Fiber 2 g | 8 % |
| Sugars 2 g | |
| Protein 26 g | 51 % |
| Vitamin A | 1 % |
| Vitamin C | 3 % |
| Calcium | 6 % |
| Iron | 7 % |
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Nutrition Facts

(per serving, based on yield of 4 servings)

Sesame Broccoli

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 117 | |
| % Daily Value * | |
| Total Fat 8 g | 12 % |
| Saturated Fat 1 g | 5 % |
| Monounsaturated Fat 3 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 51 mg | 2 % |
| Potassium 38 mg | 1 % |
| Total Carbohydrate 10 g | 3 % |
| Dietary Fiber 4 g | 16 % |
| Sugars 3 g | |
| Protein 4 g | 9 % |
| Vitamin A | 20 % |
| Vitamin C | 223 % |
| Calcium | 7 % |
| 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. | |

Cauliflower Rice

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 77 | |
| % Daily Value * | |
| Total Fat 4 g | 6 % |
| Saturated Fat 3 g | 16 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 48 mg | 2 % |
| Potassium 38 mg | 1 % |
| Total Carbohydrate 10 g | 3 % |
| Dietary Fiber 4 g | 14 % |
| Sugars 5 g | |
| Protein 3 g | 6 % |
| Vitamin A | 0 % |
| Vitamin C | 121 % |
| Calcium | 5 % |
| 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. | |

Meal 4: Turkey Zucchini Lasagna (per serving, based on 8 servings)

| Nutrition Facts | |
|--|-------|
| Servings 8.0 | |
| Amount Per Serving | |
| calories 285 | |
| % Daily Value * | |
| Total Fat 6 g | 10 % |
| Saturated Fat 2 g | 10 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 116 mg | 39 % |
| Sodium 584 mg | 24 % |
| Potassium 538 mg | 15 % |
| Total Carbohydrate 16 g | 5 % |
| Dietary Fiber 3 g | 13 % |
| Sugars 10 g | |
| Protein 26 g | 52 % |
| Vitamin A | 17 % |
| Vitamin C | 151 % |
| Calcium | 29 % |
| Iron | 13 % |
| * 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. | |

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Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Grapefruit & Avocado (w/o dressing)

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 218 | |
| % Daily Value * | |
| Total Fat 13 g | 20 % |
| Saturated Fat 1 g | 7 % |
| Monounsaturated Fat 9 g | |
| Polyunsaturated Fat 2 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 17 mg | 1 % |
| Potassium 677 mg | 19 % |
| Total Carbohydrate 19 g | 6 % |
| Dietary Fiber 5 g | 19 % |
| Sugars 2 g | |
| Protein 6 g | 12 % |
| Vitamin A | 51 % |
| Vitamin C | 97 % |
| Calcium | 7 % |
| Iron | 8 % |
| * 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. | |

Dressing (per serving, based on 8 servings)

| Nutrition Facts | |
|--|-----|
| Servings 8.0 | |
| Amount Per Serving | |
| calories 41 | |
| % Daily Value * | |
| Total Fat 3 g | 5 % |
| Saturated Fat 0 g | 2 % |
| Monounsaturated Fat 2 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 0 mg | 0 % |
| Potassium 8 mg | 0 % |
| Total Carbohydrate 3 g | 1 % |
| Dietary Fiber 0 g | 0 % |
| Sugars 3 g | |
| Protein 0 g | 0 % |
| Vitamin A | 0 % |
| Vitamin C | 2 % |
| Calcium | 0 % |
| Iron | 0 % |
| * 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. | |

Breakfast: Slow Baked Brisket

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 309 | |
| % Daily Value * | |
| Total Fat 21 g | 33 % |
| Saturated Fat 0 g | 0 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 593 mg | 25 % |
| Potassium 16 mg | 0 % |
| Total Carbohydrate 2 g | 1 % |
| Dietary Fiber 0 g | 2 % |
| Sugars 0 g | |
| Protein 23 g | 46 % |
| Vitamin A | 1 % |
| Vitamin C | 0 % |
| Calcium | 2 % |
| Iron | 6 % |
| * 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. | |

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Nutrition Facts

(per serving, based on yield of 4 servings)

Eggs, Spinach & Avocado

Snack: Bell Pepper Slices
w/ Almond Butter Dipping
Sauce

Dessert: Chewy Cocoa
Cookies (per serving,
based on 8 servings)

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 245 | |
| % Daily Value * | |
| Total Fat 19 g | 28 % |
| Saturated Fat 5 g | 23 % |
| Monounsaturated Fat 7 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 358 mg | 119 % |
| Sodium 172 mg | 7 % |
| Potassium 550 mg | 16 % |
| Total Carbohydrate 9 g | 3 % |
| Dietary Fiber 6 g | 23 % |
| Sugars 1 g | |
| Protein 14 g | 29 % |
| Vitamin A | 81 % |
| Vitamin C | 33 % |
| Calcium | 8 % |
| Iron | 16 % |
| * 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. | |

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 293 | |
| % Daily Value * | |
| Total Fat 21 g | 32 % |
| Saturated Fat 4 g | 19 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 98 mg | 4 % |
| Potassium 348 mg | 10 % |
| Total Carbohydrate 20 g | 7 % |
| Dietary Fiber 8 g | 32 % |
| Sugars 9 g | |
| Protein 9 g | 17 % |
| Vitamin A | 29 % |
| Vitamin C | 274 % |
| Calcium | 9 % |
| Iron | 10 % |
| * 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. | |

| Nutrition Facts | |
|--|------|
| Servings 8.0 | |
| Amount Per Serving | |
| calories 132 | |
| % Daily Value * | |
| Total Fat 6 g | 9 % |
| Saturated Fat 2 g | 12 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 2 g | |
| Trans Fat 0 g | |
| Cholesterol 1 mg | 0 % |
| Sodium 67 mg | 3 % |
| Potassium 140 mg | 4 % |
| Total Carbohydrate 20 g | 7 % |
| Dietary Fiber 4 g | 18 % |
| Sugars 12 g | |
| Protein 6 g | 12 % |
| Vitamin A | 0 % |
| Vitamin C | 0 % |
| Calcium | 3 % |
| Iron | 9 % |
| * 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. | |