

February Week Three, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Paprika Roasted Chicken

Trio of Roasted Veggies

Meal 2: Cauliflower Chowder

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 380	
% Daily Value *	
Total Fat 32 g	49 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 685 mg	29 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 18 g	36 %
Vitamin A	38 %
Vitamin C	0 %
Calcium	2 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 103	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 63 mg	3 %
Potassium 553 mg	16 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 5 g	22 %
Sugars 6 g	
Protein 2 g	3 %
Vitamin A	113 %
Vitamin C	31 %
Calcium	6 %
Iron	5 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 280	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 15 g	76 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 369 mg	15 %
Potassium 433 mg	12 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 6 g	25 %
Sugars 12 g	
Protein 8 g	16 %
Vitamin A	143 %
Vitamin C	254 %
Calcium	9 %
Iron	11 %
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Meal 3: Slow Cooker Curried Short Ribs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 491	
% Daily Value *	
Total Fat 28 g	44 %
Saturated Fat 15 g	76 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 160 mg	53 %
Sodium 889 mg	36 %
Potassium 124 mg	4 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	10 %
Sugars 10 g	
Protein 43 g	86 %
Vitamin A	1 %
Vitamin C	6 %
Calcium	5 %
Iron	33 %
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Mashed Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 56	
% 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 36 mg	1 %
Potassium 219 mg	6 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	184 %
Vitamin C	3 %
Calcium	2 %
Iron	2 %
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Meal 4: Turkey Taco Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 885 mg	37 %
Potassium 334 mg	10 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 6 g	25 %
Sugars 10 g	
Protein 21 g	42 %
Vitamin A	30 %
Vitamin C	81 %
Calcium	4 %
Iron	15 %
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Salad: Classic Side Salad
(w/o dressing)

Italian Vinaigrette (per
serving, based on 8
servings)

Breakfast: Pear Muffins
(per serving, based on 20
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 85	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 18 mg	1 %
Potassium 496 mg	14 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 4 g	15 %
Sugars 2 g	
Protein 2 g	5 %
Vitamin A	47 %
Vitamin C	28 %
Calcium	2 %
Iron	5 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 129	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 2 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 77	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 37 mg	12 %
Sodium 204 mg	8 %
Potassium 93 mg	3 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	10 %
Sugars 7 g	
Protein 2 g	5 %
Vitamin A	1 %
Vitamin C	4 %
Calcium	2 %
Iron	3 %
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Snack: Tangelos & Brazil Nuts

Dessert: Cinnamon Honey Coconut "Ice Cream" (per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 246	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 187 mg	5 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	21 %
Sugars 13 g	
Protein 5 g	11 %
Vitamin A	6 %
Vitamin C	120 %
Calcium	10 %
Iron	3 %
* 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 313	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 21 g	103 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 58 mg	2 %
Potassium 47 mg	1 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	16 %
Sugars 19 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
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.	

*Note: made w/o walnuts