

March Week Two, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Shrimp, Avocado & Grapefruit Salad (w/o dressing)

Champagne Vinaigrette

Meal 2: Whole Baked Chicken (per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 387	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 545 mg	23 %
Potassium 836 mg	24 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 9 g	36 %
Sugars 7 g	
Protein 31 g	63 %
Vitamin A	26 %
Vitamin C	42 %
Calcium	14 %
Iron	19 %
* 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 81	
% 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 1 mg	0 %
Potassium 12 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	0 %
Sugars 6 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	3 %
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.	

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 263	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 100 mg	33 %
Sodium 82 mg	3 %
Potassium 55 mg	2 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	6 %
Sugars 0 g	
Protein 21 g	43 %
Vitamin A	17 %
Vitamin C	45 %
Calcium	5 %
Iron	11 %
* 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.	

March Week Two, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Roasted Fennel &
Fingerling Potatoes

Meal 3: Beef Fajitas

Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 227	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 62 mg	3 %
Potassium 1199 mg	34 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 7 g	28 %
Sugars 8 g	
Protein 6 g	12 %
Vitamin A	23 %
Vitamin C	75 %
Calcium	8 %
Iron	12 %
* 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 316	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 301 mg	13 %
Potassium 653 mg	19 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 4 g	17 %
Sugars 8 g	
Protein 25 g	49 %
Vitamin A	127 %
Vitamin C	325 %
Calcium	9 %
Iron	32 %
* 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 133	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 510 mg	15 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 6 g	24 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	11 %
Vitamin C	38 %
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.	

March Week Two, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Turkey Minestrone

Salad: Italian Side Salad
(w/o dressing)

Basil Vinaigrette (per
serving, based on 8
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 191	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 53 mg	18 %
Sodium 208 mg	9 %
Potassium 833 mg	24 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	16 %
Sugars 9 g	
Protein 21 g	43 %
Vitamin A	104 %
Vitamin C	57 %
Calcium	9 %
Iron	18 %
* 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 97	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 548 mg	23 %
Potassium 299 mg	9 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	6 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	11 %
Vitamin C	28 %
Calcium	2 %
Iron	2 %
* 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 121	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 7 mg	0 %
Potassium 21 mg	1 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
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.	

March Week Two, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Homemade Sausage Patties (per serving, based on 8 servings)

Poached Eggs

Mashed Sweet Potatoes

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 155	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 41 mg	14 %
Sodium 143 mg	6 %
Potassium 197 mg	6 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	2 %
Sugars 0 g	
Protein 10 g	20 %
Vitamin A	1 %
Vitamin C	2 %
Calcium	3 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 60	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 179 mg	60 %
Sodium 73 mg	3 %
Potassium 3 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	6 %
Vitamin C	2 %
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 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 %
* 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.	

March Week Two, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Apple "Nachos"

Dessert: Tropical Chia Pudding (per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 173	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 171 mg	5 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 6 g	24 %
Sugars 13 g	
Protein 4 g	8 %
Vitamin A	2 %
Vitamin C	6 %
Calcium	11 %
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.	

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 302	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 10 g	51 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 22 mg	1 %
Potassium 312 mg	9 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 12 g	50 %
Sugars 26 g	
Protein 8 g	15 %
Vitamin A	6 %
Vitamin C	38 %
Calcium	18 %
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.	