

# **April Week Three, Paleo** **Nutrition Facts** (per serving, based on yield of 4 servings)

## **Meal 1: BBQ Shrimp**

## **Mashed Sweet Potatoes**

## **Meal 2: Italian Chicken** **Legs w/ Carrots, Parsnips & Fennel**

<b>Nutrition Facts</b>	
Servings 4.0	
<b>Amount Per Serving</b>	
<b>calories</b> 188	
<b>% Daily Value *</b>	
<b>Total Fat</b> 2 g	3 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 227 mg	76 %
<b>Sodium</b> 662 mg	28 %
<b>Potassium</b> 450 mg	13 %
<b>Total Carbohydrate</b> 16 g	5 %
<b>Dietary Fiber</b> 1 g	3 %
<b>Sugars</b> 13 g	
<b>Protein</b> 29 g	57 %
<b>Vitamin A</b>	11 %
<b>Vitamin C</b>	5 %
<b>Calcium</b>	8 %
<b>Iron</b>	14 %
* 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.	

<b>Nutrition Facts</b>	
Servings 4.0	
<b>Amount Per Serving</b>	
<b>calories</b> 56	
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 36 mg	1 %
<b>Potassium</b> 219 mg	6 %
<b>Total Carbohydrate</b> 13 g	4 %
<b>Dietary Fiber</b> 2 g	8 %
<b>Sugars</b> 3 g	
<b>Protein</b> 1 g	2 %
<b>Vitamin A</b>	184 %
<b>Vitamin C</b>	3 %
<b>Calcium</b>	2 %
<b>Iron</b>	2 %
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<b>Nutrition Facts</b>	
Servings 4.0	
<b>Amount Per Serving</b>	
<b>calories</b> 503	
<b>% Daily Value *</b>	
<b>Total Fat</b> 29 g	45 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 113 mg	38 %
<b>Sodium</b> 728 mg	30 %
<b>Potassium</b> 845 mg	24 %
<b>Total Carbohydrate</b> 33 g	11 %
<b>Dietary Fiber</b> 9 g	37 %
<b>Sugars</b> 10 g	
<b>Protein</b> 28 g	55 %
<b>Vitamin A</b>	113 %
<b>Vitamin C</b>	52 %
<b>Calcium</b>	9 %
<b>Iron</b>	18 %
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**April Week Three, Paleo**  
**Nutrition Facts**  
(per serving, based on yield of 4 servings)

**Meal 3:** Slow Cooker BBQ  
 Ribs

Potato Salad

Steamed Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 345	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 120 mg	40 %
Sodium 784 mg	33 %
Potassium 48 mg	1 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	7 %
Sugars 14 g	
Protein 37 g	74 %
Vitamin A	20 %
Vitamin C	23 %
Calcium	1 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 300	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 299 mg	12 %
Potassium 1228 mg	35 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 5 g	22 %
Sugars 4 g	
Protein 5 g	10 %
Vitamin A	6 %
Vitamin C	41 %
Calcium	6 %
Iron	12 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 19	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 329 mg	9 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	5 %
Sugars 2 g	
Protein 1 g	3 %
Vitamin A	8 %
Vitamin C	27 %
Calcium	2 %
Iron	3 %
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# **April Week Three, Paleo** **Nutrition Facts** (per serving, based on yield of 4 servings)

**Meal 4:** California Veggie Salad (w/o dressing)

Italian Dressing (per serving, based on 8 servings)

**Salad:** Spinach w/ Mango, Avocado & Walnuts (w/o dressing)

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 400	
	<b>% Daily Value *</b>
<b>Total Fat</b> 16 g	<b>25 %</b>
Saturated Fat 3 g	16 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 252 mg	<b>84 %</b>
<b>Sodium</b> 489 mg	<b>20 %</b>
<b>Potassium</b> 480 mg	<b>14 %</b>
<b>Total Carbohydrate</b> 21 g	<b>7 %</b>
Dietary Fiber 6 g	25 %
Sugars 3 g	
<b>Protein</b> 41 g	<b>83 %</b>
Vitamin A	14 %
Vitamin C	14 %
Calcium	7 %
Iron	13 %
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<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
<b>calories</b> 122	
	<b>% Daily Value *</b>
<b>Total Fat</b> 14 g	<b>22 %</b>
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 1 mg	<b>0 %</b>
<b>Potassium</b> 5 mg	<b>0 %</b>
<b>Total Carbohydrate</b> 0 g	<b>0 %</b>
Dietary Fiber 0 g	1 %
Sugars 0 g	
<b>Protein</b> 0 g	<b>0 %</b>
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 268	
	<b>% Daily Value *</b>
<b>Total Fat</b> 21 g	<b>32 %</b>
Saturated Fat 3 g	13 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 10 mg	<b>0 %</b>
<b>Potassium</b> 521 mg	<b>15 %</b>
<b>Total Carbohydrate</b> 21 g	<b>7 %</b>
Dietary Fiber 7 g	30 %
Sugars 12 g	
<b>Protein</b> 5 g	<b>10 %</b>
Vitamin A	29 %
Vitamin C	65 %
Calcium	3 %
Iron	5 %
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# **April Week Three, Paleo** **Nutrition Facts** (per serving, based on yield of 4 servings)

Balsamic Vinaigrette (per serving, based on 8 servings)

**Breakfast:** Eggs Baked in Avocado

Oranges

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% 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 3 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	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 4.0	
Amount Per Serving	
calories 189	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 188 mg	62 %
Sodium 77 mg	3 %
Potassium 425 mg	12 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 5 g	20 %
Sugars 1 g	
Protein 8 g	15 %
Vitamin A	7 %
Vitamin C	12 %
Calcium	3 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 50	
% 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 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 2 g	8 %
Sugars 9 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	92 %
Calcium	0 %
Iron	0 %
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# **April Week Three, Paleo** **Nutrition Facts** (per serving, based on yield of 4 servings)

**Snack:** Celery w/ Olive Dip

**Dessert:** Cherry Cobbler  
(per serving, based on 9 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 249	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 9 mg	3 %
Sodium 1273 mg	53 %
Potassium 489 mg	14 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 6 g	13 %
Vitamin A	18 %
Vitamin C	34 %
Calcium	14 %
Iron	2 %
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Nutrition Facts	
Servings 9.0	
Amount Per Serving	
calories 340	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 10 g	48 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 27 mg	9 %
Sodium 9 mg	0 %
Potassium 133 mg	4 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 5 g	22 %
Sugars 16 g	
Protein 5 g	10 %
Vitamin A	7 %
Vitamin C	7 %
Calcium	6 %
Iron	7 %
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