

June Week Three, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Nicoise Salad
(made w/o dressing)

Balsamic Vinaigrette (per
serving, based on 8
servings)

Meal 2: Pork, Pineapple &
Veggie Kabobs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 205	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 82 mg	27 %
Sodium 479 mg	20 %
Potassium 355 mg	10 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 17 g	34 %
Vitamin A	13 %
Vitamin C	31 %
Calcium	4 %
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 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 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 346	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 88 mg	29 %
Sodium 130 mg	5 %
Potassium 548 mg	16 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 5 g	21 %
Sugars 14 g	
Protein 29 g	59 %
Vitamin A	49 %
Vitamin C	346 %
Calcium	1 %
Iron	11 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 3: Bison Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 193	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 62 mg	3 %
Potassium 8 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 23 g	46 %
Vitamin A	6 %
Vitamin C	1 %
Calcium	0 %
Iron	11 %
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Sweet Potato Wedges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 183	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 129 mg	5 %
Potassium 503 mg	14 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 5 g	19 %
Sugars 6 g	
Protein 3 g	5 %
Vitamin A	380 %
Vitamin C	5 %
Calcium	6 %
Iron	12 %
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Green Apple Coleslaw

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 312	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 23 mg	1 %
Potassium 214 mg	6 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 4 g	15 %
Sugars 14 g	
Protein 1 g	2 %
Vitamin A	2 %
Vitamin C	43 %
Calcium	3 %
Iron	3 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Walnut Crusted Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 528	
% Daily Value *	
Total Fat 43 g	67 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 148 mg	49 %
Sodium 288 mg	11 %
Potassium 503 mg	14 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	16 %
Sugars 1 g	
Protein 34 g	68 %
Vitamin A	3 %
Vitamin C	4 %
Calcium	9 %
Iron	16 %
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Sautéed Spinach

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 29	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 58 mg	2 %
Potassium 404 mg	12 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 0 g	
Protein 2 g	4 %
Vitamin A	133 %
Vitamin C	34 %
Calcium	7 %
Iron	11 %
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Honey Glazed Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 67	
% 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 47 mg	2 %
Potassium 148 mg	4 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	7 %
Sugars 7 g	
Protein 0 g	1 %
Vitamin A	157 %
Vitamin C	3 %
Calcium	2 %
Iron	4 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Mixed Greens w/ Grapes, Walnuts & Avocado (made w/o dressing)

Balsamic Vinaigrette (per serving, based on 8 servings)

Breakfast: Hard Boiled Eggs w/ Oranges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 245	
% Daily Value *	
Total Fat 21 g	33 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 35 mg	1 %
Potassium 378 mg	11 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 7 g	29 %
Sugars 3 g	
Protein 5 g	11 %
Vitamin A	10 %
Vitamin C	13 %
Calcium	3 %
Iron	4 %
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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 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 188	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 327 mg	109 %
Sodium 125 mg	5 %
Potassium 358 mg	10 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 3 g	12 %
Sugars 13 g	
Protein 12 g	25 %
Vitamin A	16 %
Vitamin C	116 %
Calcium	10 %
Iron	10 %
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June Week Three, Paleo

Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Curried Cashews & Raisins (per serving, based on 8 servings)

Dessert: Chocolate Dipped Bananas

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 324	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 136 mg	4 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 1 g	3 %
Sugars 11 g	
Protein 10 g	19 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	1 %
Iron	2 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 125	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 228 mg	7 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 3 g	12 %
Sugars 8 g	
Protein 1 g	2 %
Vitamin A	1 %
Vitamin C	9 %
Calcium	1 %
Iron	2 %
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