

# June Week Four, Paleo

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts (made w/o dressing)

Balsamic Vinaigrette (per serving, based on 8 servings)

**Meal 2:** Grilled Lemon Tenders

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 352	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 67 mg	22 %
Sodium 439 mg	18 %
Potassium 730 mg	21 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 33 g	67 %
Vitamin A	46 %
Vitamin C	69 %
Calcium	14 %
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 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 304	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 98 mg	33 %
Sodium 119 mg	5 %
Potassium 32 mg	1 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 39 g	78 %
Vitamin A	1 %
Vitamin C	11 %
Calcium	4 %
Iron	8 %
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**Nutrition Facts**  
(per serving, based on yield of 4 servings)

Grilled Asparagus

Pineapple

**Meal 3:** Steak

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 46	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 164 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 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 113	
% 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 2 mg	0 %
Potassium 245 mg	7 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 3 g	13 %
Sugars 22 g	
Protein 1 g	2 %
Vitamin A	3 %
Vitamin C	179 %
Calcium	3 %
Iron	4 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 222	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 69 mg	23 %
Sodium 268 mg	11 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 29 g	57 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	19 %
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# June Week Four, Paleo

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Baked Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 112	
% 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 72 mg	3 %
Potassium 438 mg	13 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	16 %
Sugars 5 g	
Protein 2 g	4 %
Vitamin A	369 %
Vitamin C	5 %
Calcium	4 %
Iron	4 %
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### Sautéed Swiss Chard

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 68	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 534 mg	22 %
Potassium 949 mg	27 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 5 g	9 %
Vitamin A	305 %
Vitamin C	125 %
Calcium	13 %
Iron	23 %
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### Meal 4: Mexican Kabobs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 316	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 114 mg	38 %
Sodium 132 mg	6 %
Potassium 1030 mg	29 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 4 g	14 %
Sugars 7 g	
Protein 38 g	76 %
Vitamin A	40 %
Vitamin C	239 %
Calcium	2 %
Iron	8 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Salad:** Arugula w/  
Peaches, Sliced Almonds  
& Goat Cheese (made w/o  
dressing)

Balsamic Vinaigrette (per  
serving, based on 8  
servings)

**Breakfast:** Strawberry Chia  
Jam (per serving, based  
on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 193	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 147 mg	6 %
Potassium 177 mg	5 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 4 g	17 %
Sugars 5 g	
Protein 10 g	20 %
Vitamin A	20 %
Vitamin C	14 %
Calcium	13 %
Iron	6 %
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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 %
* 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 68	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 148 mg	4 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	14 %
Sugars 8 g	
Protein 1 g	3 %
Vitamin A	1 %
Vitamin C	51 %
Calcium	5 %
Iron	6 %
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## Nutrition Facts

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Paleo Pancakes

**Snack:** Seaweed Snacks

**Dessert:** Berry Peachy Fruit Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 246	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 279 mg	93 %
Sodium 276 mg	12 %
Potassium 557 mg	16 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 5 g	21 %
Sugars 16 g	
Protein 12 g	23 %
Vitamin A	10 %
Vitamin C	18 %
Calcium	5 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 65	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 169 mg	7 %
Potassium 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 3 g	10 %
Sugars 0 g	
Protein 3 g	5 %
Vitamin A	0 %
Vitamin C	39 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 139	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 481 mg	14 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 11 g	42 %
Sugars 16 g	
Protein 4 g	8 %
Vitamin A	11 %
Vitamin C	114 %
Calcium	7 %
Iron	8 %
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