

# August Week Four, Paleo

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Maple Mustard Pork

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 135	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 147 mg	6 %
Potassium 8 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	0 %
Sugars 3 g	
Protein 23 g	46 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
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.	

### Roasted Butternut Squash & Brussels Sprouts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 209	
% 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 22 mg	1 %
Potassium 1220 mg	35 %
Total Carbohydrate 38 g	12 %
Dietary Fiber 9 g	36 %
Sugars 5 g	
Protein 7 g	13 %
Vitamin A	496 %
Vitamin C	219 %
Calcium	14 %
Iron	15 %
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### Meal 2: Cilantro-Citrus Shrimp

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 154	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 143 mg	48 %
Sodium 656 mg	27 %
Potassium 272 mg	8 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	5 %
Sugars 1 g	
Protein 16 g	32 %
Vitamin A	14 %
Vitamin C	25 %
Calcium	9 %
Iron	4 %
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(per serving, based on yield of 4 servings)

### Cauliflower Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 98	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 44 mg	2 %
Potassium 5 mg	0 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	118 %
Calcium	5 %
Iron	5 %
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### Cucumber Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 11	
% 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 111 mg	3 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	2 %
Sugars 1 g	
Protein 0 g	1 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	1 %
Iron	1 %
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### Meal 3: Summer "Pasta" w/ Chicken Sausage

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 440	
% Daily Value *	
Total Fat 40 g	62 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 766 mg	32 %
Potassium 764 mg	22 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 6 g	23 %
Sugars 37 g	
Protein 21 g	42 %
Vitamin A	55 %
Vitamin C	96 %
Calcium	7 %
Iron	15 %
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Note: Made w/o optional feta or pine nuts

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**Meal 4:** Chicken & Veggie Cauliflower Rice Stir Fry

**Salad:** Arugula, Watermelon, Mint, Feta & Pistachio (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 248	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 389 mg	16 %
Potassium 864 mg	25 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 4 g	15 %
Sugars 6 g	
Protein 27 g	54 %
Vitamin A	11 %
Vitamin C	139 %
Calcium	7 %
Iron	10 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 98	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 44 mg	2 %
Potassium 5 mg	0 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	118 %
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 102	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 189 mg	5 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	8 %
Sugars 4 g	
Protein 4 g	8 %
Vitamin A	26 %
Vitamin C	15 %
Calcium	11 %
Iron	8 %
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Note: Made w/o optional feta

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## Nutrition Facts

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Balsamic Vinaigrette (per serving, based on 8 servings)

**Breakfast:** Farmer's Market Tart

**Snack:** Figgy Energy Bites (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% 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 2 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	1 %
* 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 243	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 47 mg	16 %
Sodium 301 mg	13 %
Potassium 682 mg	19 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 8 g	30 %
Sugars 6 g	
Protein 13 g	26 %
Vitamin A	167 %
Vitamin C	73 %
Calcium	13 %
Iron	30 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 181	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 222 mg	6 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 5 g	20 %
Sugars 18 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	4 %
Calcium	9 %
Iron	6 %
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Note: Made w/o optional goat cheese crumbles

**August Week Four, Paleo**  
Nutrition Facts  
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**Dessert:** Watermelon (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 474 mg	14 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 2 g	7 %
Sugars 26 g	
Protein 3 g	5 %
Vitamin A	48 %
Vitamin C	57 %
Calcium	3 %
Iron	6 %
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