

# August Week One, Paleo

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Italian Foil Packets

### Roasted Cauliflower & Broccoli

### Meal 2: Spinach Salad w/ Balsamic Chicken, Raspberries, Cucumber, Walnuts & Goat Cheese (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 189	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 281 mg	12 %
Potassium 914 mg	26 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	18 %
Sugars 27 g	
Protein 23 g	46 %
Vitamin A	29 %
Vitamin C	45 %
Calcium	4 %
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 91	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 68 mg	3 %
Potassium 666 mg	19 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 6 g	22 %
Sugars 5 g	
Protein 5 g	10 %
Vitamin A	14 %
Vitamin C	219 %
Calcium	6 %
Iron	7 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 298	
% Daily Value *	
Total Fat 17 g	27 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 69 mg	23 %
Sodium 318 mg	13 %
Potassium 521 mg	15 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	12 %
Sugars 4 g	
Protein 31 g	62 %
Vitamin A	67 %
Vitamin C	27 %
Calcium	8 %
Iron	15 %
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Note: made w/o optional goat cheese

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## Nutrition Facts

(per serving, based on yield of 4 servings)

Balsamic Vinaigrette (per serving, based on 8 servings)

**Meal 3:** Bison & Mushroom Lettuce Wraps

Avocado-Tomatillo Salsa

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 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 247	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 206 mg	9 %
Potassium 582 mg	17 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	6 %
Sugars 3 g	
Protein 26 g	52 %
Vitamin A	123 %
Vitamin C	17 %
Calcium	6 %
Iron	18 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 97	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 27 mg	1 %
Potassium 665 mg	19 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	21 %
Sugars 6 g	
Protein 3 g	5 %
Vitamin A	23 %
Vitamin C	53 %
Calcium	5 %
Iron	10 %
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## Nutrition Facts

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**Meal 4:** Beef Kabobs w/  
Zucchini & Tomatoes

**Salad:** Massaged Kale  
Salad w/ Blueberries &  
Pumpkin Seeds (w/o  
dressing)

Citrus Vinaigrette (per  
serving, based on 8  
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 231	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 73 mg	3 %
Potassium 1047 mg	30 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	15 %
Sugars 22 g	
Protein 28 g	57 %
Vitamin A	41 %
Vitamin C	47 %
Calcium	7 %
Iron	38 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 166	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 436 mg	18 %
Potassium 435 mg	12 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 5 g	20 %
Sugars 5 g	
Protein 5 g	10 %
Vitamin A	68 %
Vitamin C	79 %
Calcium	5 %
Iron	8 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 66	
% 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 0 mg	0 %
Potassium 28 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	13 %
Calcium	0 %
Iron	0 %
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## Nutrition Facts

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**Breakfast:** Veggie  
Breakfast Scramble

Avocado-Tomatillo Salsa

**Snack:** Strawberries &  
Walnuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 163	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 279 mg	93 %
Sodium 145 mg	6 %
Potassium 507 mg	14 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 13 g	25 %
Vitamin A	99 %
Vitamin C	195 %
Calcium	9 %
Iron	17 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 97	
% Daily Value *	
Total Fat 6 g	9 %
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Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 27 mg	1 %
Potassium 665 mg	19 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	21 %
Sugars 6 g	
Protein 3 g	5 %
Vitamin A	23 %
Vitamin C	53 %
Calcium	5 %
Iron	10 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 246	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 350 mg	10 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 5 g	20 %
Sugars 8 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	142 %
Calcium	4 %
Iron	7 %
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Nutrition Facts  
(per serving, based on yield of 4 servings)

**Dessert:** Mango &  
Blueberry Popsicles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 64	
% 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 1 mg	0 %
Potassium 148 mg	4 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	8 %
Sugars 13 g	
Protein 1 g	2 %
Vitamin A	16 %
Vitamin C	49 %
Calcium	1 %
Iron	1 %
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