Paleo Breakfast

Cinnamon French Toast				
Serving Size: Servings per	Recipe: 8 nation: Dairy I		Free, Soy Fre	e,
Amount per Ser	ving			
Calories 2	Calories 250 Calories from Fat 180			
% Daily Value*				
Total Fat 20g 31%				
Saturated	Fat 7g			35%
Trans Fat	0g			
Total Car	bohydrat	e 9g		3%
Dietary Fi	ber 2g			8%
Sugars	5g			
Protein	LOg			20%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
250	20g	10g	7g	2g
	54%	27%	19%	.5
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				



Cran-Apple Power Bars					
Nutrition Facts Serving Size: 1 Bar Servings per Recipe: 12 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free					
Amount per Ser	ving				
Calories :	Calories 172 Calories from Fat 72				
	% Daily Value*				
Total Fat	8g			12%	
Saturated	Fat 1g			5%	
Trans Fat	0g				
Total Car	bohydrate	e 20g		7%	
Dietary Fi	ber 3g			12%	
Sugars 1	L3g				
Protein	6g			12%	
Macronut	rient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
172	8g	6g	17g	3g	
	26%	19%	55%	0	
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie				

Hot Cereal						
Nutrition Facts Serving Size: 1 Bowl Servings per Recipe: 2 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free						
Amount per Ser	ving					
Calories	346	Ci	alories fror	n Fat 261		
				% Daily Value*		
Total Fat	29g			45%		
Saturated	Fat 9g			45%		
Trans Fat	0g					
Total Car	bohydrate	e 14g		5%		
Dietary Fil	ber 11g			44%		
Sugars	2g					
Protein	8g			16%		
Macronut	rient Rati	os (per s	erving)			
Calories	Fat	Protein	Net Carbs	Fiber		
346	29g	8g	3g	11g		
	73% 20% 8%					
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.						

Breakfast Sausage, Pork				
Serving Size: Servings per Allergy Inform Soy Free, Wh	1 Sausage F Recipe: 8 nation: Dairy I	Pattie	ee, Gluten Fre	e, Nut Free,
Amount per Ser	ving			
Calories 195 Calories from Fat 90				
				% Daily Value*
Total Fat 10g 15%				
Saturated	Fat 3g			15%
Trans Fat	0g			
Total Car	bohydrate	e 3g		1%
Dietary Fi	ber Og			0%
Sugars	2g			
Protein 2	24g			48%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
195	10g	24g	3g	0g
	27%	65%	8%	5
			,000 calorie di ending on you	

Nutrit Serving Size: Servings per I Allergy Inform Soy Free, Wh	1 Sausage P Recipe: 8 ation: Dairy F	attie	e, Gluten Free	, Nut Free,
Amount per Serv	ring			
Calories 155 Calories from Fat 81				
				% Daily Value
Total Fat 9g 14%				
Saturated	Saturated Fat 2g 10%			
Trans Fat	0g			
Total Carl	oohydrate	9 3g		1%
Dietary Fit	oer Og			0%
Sugars 2	2g			
Protein 1	6g			32%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
155	9g	16g	3g	Og
	32%	57%	11%	•

Paleo Breakfast

	Paleo Bagels				
Serving Size: Servings per	Recipe: 6 nation: Dairy I		Free, Soy Free	е,	
Amount per Ser	ving				
Calories	259	C	alories fror	n Fat 180	
	% Daily Value*				
Total Fat	20g			31%	
Saturated	l Fat 2g			10%	
Trans Fat	0g				
Total Car	bohydrat	e 8g		3%	
Dietary Fi	ber 5g			20%	
Sugars	1g				
Protein	12g			24%	
Macronu	trient Rati	ios (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
259	20g 50%	12g 30%	8g 20%	5g	
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

	Paleo Pancakes			
Serving Size: Servings per	Recipe: 18 nation: Dairy F		Free, Soy Free	9,
Amount per Ser	ving			
Calories :	Calories 113 Calories from Fat 90			
% Daily Value*				
Total Fat 10g 15%				
Saturated	l Fat 4g			20%
Trans Fat	0g			
Total Car	bohydrate	e 3g		1%
Dietary Fi	ber 1g			4%
Sugars	1g			
Protein	3g			6%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
113	10g	3g	2g	1g
	67%	20%	13%	-
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

Apricot Muffins Nutrition Facts Serving Size: 1 Muffir Servings per Recipe: 8 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free ount per Serving Calories 205 Calories from Fat 144 % Daily Value Total Fat 16g 25% Saturated Fat 13g 65% Trans Fat 0g Total Carbohydrate 11g 4% Dietary Fiber 2g 8% Sugars 8g Protein 4g 8% Macronutrient Ratios (per serving) Net Carbs Calories Fat Protein Fiber 205 16g 4g 9g 2g 55% 14% 31% *Percent Daily Values are based on a 2,000 calorie diet. Your

centerni pany values are based on a 2,000 calone diet. Your daily value may be higher or lower depending on your calorie needs.

Nut-Free Bran Muffins

Nutrition Facts Serving Size: 1 Muffir Servings per Recipe: 8 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free ount per Serving Calories 262 Calories from Fat 144 % Daily Value Total Fat 16g 25% Saturated Fat 5g 25% Trans Fat 0g Total Carbohydrate 28g 9% Dietary Fiber 6g 24% Sugars 15g Protein 8g 16% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 262 16g 8g 22g 6g 35% 17% 48% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Nutrit Serving Size: Servings per F Allergy Inform Vegetarian, W	I Crepe Recipe: 6 ation: Dairy F			9,
Amount per Serv	ing			
Calories 1	.17	(Calories fro	om Fat 90
				% Daily Value*
Total Fat 10g 15%				
Saturated	Fat 7g			35%
Trans Fat	0g			
Total Carl	ohydrate	e 1g		<1%
Dietary Fib	er 1g			4%
Sugars ()g			
Protein 4	lg			8%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
117	10g	4g	0q	1g
	71%	29%	0%	0
*Percent Daily daily value ma needs.				

Blueberry Coffee Cake				
Serving Size: Servings per Allergy Inform Vegetarian, W	1 Slice Recipe: 8 nation: Dairy F		Free, Soy Free	3,
Amount per Sen	ving			
Calories 422 Calories from Fat 306				
				% Daily Value*
Total Fat	34g			52%
Saturated	Fat 9g			45%
Trans Fat	0g			
Total Carl	bohydrate	e 22g		7%
Dietary Fil	ber 4g			16%
Sugars 1	.4g			
Protein 1	.1g			22%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
422	34g	11g	18g	4g
	54%	17%	29%	0
			,000 calorie di ending on your	

Strawberry Power Pina Colada				
Nutrit Serving Size: Servings per Allergy Inform Vegetarian, W	1 Glass Recipe: 2 nation: Dairy F		Free, Nut Free	, Soy Free,
Amount per Ser	ving			
Calories 3	371	Ci	alories fror	n Fat 162
% Daily Value*				
Total Fat	Total Fat 18g 28%			
Saturated	Fat 16g			80%
Trans Fat	0g			
Total Car	bohydrate	e 24g		8%
Dietary Fil	ber 3g			12%
Sugars 1	.6g			
Protein 2	!5g			50%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
371	18g	25g	21g	3g
	28%	39%	33%	5
			,000 calorie di ending on your	

Paleo Breads & Crackers

Paleo Bread					
Nutrition Facts Serving Size: 1 Slice Servings per Recipe: 12 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free					
Amount per Serv	ving				
Calories 1	L58	C	alories fron	n Fat 117	
				% Daily Value*	
Total Fat	13g			20%	
Saturated	Fat 2g			10%	
Trans Fat	0g				
Total Carl	bohydrat	e 6g		2%	
Dietary Fil	ber 2g			8%	
Sugars 2	2g				
Protein	7g			14%	
Macronut	rient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
158	13a	7g	4q	2g	
	54%	29%	17%	-5	
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie				

Date Orange Bread				
Serving Size: Servings per Allergy Inform Vegetarian, W	1 Slice Recipe: 8 nation: Dairy F		Free, Nut Free	, Soy Free,
Amount per Ser	ving			
Calories 215 Calories from Fat 144				
% Daily Value*				
Total Fat 16g 25%				
Saturated	Fat 13g			65%
Trans Fat	Og			
Total Car	bohydrate	e 13g		4%
Dietary Fil	ber 3g			12%
Sugars 1	.0g			
Protein	4g			8%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
215	16g	4α	10a	3q
	53%	13%	33%	5
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

	Nut-F	Free E	Bread	
Nutrit Serving Size: Servings per Allergy Inform Vegetarian, V	1 Slice Recipe: 12 nation: Dairy F		Free, Nut Free	e, Soy Free,
Amount per Ser	ving			
Calories 2	158	C	alories fror	n Fat 108
				% Daily Value*
Total Fat	12g			18%
Saturated	Fat 3g			15%
Trans Fat	0g			
Total Car	bohydrate	e 8g		3%
Dietary Fi	ber 3g			12%
Sugars	3g			
Protein	3g			6%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
158	12g	3g	5g	3g
	60%	15%	25%	Ū
			,000 calorie di ending on you	

Nutrit Serving Size: Servings per I Allergy Inform Vegetarian, W	I Slice Recipe: 12 ation: Dairy F		Free, Nut Free	, Soy Free,
Amount per Serv				
Calories 1	-	(Calories fro	m Fat 90
				% Daily Value*
Total Fat	10g			15%
Saturated	Fat 1g			5%
Trans Fat	0g			
Total Carl	oohydrate	e 5g		2%
Dietary Fil	per 3g			12%
Sugars ()g			
Protein	3g			12%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
126	10g	6g	2g	3g
	56%	33%	11%	0

	Bana	ana B	read	
Serving Size: Servings per Allergy Inform Vegetarian, W	1 Slice Recipe: 12 hation: Dairy F		Free, Soy Free	2,
Amount per Ser	ving			
Calories 1	L35	(Calories fro	om Fat 81
				% Daily Value*
Total Fat	9g			14%
Saturated	Fat 3g			15%
Trans Fat	0g			
Total Car	bohydrate	e 12g		4%
Dietary Fil	ber 2g			8%
Sugars	6g			
Protein	5g			10%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
135	9g	5g	10g	2g
	38%	21%	42%	-
			,000 calorie di ending on you	

	Pale	o Tor	tillas	
Serving Size: Servings per Allergy Inform Vegetarian, V	1 Tortilla Recipe: 4 nation: Dairy F		Free, Nut Free	e, Soy Free,
Amount per Ser	ving			
Calories :	131	C	alories fror	n Fat 108
				% Daily Value*
Total Fat	12g			18%
Saturated	Fat 2g			10%
Trans Fat	Og			
Total Car	bohydrate	e 1g		<1%
Dietary Fi	ber 1g			4%
Sugars	Og			
Protein	5g			10%
Macronut	rient Rati	os (per s	ervina)	
Calories	Fat	Protein	Net Carbs	Fiber
131	9g	5α	0g	1g
	71%	29%	0%	-5
			,000 calorie di ending on you	

Paleo Breads & Crackers

Nut-Free Crackers				s
Nutrit Serving Size: Servings per Allergy Inform Soy Free, Ver	1 Cracker Recipe: 16 nation: Dairy F	Free, Egg Fre	e, Gluten Free	e, Nut Free,
Amount per Ser	ving			
Calories S	59	(Calories fro	m Fat 36
				% Daily Value*
Total Fat	4g			6%
Saturated	Fat 1g			5%
Trans Fat	0g			
Total Car	bohydrate	e 2g		1%
Dietary Fil	ber 1g			4%
Sugars	Og			
Protein	2g			4%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
59	4q	2q	1g	1g
	57%	29%	14%	5
			,000 calorie di ending on your	

	Garli	c Cra	ckers	
Serving Size: Servings per F Allergy Inform Vegetarian, W	1 Cracker Recipe: 24 ation: Dairy I		Free, Soy Free	
Amount per Serv	ing			
Calories 4	14	(Calories fro	m Fat 36
				% Daily Value*
Total Fat	4g			6%
Saturated	Fat 0g			0%
Trans Fat	0g			
Total Carl	ohydrate	e 2g		1%
Dietary Fit	er 1g			4%
Sugars ()g			
Protein 2	2g			4%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
44	4g	2g	1g	1g
	57%	29%	14%	-
			,000 calorie die ending on your	

Olive	Oil T	hyme	e Crac	kers
Nutrit Serving Size: Servings per Allergy Inform Vegan, Vegel	1 Cracker Recipe: 24 nation: Dairy F	Free, Egg Fre	e, Gluten Fre	e, Soy Free,
Amount per Ser	ving			
Calories !	52	(Calories fro	om Fat 45
				% Daily Value
Total Fat	5g			8%
Saturated	Fat Og			0%
Trans Fat	0g			
Total Car	bohydrate	e 2g		1%
Dietary Fi	ber 1g			4%
Sugars	0g			
Protein	2g			4%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
52	5g	2g	1g	1g
02	63%	25%	13%	Ū

Paleo Vegetables

4%

Fiber

4g

A	vocad	lo Ka	le Sla	w
Serving Size: Servings per Allergy Inform Soy Free, Ve	1/4 Total Yie Recipe: 4 nation: Dairy F	ld Free, Egg Fre	e, Gluten Frei ee	e, Nut Free,
Amount per Ser	ving			
Calories	152	C	alories fror	n Fat 117
				% Daily Value*
Total Fat	13g			20%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Car	bohydrate	9g 🗧		3%
Dietary Fi	ber 5g			20%
Sugars	2g			
Protein	4g			8%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
152	13g	4g	4g	5g
	62%	19%	19%	-
	,		,000 calorie di nding on your	

Со	lorful	Wint	er Sal	ad
Nutrit Serving Size: Servings per Allergy Inform Soy Free, Ver	1/4 Total Yie Recipe: 4 nation: Dairy F	ld Free, Egg Fre	e, Gluten Frei ee	e, Nut Free,
Amount per Ser	ving			
Calories 2	226 .	C	alories fror	n Fat 126
				% Daily Value*
Total Fat	14g			21%
Saturated	Fat 2g			8%
<i>Trans</i> Fat	0g			
Total Car	bohydrate	e 20g		7%
Dietary Fil	ber 8g			30%
Sugars	8g			
Protein	5g			10%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
226	14g	5g	12g	8g
	45%	15%	40%	3
			,000 calorie di ending on your	

	Prima	l Col	eslaw	
Serving Size: Servings per		ld	e, Gluten Free	e, Soy Free,
Amount per Ser	ving			
Calories	1063	C	alories fror	n Fat 999
				% Daily Value*
Total Fat	111g			171%
Saturated	l Fat 17g			160%
Trans Fat	0g			
Total Car	bohydrate	9 9g		3%
Dietary Fi	ber 5g			20%
Sugars	2g			
Protein	7g			14%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
1063	111g	7g	4g	5g
	91%	6%	3%	
			,000 calorie di nding on your	

Bitter Dande	elion Greens
Nutrition Fac Serving Size: 1/4 Total Yield Servings per Recipe: 4 Allergy Information: Dairy Free, E Soy Free, Vegan, Vegetarian, W	Egg Free, Gluten Free, Nut Free,
Amount per Serving	
Calories 106	Calories from Fat 72
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 10g	g 3%
Dietary Fiber 4g	16%
Sugars 1g	

Protein 2g

Calories

106

needs.

Macronutrient Ratios (per serving)

Protein

2g

13% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Net Carbs

6g

38%

Fat

8g

50%

	Caulii	lowe	r Rice	
Serving Size: Servings per Allergy Inform Soy Free, Ve	1/4 Total Yie Recipe: 4 nation: Dairy F	ld Free, Egg Fre	e, Gluten Free	e, Nut Free,
Amount per Ser	ving			
Calories :	142	(Calories fro	om Fat 99
				% Daily Value*
To <u>tal Fat</u>	11g			17%
Saturated	Fat 1g			5%
Trans Fat	0g			
Total Car	bohydrate	e 11g		4%
Dietary Fi	ber 5g			20%
Sugars	4g			
Protein	3g			6%
	rient Rati	os (per s	erving)	
Macronut		Protein	Net Carbs	Fiber
Macronut Calories	Fat	TTOLCIT		
	Fat 11g	3g	6g	5g

Rice Pilaf				
Serving Size: Servings per Allergy Inform Vegan, Vege	1/4 Total Yie Recipe: 4 nation: Dairy I	ld Free, Egg Fre	e, Gluten Fre	e, Soy Free,
Amount per Ser	ving			
Calories	194	(Calories fro	om Fat 99
% Daily Value*				
Total Fat	11g			17%
Saturated	Fat 6g			30%
Trans Fat	0g			
Total Car	bohydrate	e 22g		7%
Dietary Fi	ber 6g			24%
Sugars 1	13g			
Protein	5g			10%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
194	11g 34%	3g 1 6%	16g 50%	6g
*Percent Dai	•	10/10	,000 calorie d	et. Your
daily value m needs.	ay be higher	or lower depe	ending on you	calorie

Paleo Vegetables

Balsamic Rosemary Beets					
Nutrit Serving Size: Servings per F Allergy Inform Soy Free, Veg	1/4 Total Yie Recipe: 4 ation: Dairy F	ld Free, Egg Fre		e, Nut Free,	
Amount per Serving					
Calories 175 Calories from Fat 36				om Fat 36	
% Daily Value*					
Total Fat	Total Fat 4g 6%				
Saturated	Fat 1g			5%	
Trans Fat	Og				
Total Carl	ohydrate	e 29g		10%	
Dietary Fib	ier 4g			16%	
Sugars 2	2g				
Protein 4	łg			8%	
Macronut	rient Rati	os (per s	ervina)		
Calories	Fat	Protein	Net Carbs	Fiber	
175	4a	4α	25g	4a	
1.0	12%	12%	76%	-9	
*Percent Daily daily value ma needs.					

Roasted Broccoli				
Nutrit Serving Size: Servings per Allergy Inform Soy Free, Veg	1/4 Total Yie Recipe: 4 nation: Dairy F	ld Free, Egg Fre		e, Nut Free,
Amount per Serv	ving			
Calories 215 Calories from Fat 72				
% Daily Value*				
Total Fat 8g 12%				12%
Saturated	Fat 1g			5%
Trans Fat	Og			
Total Carl	bohydrate	e 30g		10%
Dietary Fil	ber 12g			48%
Sugars a	8g			
Protein 1	.3g			26%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
215	8a	13a	18g	12g
	21%	33%	46%	5
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

Paleo "Potato" Leek Soup				
Serving Size: : Servings per F Allergy Informa Soy Free, Whe	1/4 Total Yie Recipe: 4 ation: Dairy I	ld	ee, Gluten Free	, Nut Free,
Amount per Serv	ing			
Calories 216 Calories from Fat 162				
				% Daily Value*
Total Fat	18g 28%			
Saturated	Fat 6g			30%
Trans Fat	Og			
Total Carb	ohydrat	e 13g		4%
Dietary Fib	er 5g			20%
Sugars 4	g			
Protein 16	6g			32%
Macronuti	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
216	18a	16g	8g	5g
	43%	38%	19%	5
*Percent Daily daily value ma needs.			,000 calorie die ending on your	

Serving Size: Servings per I	Recipe: 4 ation: Dairy I	ld	ee, Gluten Free	e, Nut Free,	
Amount per Serv	ving				
Calories 226 Calories from Fat 171					
				% Daily Value*	
To <u>tal Fat</u>	otal Fat 19g 299				
Saturated	Fat 1g			5%	
Trans Fat	0g				
Total Carl	bohydrat	e 15g		5%	
Dietary Fit	ber 5g			20%	
Sugars 4	4g				
Protein 1	.5g			30%	
Macronut	rient Rati	ios (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
226	19g	15g	10g	5g	
	43%	34%	23%	-	

Sauteed Turnips				
Serving Size: Servings per Allergy Inform Soy Free, Ve	1/4 Total Yie Recipe: 4 nation: Dairy F	ld Free, Egg Fre	e, Gluten Fre	e, Nut Free,
Amount per Ser	ving			
Calories 8	81	(Calories fro	m Fat 27
% Daily Value*				
Total Fat	3g			5%
Saturated	Fat 3g			15%
Trans Fat	0g			
Total Car	bohydrate	e 13g		4%
Dietary Fi	ber 2g			8%
Sugars	9g			
Protein	1g			2%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
81	3g 20%	1g 7%	11g 73%	2g

Nutrit Serving Size: Servings per F	ion F 1 Stuffed Mu Recipe: 24	acts	Free, Nut Free	
Wheat Free	auon: Dairy i	Free, Giuten	Free, Nut Free.	, Soy Free,
Amount per Serv			Delevice fre	
Calories 30 Calories from Fat 18				
Total Fat	20			6 Daily Value 396
Saturated Fat 1g				
Trans Fat	0g			
Total Carl	ohvdrate	e 1g		<1%
Dietary Fib				0%
Sugars 0)g			
Protein 3	g			6%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
30	2g	3g	1g	Og
	33%	50%	17%	
			,000 calorie die ending on your	

Paleo Vegetables

needs.

Stuffed Mushrooms, Pork						
Nutrition Facts Serving Size: 1 Stuffed Mushroom Servings per Recipe: 24 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Wheat Free						
Amount per Ser	ving					
Calories 2	28		Calories f	rom Fat 9		
				% Daily Value*		
Total Fat	1g			2%		
Saturated	Fat 0g			0%		
Trans Fat	Og					
Total Car	bohydrat	e 1g		<1%		
Dietary Fi	ber Og			0%		
Sugars	Og					
Protein	4g			8%		
Macronut	rient Rati	ios (per s	erving)			
Calories	Fat	Protein	Net Carbs	Fiber		
28	1g 17%	4g 67%	1g 17%	Og		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Servings per Allergy Inform Vegetarian, V	nation: Dairy F	Free, Egg Fre	e, Gluten Fre	e, Soy Free
Amount per Ser	ving			
Calories :	146	C	alories fror	n Fat 10
				% Daily Value
To <u>tal Fat</u>	12g			189
Saturated Fat 1g 59				
Trans Fat	0g			
Total Car	bohydrate	e 8g		39
Dietary Fi	ber 3g			129
Sugars	5g			
Protein	4g			89
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
146	12g	4g	5g	3g
	57%	19%	24%	-
		2370	-170	

Sesame Noodles

Pages 46-62

Mushroom Lo Mein					
Serving Size: Servings per	nation: Dairy I	ld	e, Gluten Fre	e, Soy Free,	
Amount per Ser	ving				
Calories 199 Calories from Fat 81					
				% Daily Value*	
Total Fat	Total Fat 9g 14%				
Saturated	ted Fat 8g 40%				
Trans Fat	0g				
Total Car	bohydrate	e 23g		8%	
Dietary Fi	ber 9g			36%	
Sugars 1	L2g				
Protein	5g			10%	
Macronut	trient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
199	9g	5g	14g	9g	
	32%	18%	50%	-	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.					

Pad Thai Nutrition Facts					
Serving Size: Servings per F Allergy Inform Vegan, Veget	Recipe: 4 ation: Dairy F	Free, Egg Fre	e, Gluten Fre	e, Soy Free,	
Amount per Serv	ring				
Calories 4	181	C	alories fror	n Fat 284	
% Daily Value*					
Total Fat	t 32g 48%				
Saturated	Fat 12g			60%	
Trans Fat	Og				
Total Carl	oohydrate	e 37g		12%	
Dietary Fit	ber 13g			50%	
Sugars §)g				
Protein 1	6g			32%	
Macronut	rient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
481	32g	16g	24g	13g	
	44%	22%	34%		
*Percent Daily daily value ma needs.					

Twice Baked Squash				
Nutrit Serving Size: Servings per P Allergy Inform Vegetarian, W	1/4 Total Yie Recipe: 4 ation: Dairy I	ld	Free, Nut Free	e, Soy Free,
Amount per Serv	<u>,</u>			
Calories 239 Calories from Fat 81				
				% Daily Value*
Total Fat	Total Fat 9g 14%			
Saturated	Fat 7g			35%
Trans Fat	0g			
Total Carl	oohydrate	e 37g		12%
Dietary Fit	ber 6g			24%
Sugars 9	€g			
Protein (6g			12%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
239	9g	6q	31q	6g
	20%	13%	67%	5
			,000 calorie di ending on your	

Paleo Entrees

Honey Lemon Chicken				
Nutrit Serving Size: Servings per I Allergy Inform Soy Free, Wh	1/4 Total Yie Recipe: 4 ation: Dairy F	ld	e, Gluten Fre	e, Nut Free,
Amount per Serv	/ing			
Calories 7	747	C	alories fror	n Fat 450
				% Daily Value*
Total Fat	50g			77%
Saturated	Fat 13g	65%		
Trans Fat	0g			
Total Carl	bohydrate	e 20g		7%
Dietary Fil	oer 3g			12%
Sugars 1	.1g			
Protein 5	5g			110%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
747	50g	55g	17g	3a
	41%	45%	14%	- 3
			,000 calorie di ending on your	

Chicken Marbella				
Serving Size: Servings per Allergy Inform Soy Free, Wh	1/6 Total Yie Recipe: 6 nation: Dairy F	ld	e, Gluten Fre	e, Nut Free,
Amount per Ser	ving			
Calories (683	C	alories fror	n Fat 243
				% Daily Value*
Total Fat	27g			42%
Saturated	Fat 6g			30%
Trans Fat	0g			
Total Car	bohydrate	e 72g		24%
Dietary Fi	ber 22g			88%
Sugars 3	36g			
Protein 6	62g			124%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
683	27g	62g	50g	22g
	19%	45%	36%	-
	,		,000 calorie di ending on you	

(Chicken Gumbo			
Serving Size: Servings per F Allergy Information Soy Free, Whe	1/4 Total Yie Recipe: 4 ation: Dairy F	ld	ee, Gluten Free	e, Nut Free,
Amount per Serv	ing			
Calories 4	-60	C	alories fror	n Fat 207
				% Daily Value*
Total Fat	23g			35%
Saturated	Fat 9g			45%
Trans Fat	0g			
Total Carb	ohydrate	e 26g		9%
Dietary Fib	er 9g			36%
Sugars 9	g			
Protein 42	2g			84%
Macronuti	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
460	23g	42g	17g	9g
	28%	51%	21%	5
*Percent Daily daily value ma needs.			,	

Nutrit Serving Size: Servings per I Allergy Inform Wheat Free	1/4 Total Yie Recipe: 4	ld	Free, Nut Free	, Soy Free,
Amount per Serv	/ing			
Calories 8	300	С	alories fron	1 Fat 554
				% Daily Value*
Total Fat 62g				95%
Saturated	Saturated Fat 9g 4			43%
<i>Trans</i> Fat	Og			
Total Carl	bohydrate	e 30g		10%
Dietary Fil	oer 8g			32%
Sugars 1	.6g			
Protein 3	2g			64%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
800	62g	32g	22g	8g
	53%	27%	20%	-

Rosemary Lemon Chicken				
Serving Size: Servings per Allergy Inform Soy Free, Wh	1/4 Total Yie Recipe: 4 nation: Dairy F	ld	e, Gluten Free	e, Nut Free,
Amount per Ser	ving			
Calories 338 Calories from Fat 198				
% Daily Value*				
Total Fat 22g 34%				
Saturated	Saturated Fat 4g 20%			
Trans Fat	0g			
Total Car	bohydrate	e 2g		1%
Dietary Fil	ber Og			0%
Sugars	1g			
Protein 3	5g			70%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
338	22g 37%	35g 59%	2g 3%	Og
			,000 calorie di ending on your	

Paleo Shepherd's Pie				
Serving Size: Servings per Allergy Inform Soy Free, Wh	1/6 Total Yie Recipe: 6 nation: Dairy F	ld	ee, Gluten Fre	e, Nut Free,
Amount per Ser	ving			
Calories 359 Calories from Fat 198				
				% Daily Value*
Total Fat 22g 34%				
Saturated	ated Fat 6g 30%			
<i>Trans</i> Fat	1g			
Total Car	bohydrate	e 23g		8%
Dietary Fil	oer 9g			36%
Sugars	9g			
Protein 2	2g			44%
Macronut	rient Rati	os (per s	ervina)	
Calories	Fat	Protein	Net Carbs	Fiber
Calories	22g	22g	14g	9q
359				-9

Paleo Entrees

Sesame Fish Sticks				s
Serving Size: Servings per		ld	Free, Soy Free	e, Wheat
Amount per Ser	ving			
Calories	510	C	alories fror	n Fat 378
				% Daily Value*
Total Fat	42g			65%
Saturated	Fat 6g			30%
Trans Fat	Og			
Total Car	bohydrat	e 12g		4%
Dietary Fi	ber 7g			28%
Sugars	1g			
Protein	26g			52%
Macronu	trient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
510	42g	26g	5g	7g
	58%	36 %	7%	
	,		,000 calorie di ending on you	

Classic Salmon Burgers				gers
Nutrit Serving Size: Servings per Allergy Inform Wheat Free	1 Burger Recipe: 6		Free, Nut Free	, Soy Free,
Amount per Ser	ving			
Calories !	512	C	alories fror	n Fat 235
				% Daily Value*
Total Fat	26g			40%
Saturated	Fat 4g			19%
Trans Fat	0g			
Total Car	bohydrate	3 5g		12%
Dietary Fi	ber 20g			78%
Sugars	2g			
Protein 3	34g			68%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
512	26	34g	15g	20g
	34%	45%	21%	-
			,000 calorie di ending on your	

Salmon Salad Nutrition Facts				
Serving Size: Servings per I Allergy Inform Wheat Free	Recipe: 4		Free, Nut Free	, Soy Free,
Amount per Serv	ring			
Calories 6	656	С	alories fror	n Fat 522
				% Daily Value*
Total Fat	58g			88%
Saturated	Fat 8g			38%
Trans Fat	0g			
Total Carl	oohydrate	e 7g		2%
Dietary Fit	oer 4g			16%
Sugars 2	2g			
Protein 2	8g			56%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
656	58g	28g	3q	4q
	65 %	31%	4%	5
			,000 calorie di ending on your	

Mustard Salmon Fillet

Serving Size: Servings per	nation: Dairy F	ld	e, Gluten Fre	e, Nut Free,
Amount per Ser	ving			
Calories	210	(Calories fro	om Fat 36
				% Daily Value*
Total Fat	4g			6%
Saturated Fat 1g 5%				
Trans Fat	0g			
Total Car	bohydrate	e Og		0%
Dietary Fi	ber Og			0%
Sugars	Og			
Protein 2	29g			58%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
210	4g	29g	0g	0g
	12%	88%	0%	-
			,000 calorie di ending on you	

Gre	Greek Turkey Burgers			
Serving Size: Servings per		tie	Free, Soy Free	e, Wheat
Amount per Ser	ving			
Calories 2	213	С	alories fror	n Fat 135
				% Daily Value*
Total Fat	Total Fat 15g 23%			23%
Saturated	Fat 3g			15%
Trans Fat	0g			
Total Car	bohydrate	e 4g		1%
Dietary Fi	ber 1g			4%
Sugars	1g			
Protein 1	L7g			34%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
213	15g 43%	17g 49%	3g 9%	1g
			,000 calorie di ending on your	

	Bacon Tart				
Serving Size: Servings per Allergy Inform Free	1 Slice Recipe: 6		Free, Soy Free	e, Wheat	
Amount per Ser	ving				
Calories 4	487	C	alories fror	n Fat 392	
				% Daily Value*	
Total Fat	44g			67%	
Saturated	Saturated Fat 13g 66			66%	
<i>Trans</i> Fat	0g				
Total Car	bohydrate	e 8g		3%	
Dietary Fil	ber 4g			14%	
Sugars	2g				
Protein 1	.7g			34%	
Macronut	rient Rati	os (per s	erving)		
	Fat	Protein	Net Carbs	Fiber	
Calories		17g	4g	4g	
Calories 487	44g				

Paleo Entrees

Green Frittata				
Nutrition Facts Serving Size: 1 Slice Servings per Recipe: 8 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free				
Amount per Serv	/ing			
Calories 142 Calories from Fat 72				
% Daily Value*				
Total Fat 8g 12%				
Saturated Fat 2g 10%				
Trans Fat 0g				
Total Carl	bohydrate	e 7g		2%
Dietary Fil	oer 3g			12%
Sugars 2	1g			
Protein 1	.0g			20%
Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
142	8g	10g	4g	3q
36% 45% 18%				
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

Marinated Flank Steak				
Serving Size: Servings per P Allergy Inform Soy Free, Wh	1/4 Total Yie Recipe: 4 ation: Dairy I	ld	e, Gluten Free	e, Nut Free,
Amount per Serv	ring			
Calories 299 Calories from Fat 108				
% Daily Value*				
Total Fat 12g 18%				
Saturated	Fat 4g			20%
Trans Fat	0g			
Total Carl	oohydrate	e 10g		3%
Dietary Fil	oer Og			0%
Sugars 8	3g			
Protein 3	2g			64%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
299	12g	32g	10g	0g
	22 %	59%	19%	5
			,000 calorie di ending on your	

Asian Stir-Fry					
Nutrition Facts Serving Size: 1/4 Total Yield Servings per Recipe: 4 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free					
Amount per Ser	ving				
Calories 490Calories from Fat 171					
% Daily Value*					
Total Fat	Total Fat 19g 29%				
Saturated	Fat 9g			45%	
<i>Trans</i> Fat	0g				
Total Car	bohydrate	e 40g		13%	
Dietary Fil	ber 11g			44%	
Sugars 1	L3g				
Protein 45g 90%					
Macronutrient Ratios (per serving)					
Calories	Fat	Protein	Net Carbs	Fiber	
490	19g	45g	29g	11g	
	20%	48%	31%	0	
			,000 calorie di ending on your		

Beef with Broccoli

Nutrition Facts Serving Size: 1/4 Total Yield Servings per Recipe: 4 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serv				
Calories 4	154	C	alories fror	n Fat 180
				% Daily Value*
Total Fat	20g			31%
Saturated	Fat 11g			55%
<i>Trans</i> Fat	0g			
Total Carbohydrate 38g 13%				
Dietary Fiber 13g 52%				
Sugars 9	Эg			
Protein 3	6g			72%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
454	20g	36g	25g	13g
25% 44% 31%				
	y Values are	based on a 2	31% ,000 calorie di ending on your	

Paleo Condiments, Spreads, & Toppings

Basil Cream Sauce				
Nutrition Facts Serving Size: 1/2 Cup Servings per Recipe: 3 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free				
Amount per Serv	ing			
Calories 250 Calories from Fat 225				
				% Daily Value*
Total Fat 25g 38%				
Saturated Fat 17g 85%				
Trans Fat 0g				
Total Cark	ohydrate	e 1g		<1%
Dietary Fib	er Og			0%
Sugars C)g			
Protein 6g 12%				
Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
250	25g	6q	1g	0g
	78%	19 %	3%	- 9
*Percent Daily daily value ma needs.				

Paleo Mayonnaise				
Nutrit Serving Size: Servings per F Allergy Inform Vegetarian, W	1/2 Cup Recipe: 2 ation: Dairy F		Free, Nut Free	e, Soy Free,
Amount per Serv	ring			
Calories 1011 Calories from Fat 999				
% Daily Value*				
Total Fat 111g 171%				
Saturated Fat 15g 75%				
Trans Fat 0g				
Total Carl	oohydrate	e Og		0%
Dietary Fib	oer Og			0%
Sugars ()g			
Protein 3	3g			6%
Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
1011	111	3g	0g	0q
	97 %	3%	0%	5
*Percent Daily daily value ma needs.				

Caesar Dressing				
Nutrition Facts Serving Size: 1/2 Cup Servings per Recipe: 3 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free				
Amount per Ser	ving			
Calories 684 Calories from Fat 666				
% Daily Value*				
Total Fat 74g 114%				
Saturated Fat 10g 50%				
Trans Fat 0g				
Total Carbohydrate 2g 1%				
Dietary Fiber 0g 0%				
Sugars	Og			
Protein 4g 8%				
Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
684	74g 93%	4g 5%	2g 3%	0g
			,000 calorie di Inding on your	

Dill Tartar Sauce Nutrition Facts Serving Size: 1/2 Cup Servings per Recipe: 2 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free				
Amount per Serv	ing			
Calories 5	543	С	alories fron	n Fat 509
				% Daily Value*
Total Fat 57g 879				
Saturated Fat 8g 38%				
<i>Trans</i> Fat	0g			
Total Carl	ohydrate	e 5g		2%
Dietary Fib	er 2g			8%
Sugars ()g			
Protein 4	lg			8%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
543	57	4g	3g	2g
	90 %	6%	4%	0
			,000 calorie di ending on your	

Nutrition Facts Serving Size: 1 Head of Garlic Servings per Recipe: 2 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free Amount per Serving Calories 291 Calories from Fat 243 * Daily Value* Total Fat 27g Sturated Fat 4g Dietary Fiber 0g Protein 2g 4% Macronutrient Ratios (per serving) 24% Calories Fat Protein	Roasted Garlic				
Calories 291 Calories from Fat 243 Total Fat 27g 42% Saturated Fat 4g 20% Trans Fat 0g 77 Total Carbohydrate 12g 4% Dietary Fiber 0g 0% Sugars 0g 9% Protein 2g 4% Macronutrient Ratios (per serving) 4%	Serving Size: 1 Head of Garlic Servings per Recipe: 2 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free,				
% Daily Value* Total Fat 27g 42% Saturated Fat 4g 20% Trans Fat 0g 0g Total Carbohydrate 12g 4% Dietary Fiber 0g 0% Sugars 0g 9% Protein 2g 4% Macronutrient Ratios (per serving) 4%	Amount per Servi	ng			
Total Fat 27g 42% Saturated Fat 4g 20% Trans Fat 0g 0g Total Carbohydrate 12g 4% Dietary Fiber 0g 0% Sugars 0g 9% Protein 2g 4% Macronutrient Ratios (per serving) 4%	Calories 2	91	С	alories fror	n Fat 243
	Total Fat 27g 42% Saturated Fat 4g 20% Trans Fat 0g 0g Total Carbohydrate 12g 4% Dietary Fiber 0g 0% Sugars 0g 0%				
Calories Fat Protein Net Carbs Fiber	Macronutrient Ratios (per serving)				
291 27g 2g 12g 0g 66% 5% 29%		27g	2g	12g	-

Nutrition Facts Serving Size: 1/2 Cup Servings per Recipe: 3 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free				
Amount per Ser	ving			
Calories 652 Calories from Fat 648				
% Daily Value*				
Total Fat 72g 111%				
Saturated Fat 10g 50%				
Trans Fat	0g			
Total Car	bohydrate	3 g		1%
Dietary Fil	ber 2g			8%
Sugars	1g			
Protein 1g 2%				
Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
652	72g	1g	1g	2g
	97%	1.5%	1.5%	0
652 72g 1g 1g 2g				

Paleo Condiments, Spreads, & Toppings

Tangy "Peanut" Sauce					
Nutrition Facts Serving Size: 1/2 Cup Servings per Recipe: 2 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free					
Amount per Ser	ving				
Calories 2	208	C	alories fror	n Fat 153	
% Daily Value*					
Total Fat 17g 26%					
Saturated	Fat 2g			10%	
Trans Fat	Og				
Total Car	bohydrate	9 10g		3%	
Dietary Fil	ber 5g			20%	
Sugars	2g				
Protein	7g			14%	
Macronutrient Ratios (per serving)					
Calories	Fat	Protein	Net Carbs	Fiber	
208	17g	7g	5g	5g	
	59 %	24%	17%	5	
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

Tahini Dressing				
Serving Size: Servings per Allergy Inform Soy Free, Ve	1/2 Cup Recipe: 4 nation: Dairy F	Free, Egg Fre	e, Gluten Frei ee	e, Nut Free,
Amount per Ser	ving			
Calories 255 Calories from Fat 207				
	% Daily Value*			
Total Fat 23g 35%				
Saturated Fat 3g 15%				
Trans Fat 0g				
Total Car	bohydrate	e 7g		2%
Dietary Fi	ber 3g			12%
Sugars	0g			
Protein	5g			10%
Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
255	23	5g	4a	3q
	72%	16%	12%	- 5
			,000 calorie di ending on you	

Vegan Pesto Rustico					
Nutrition Facts Serving Size: 1/2 Cup Servings per Recipe: 4 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free					
Amount per Ser	ving				
Calories 3	319	C	alories fror	n Fat 279	
				% Daily Value*	
Total Fat	31g			48%	
Saturated	Fat 5g			25%	
<i>Trans</i> Fat	Og				
Total Car	bohydrate	e 7g		2%	
Dietary Fi	ber 3g			12%	
Sugars	1g				
Protein	5g			10%	
Macronut	rient Rati	ios (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
319	31g	5g	4g	3q	
	78 %	13%	10%	- 5	
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie				

Nutril Serving Size: Servings per	1/4 Cup Recipe: 3 nation: Dairy F	acts	d Dres		
Amount per Ser	ving				
Calories 328 Calories from Fat 324					
				% Daily Value*	
Total Fat	Total Fat 36g 55%				
Saturated	Saturated Fat 5g 25%				
<i>Trans</i> Fat	0g				
Total Car	bohydrate	9 Og		0%	
Dietary Fi	ber Og			0%	
Sugars	0g				
Protein	0g			0%	
Macronut	rient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
328	36g	0g	0g	0g	
	100%	0%	0%	-	
			,000 calorie die ending on your		

Cherry Berry Syrup				
Nutrition Facts Serving Size: 1 Cup Servings per Recipe: 4 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free				
Amount per Ser	ving			
Calories	92		Calories f	rom Fat 0
				% Daily Value*
Total Fat	0g			0%
Saturated	Fat 0g			0%
Trans Fat	0g			
Total Car	bohydrate	e 22g		7%
Dietary Fi	ber 2g			8%
Sugars 1	L7g			
Protein	1g			2%
Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
92 Og 1g 20g 2g 0% 5% 95%				
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

Coconut Whipped Cream				
Serving Size: Servings per Allergy Inform Soy Free, Ver	1 Cup Recipe: 1 nation: Dairy F	Free, Egg Fre	e, Gluten Fre	e, Nut Free,
Amount per Ser	ving			
Calories 749 Calories from Fat 603				
% Daily Value*				
Total Fat	67g			103%
Saturated	Fat 58g			290%
<i>Trans</i> Fat	0g			
Total Car	bohydrate	3 2g		11%
Dietary Fil	ber Og			0%
Sugars 2	:3g			
Protein	5g			10%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
749	67q	5q	32g	0q
	64%	5%	31%	5
			,000 calorie di ending on you	

Paleo Condiments, Spreads, & Toppings

Strawberry Applesauce				
Nutrit Serving Size: Servings per I Allergy Inform Soy Free, Veg	1/6 Total Yie Recipe: 6 ation: Dairy F	ld Free, Egg Fre		e, Nut Free,
Amount per Serv	ring			
Calories 69 Calories from Fat 0				rom Fat 0
				% Daily Value*
Total Fat	0g			0%
Saturated	Fat 0g			0%
Trans Fat	0g			
Total Carl	oohydrate	9 8g		3%
Dietary Fit	per 1g			4%
Sugars 6	βg			
Protein ()g			0%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
69	0g	0g	7g	1q
	0%	0%	100%	-9
*Percent Daily daily value ma needs.				

Coconut Cream Tart				
Nutrition Facts Serving Size: 1 Slice Servings per Recipe: 12 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free				
Amount per Ser	ving			
Calories	335	C	alories fron	n Fat 290
				% Daily Value*
Total Fat	Total Fat 32g 50%			
Saturated	Fat 23g			113%
Trans Fat	0g			
Total Car	bohydrate	9 10g		3%
Dietary Fi	ber 5g			19%
Sugars	6g			
Protein	2g			4%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
335	32g	2g	5g	5g
	82%	4%	14%	-
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

Strawberry Rhubarb Crisp				
Nutrit Serving Size: Servings per Allergy Inform Soy Free, Ver	1 Slice Recipe: 6 hation: Dairy F	Free, Egg Fre	e, Gluten Fre	e, Nut Free,
Amount per Ser	ving			
Calories 3	354	C	alories fror	n Fat 216
				% Daily Value*
Total Fat	24g			37%
Saturated	Fat 19g			95%
Trans Fat	0g			
Total Car	bohydrate	e 28g		9%
Dietary Fil	ber 10g			40%
Sugars 1	.6g			
Protein	4g			8%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
354	24g	4q	18g	10g
	52%	9%	39%	5
			,000 calorie di ending on you	

Coconut Macadamia Tart Crust				
Nutrit Serving Size: Servings per Allergy Inform Vegan, Vegel	1 Tart Crust Recipe: 1 ation: Dairy F	Free, Egg Fre	e, Gluten Frei	e, Soy Free,
Amount per Ser	ving			
Calories :	1922	Ca	ories from	Fat 1755
			[% Daily Value*
Total Fat	195g			300%
Saturated	Fat 92g			460%
Trans Fat	0g			
Total Car	bohydrate	e 51g		17%
Dietary Fi	ber 44g			176%
Sugars 1	.4g			
Protein 1	9g			38%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
1922	195a	19a	7g	44a
	88%	9%	3%	. 5
0070 070 070				
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

Peach Cherry Crisp Nutrition Facts Serving Size: 1 Slice Servings Precipe: 6 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free				
Amount per Ser	ving			
Calories 353 Calories from Fat 216				
% Daily Value*				
Total Fat	Total Fat 24g 37%			
Saturated	Fat 5g			25%
Trans Fat	0g			
Total Car	bohydrate	e 26g		9%
Dietary Fi	ber 6g			24%
Sugars 2	!0g			
Protein 1	.0g			20%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
353	24g	10g	20g	6g
	44%	19%	37%	-
			,000 calorie di ending on your	

Upsic	Upside-Down Apple Tartlets				
Nutrition Facts Serving Size: 1 Tartlet Servings per Recipe: 8 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free					
Amount per Ser	ving				
Calories	263	C	alories fror	n Fat 189	
Trans Fat Total Car Dietary Fi Sugars	""""""""""""""""""""""""""""""""""				
Macronut	Macronutrient Ratios (per serving)				
Calories 263					
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie				

Nutrit Serving Size: Servings per Allergy Inform Vegetarian, V	1 Tart Crust Recipe: 1 hation: Dairy I		Free, Soy Free	3
Amount per Ser	ving			
Calories :	1317	Ca	lories from	Fat 1107
% Daily Value*				
Total Fat 123g 189%				
Saturated	Fat 31g			155%
Trans Fat	0g			
Total Car	bohydrate	e 32g		11%
Dietary Fi	ber 15g			60%
Sugars	5g			
Protein 3	16g			72%
Macronut	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
1317	123g	36g	17g	15g
	70%	20%	10%	-

Paleo Ice Cream

Coffee Ice Cream					
Serving Size: Servings per Allergy Inform Soy Free, Veg	1/4 Total Yie Recipe: 4 ation: Dairy I	ld Free, Egg Fre	e, Gluten Free	e, Nut Free,	
Amount per Serv	/ing				
Calories 3	395	C	alories fror	n Fat 270	
				% Daily Value*	
Total Fat	30g			46%	
Saturated	Fat 21g			105%	
Trans Fat	0g				
Total Carl	oohydrate	e 28g		9%	
Dietary Fit	ber Og			0%	
Sugars 2	5g				
Protein (6g			12%	
Macronut	rient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
395	30g	6q	28g	0a	
47% 9% 44%					
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.					



Mint Chip Ice Cream				
Serving Size: Servings per Allergy Inform Soy Free, Ver	1/4 Total Yie Recipe: 4 hation: Dairy F	ld Free, Egg Fre	e, Gluten Fre	e, Nut Free,
Amount per Ser	ving			
Calories	384	C	alories fror	n Fat 252
% Daily Value*				
Total Fat 28g 43%				
Saturated	Fat 18g			90%
Trans Fat	0g			
Total Car	bohydrate	9 31g		10%
Dietary Fi	ber 1g			4%
Sugars 2	!5g			
Protein	6g			12%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
384	28g	6g	30g	1g
	44%	9%	47%	-
			,000 calorie di Inding on you	

Nutrit Serving Size: Servings per	1/4 Total Yie Recipe: 4 ation: Dairy F	acts Id	Ice Ci		
Amount per Serv	ving				
Calories 3	370	С	alories fron	n Fat 261	
				% Daily Value*	
Total Fat	29g			45%	
Saturated	Fat 19g			95%	
Trans Fat	0g				
Total Carl	oohydrate	e 25g		8%	
Dietary Fil	per 2g			8%	
Sugars 2	Og				
Protein	ōg			10%	
Macronut	rient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
370	29g	5g	23g	2g	
	51% 9% 40%				
			,000 calorie di ending on your		

Cookie Dough Ice Cream						
Nutrit Serving Size: Servings per Allergy Inform Vegetarian, V	1/4 Total Yie Recipe: 4 nation: Dairy F	ld	e, Gluten Fre	e, Soy Free,		
Amount per Ser	ving					
Calories	511	C	alories fror	n Fat 432		
				% Daily Value*		
Total Fat	48g			74%		
Saturated	Fat 28g			140%		
Trans Fat	Og					
Total Car	bohydrate	e 39g		13%		
Dietary Fi	ber 2g			8%		
Sugars 2	?9g					
Protein	9g			18%		
Macronut	Macronutrient Ratios (per serving)					
Calories	Fat	Protein	Net Carbs	Fiber		
611	611 48g 9g 37g 2g 51% 10% 39%					
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.					

Nutrit Serving Size: Servings per F Allergy Inform Soy Free, Veg	1/4 Total Yie Recipe: 4 ation: Dairy I	ld Free, Egg Fre	e, Gluten Free	e, Nut Free,
Amount per Serv	ing			
Calories 3	34	C	alories fron	n Fat 243
				% Daily Value
Total Fat	27g			42%
Saturated	Fat 21g			105%
Trans Fat	0g			
Total Carl	ohydrate	e 24g		8%
Dietary Fit	er Og			0%
Sugars 1	9g			
Protein 3	g			6%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
334	27g	3g	24g	0g
	50%	6%	44%	-

Paleo Cookies & Bars

Chocolate Mint Cookies				
Serving Size: Servings per Allergy Inform Vegetarian, V	1 Cookie Recipe: 24 nation: Dairy I		e, Gluten Fre	e, Soy Free,
Amount per Ser	ving			
Calories :	148	C	alories fror	n Fat 108
				% Daily Value*
Total Fat	12g			18%
Saturated				20%
Trans Fat	0g			
Total Car	bohydrate	e 11g		4%
Dietary Fi	ber 2g			8%
Sugars	7g			
Protein	2g			4%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
148	12g	2g	9g	2g
	52%	9%	39%	-5
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

Lime Bars				
Nutrition Facts Serving Size: 1 Bar Servings per Recipe: 12 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free				
Amount per Ser	ving			
Calories	Calories 181 Calories from Fat 135			
				% Daily Value*
Total Fat	15g			23%
Saturated	Fat 7g			35%
Trans Fat	Og			
Total Car	bohydrat	e 9g		3%
Dietary Fi	ber 2g			8%
Sugars	6g			
Protein	5g			10%
Macronut	trient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
181	15g	5g	7g	2q
101	56%	19%	26%	5
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.				

Cinnamon Raisin Cookies Nutrition Facts Serving Size: 1 Cookie Servings per Recipe: 14 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free unt per Serving Calories 140 Calories from Fat 81 % Daily Value Total Fat 9g 14% Saturated Fat 2g 10% Trans Fat Og Total Carbohydrate 10g 3% Dietary Fiber 2g 8% Sugars 7g Protein 2g 4% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 9g 2g 8g 2g 140 11% 47% 42% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Co	Coconut Crunch Bars				
Nutrit Serving Size: Servings per Allergy Inform Vegan, Vegel	1 Bar Recipe: 32 nation: Dairy F	Free, Egg Fre	ee, Gluten Fre	e, Soy Free,	
Amount per Ser	ving				
Calories	110	(Calories fro	om Fat 99	
				% Daily Value*	
Total Fat	11g			17%	
Saturated				25%	
Trans Fat	Og				
Total Car	bohydrate	e 4g		1%	
Dietary Fi	ber 1g			4%	
Sugars	2g				
Protein	1g			2%	
Macronut	rient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
110	11g	1g	3g	1g	
110	73%	7%	20%	5	
			,000 calorie di ending on you		

Flour	Flourless Nut-Free Brownies				
Serving Size: Servings per	Recipe: 16 nation: Dairy F		Free, Nut Free	e, Soy Free,	
Amount per Ser					
Calories	162	(Calories fro		
Total Fat Saturated				% Daily Value* 14% 25%	
Trans Fat	Og				
Total Car	bohydrate	9 21g		7%	
Dietary Fi	ber 1g			4%	
Sugars 1	18g				
Protein	2g			4%	
Macronut	trient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
162	162 9g 2g 20g 1g 29% 6% 65%				
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie				

Paleo	Choco	olate C	hip Co	okies
Nutrit Serving Size: Servings per Allergy Inform Vegetarian, W	1 Cookie Recipe: 24 ation: Dairy F		ee, Gluten Free	e, Soy Free,
Amount per Serv	/ing			
Calories 1	L07	(Calories fro	m Fat 72
				% Daily Value*
Total Fat	8g			12%
Saturated	Fat 2g			10%
Trans Fat	Og			
Total Carl	ohydrate	9 8g		3%
Dietary Fit	ber 1g			4%
Sugars !	5g			
Protein	2g			4%
Macronut	rient Rati	os (per s	ervina)	
Calories	Fat	Protein	Net Carbs	Fiber
107	8g	2a	7g	1q
107	47%	12%	41%	-9
			,000 calorie di ending on your	

Paleo Beverages

Spicy Chai				
Serving Size: Servings per Allergy Inform		ld Free, Egg Fre	e, Gluten Free ee	e, Nut Free,
Amount per Ser	ving			
Calories	68		Calories fr	om Fat 0
				% Daily Value*
Total Fat	Og			0%
Saturated	Fat 0g			0%
Trans Fat	Og			
Total Car	bohydrate	e 12g		4%
Dietary Fi	ber 5g			20%
Sugars	Og			
Protein	3g			6%
Macronu	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
68	0g	3α	7g	5g
00	0%	30%	70%	- 5
			,000 calorie di ending on your	

Ginger Ale				
Nutrit Serving Size: Servings per Allergy Inform Soy Free, Ver	1/4 Total Yie Recipe: 4 nation: Dairy I	ld Free, Egg Fre	e, Gluten Free	e, Nut Free,
Amount per Ser	ving			
Calories :	14		Calories f	rom Fat 0
				% Daily Value*
Total Fat	0g			0%
Saturated	Fat 0g			0%
Trans Fat	0g			
Total Car	bohydrate	e 3g		1%
Dietary Fil	ber 1g			4%
Sugars	0g			
Protein	Og			0%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
14	0a	Oq	2a	1q
-	0%	0%	100%	5
			,000 calorie di ending on your	

Dandelion Root Coffee Nutrition Facts Serving Size: 1/4 Total Yield Servings per Recipe: 4 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free ount per Serving Calories 37 Calories from Fat 0 % Daily Value* Total Fat Og 0% Saturated Fat 0g 0% Trans Fat Og Total Carbohydrate 7g 2% Dietary Fiber 0g 0% Sugars Og Protein 1g 2% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 0g 1g 7g 0g 37 12% 0% 88% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs

Flax Meal Tea				
Nutrit Serving Size: Servings per I Allergy Inform Soy Free, Veg	1.5 Cups of Recipe: 1 ation: Dairy F	Tea Free, Egg Fre	ee, Gluten Free ee	, Nut Free,
Amount per Serv	ring			
Calories 3	30	(Calories fro	m Fat 18
			9	6 Daily Value*
Total Fat	2g			3%
Saturated	Fat Og			0%
Trans Fat	Og			
Total Carl	bohydrate	e 2g		196
Dietary Fit	ber 2g			8%
Sugars ()g			
Protein 2	2g			496
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
30	2g	2g	0g	2g
	50%	50%	0%	-
			,000 calorie die ending on your	

Mojito Mocktail							
Nutrition Facts Serving Size: 1/4 Total Yield Servings per Recipe: 4 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free							
Amount per Serving							
Calories 2	Calories 21 Calories from Fat 0						
				% Daily Value*			
Total Fat Og 0%							
Saturated Fat 0g							
Trans Fat Og							
Total Carbohydrate 5g 29							
Dietary Fiber 1g 496							
Sugars 1g							
Protein Og 0%							
Macronutrient Ratios (per serving)							
Calories	Fat	Protein	Net Carbs	Fiber			
21	Og	Og	4g	1g			
	0%	0%	100%				
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.							

Strawberry Basil Soda							
Serving Size: Servings per F Allergy Inform Soy Free, Veg	1/4 Total Yie Recipe: 4 ation: Dairy I	ld Free, Egg Fre		e, Nut Free,			
Amount per Serv	ving						
Calories 13 Calories from Fa			rom Fat 0				
				% Daily Value*			
Total Fat Og							
Saturated Fat Og 04							
Trans Fat	Og						
Total Carl	oohydrat	e 3g		1%			
Dietary Fiber 1g							
Sugars 2g							
Protein Og 0%							
Macronutrient Ratios (per serving)							
Calories	Fat	Protein	Net Carbs	Fiber			
13	0g 0%	0g 0%	2g 100%	1g			
			,000 calorie di ending on your				

Paleo Beverages

Almond Milk								
Nutrition Facts Serving Size: 1 Cup Servings per Recipe: 4 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free								
Amount per Serving								
Calories 429 Calories from Fat 324								
				% Daily Value*				
Total Fat 36g 55%								
Saturated Fat 3g 15%								
Trans Fat Og								
Total Carbohydrate 9g 3%								
Dietary Fiber 8g 3296								
Sugars 5g								
Protein 16g 32%								
Macronutrient Ratios (per serving)								
Calories	Fat	Protein	Net Carbs	Fiber				
429	36g	16g	1g	8g				
	68%	30%	2%					
*Percent Daily Values are based on a 2,000 calorie diet. Your								
daily value m	daily value may be higher or lower depending on your calorie							

needs