

# Paleo Cooking from Elana's Pantry

## Paleo Breakfast

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### Paleo Bagels

#### Nutrition Facts

Serving Size: 1 Bagel  
Servings per Recipe: 6  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 259** **Calories from Fat 180**

% Daily Value\*

**Total Fat** 20g 33%

Saturated Fat 2g 10%

Trans Fat 0g

**Total Carbohydrate** 5g 3%

Dietary Fiber 5g 20%

Sugars 1g

**Protein** 12g 24%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
259	20g 57%	12g 34%	3g 9%	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.

### Apricot Muffins

#### Nutrition Facts

Serving Size: 1 Muffin  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount 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)

Calories	Fat	Protein	Net Carbs	Fiber
205	16g 55%	4g 14%	9g 31%	2g

\*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-Free Bran Muffins

#### Nutrition Facts

Serving Size: 1 Muffin  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount 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 35%	8g 17%	22g 48%	6g

\*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

#### Nutrition Facts

Serving Size: 1 Pancake  
Servings per Recipe: 18  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 113** **Calories from Fat 90**

% Daily Value\*

**Total Fat** 10g 15%

Saturated Fat 4g 20%

Trans Fat 0g

**Total Carbohydrate** 3g 1%

Dietary Fiber 1g 4%

Sugars 1g

**Protein** 3g 6%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
113	10g 67%	3g 20%	2g 13%	1g

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

### Crepes

#### Nutrition Facts

Serving Size: 1 Crepe  
Servings per Recipe: 6  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 117** **Calories from Fat 90**

% Daily Value\*

**Total Fat** 10g 15%

Saturated Fat 7g 35%

Trans Fat 0g

**Total Carbohydrate** 1g <1%

Dietary Fiber 1g 4%

Sugars 0g

**Protein** 4g 8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
117	10g 71%	4g 29%	0g 0%	1g

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

### Blueberry Coffee Cake

#### Nutrition Facts

Serving Size: 1 Slice  
Servings per Recipe: 8  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 422** **Calories from Fat 306**

% Daily Value\*

**Total Fat** 34g 52%

Saturated Fat 9g 45%

Trans Fat 0g

**Total Carbohydrate** 22g 7%

Dietary Fiber 4g 16%

Sugars 14g

**Protein** 11g 22%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
422	34g 54%	11g 17%	18g 29%	4g

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

Note: Calculations are approximate and may vary

Paleo Cooking from Elana's Pantry

**Cinnamon French Toast****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 8  
 Allergy Information: Dairy Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving		Calories from Fat 180
		% Daily Value*
<b>Total Fat</b>	20g	31%
Saturated Fat	7g	35%
Trans Fat	0g	
<b>Total Carbohydrate</b>	9g	3%
Dietary Fiber	2g	8%
Sugars	5g	
<b>Protein</b>	10g	20%

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
250	20g	10g	7g	2g
	54%	27%	19%	

\*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 Serving		Calories from Fat 72
		% Daily Value*
<b>Total Fat</b>	8g	12%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Total Carbohydrate</b>	20g	7%
Dietary Fiber	3g	12%
Sugars	13g	
<b>Protein</b>	6g	12%

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
172	8g	6g	17g	3g
	26%	19%	55%	

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

**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 Serving		Calories from Fat 261
		% Daily Value*
<b>Total Fat</b>	29g	45%
Saturated Fat	9g	45%
Trans Fat	0g	
<b>Total Carbohydrate</b>	14g	5%
Dietary Fiber	11g	44%
Sugars	2g	
<b>Protein</b>	8g	16%

**Macronutrient Ratios (per serving)**

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.

**Super Spice Granola****Nutrition Facts**

Serving Size: 1/8 Total Yield  
 Servings per Recipe: 8  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,  
 Vegan, Vegetarian, Wheat Free

Amount per Serving		Calories from Fat 405
		% Daily Value*
<b>Total Fat</b>	45g	69%
Saturated Fat	7g	35%
Trans Fat	0g	
<b>Total Carbohydrate</b>	23g	8%
Dietary Fiber	5g	20%
Sugars	13g	
<b>Protein</b>	14g	28%

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
528	45g	14g	18g	5g
	58%	18%	23%	

\*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****Nutrition Facts**

Serving Size: 1 Sausage Pattie  
 Servings per Recipe: 8  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free,  
 Soy Free, Wheat Free

Amount per Serving		Calories from Fat 90
		% Daily Value*
<b>Total Fat</b>	10g	15%
Saturated Fat	3g	15%
Trans Fat	0g	
<b>Total Carbohydrate</b>	3g	1%
Dietary Fiber	0g	0%
Sugars	2g	
<b>Protein</b>	24g	48%

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
195	10g	24g	3g	0g
	27%	65%	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, Turkey****Nutrition Facts**

Serving Size: 1 Sausage Pattie  
 Servings per Recipe: 8  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free,  
 Soy Free, Wheat Free

Amount per Serving		Calories from Fat 81
		% Daily Value*
<b>Total Fat</b>	9g	14%
Saturated Fat	2g	10%
Trans Fat	0g	
<b>Total Carbohydrate</b>	3g	1%
Dietary Fiber	0g	0%
Sugars	2g	
<b>Protein</b>	16g	32%

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
155	9g	16g	3g	0g
	32%	57%	11%	

\*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 Power Pina Colada

Nutrition Facts

Serving Size: 1 Glass

Servings per Recipe: 2

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 371

Calories from Fat 162

% Daily Value\*

Total Fat 18g

28%

Saturated Fat 16g

80%

Trans Fat 0g

Total Carbohydrate 24g

8%

Dietary Fiber 3g

12%

Sugars 16g

Protein 25g

50%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
371	18g	25g	21g	3g
	28%	39%	33%	

\*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 Bread****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 158</b>	<b>Calories from Fat 117</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 7g	<b>14%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
158	13g	7g	4g	2g
	<b>54%</b>	<b>29%</b>	<b>17%</b>	

\*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-Free Bread****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 158</b>	<b>Calories from Fat 108</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 3g	<b>6%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
158	12g	3g	5g	3g
	<b>60%</b>	<b>15%</b>	<b>25%</b>	

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

**Rye Bread****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 126</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 6g	<b>12%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
126	10g	6g	2g	3g
	<b>56%</b>	<b>33%</b>	<b>11%</b>	

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

**Date Orange Bread****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 Serving	
<b>Calories 215</b>	<b>Calories from Fat 144</b>
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 10g	
<b>Protein</b> 4g	<b>8%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
215	16g	4g	10g	3g
	<b>53%</b>	<b>13%</b>	<b>33%</b>	

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

**Banana Bread****Nutrition Facts**

Serving Size: 1 Slice  
 Servings per Recipe: 12  
 Allergy Information: Dairy Free, Gluten Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 135</b>	<b>Calories from Fat 81</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 5g	<b>10%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
135	9g	5g	10g	2g
	<b>38%</b>	<b>21%</b>	<b>42%</b>	

\*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 Tortillas****Nutrition Facts**

Serving Size: 1 Tortilla  
 Servings per Recipe: 4  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free,  
 Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 131</b>	<b>Calories from Fat 108</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 1g	<b>&lt;1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 5g	<b>10%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
131	9g	5g	0g	1g
	<b>71%</b>	<b>29%</b>	<b>0%</b>	

\*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-Free Crackers****Nutrition Facts**

Serving Size: 1 Cracker

Servings per Recipe: 16

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 59** **Calories from Fat 36**

% Daily Value\*

**Total Fat** 4g **6%**Saturated Fat 1g **5%**

Trans Fat 0g

**Total Carbohydrate** 2g **1%**Dietary Fiber 1g **4%**

Sugars 0g

**Protein** 2g **4%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
59	4g	2g	1g	1g
	57%	29%	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.

**Garlic Crackers****Nutrition Facts**

Serving Size: 1 Cracker

Servings per Recipe: 24

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 44** **Calories from Fat 36**

% Daily Value\*

**Total Fat** 4g **6%**Saturated Fat 0g **0%**

Trans Fat 0g

**Total Carbohydrate** 2g **1%**Dietary Fiber 1g **4%**

Sugars 0g

**Protein** 2g **4%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
44	4g	2g	1g	1g
	57%	29%	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.

**Olive Oil Thyme Crackers****Nutrition Facts**

Serving Size: 1 Cracker

Servings per Recipe: 24

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 52** **Calories from Fat 45**

% Daily Value\*

**Total Fat** 5g **8%**Saturated Fat 0g **0%**

Trans Fat 0g

**Total Carbohydrate** 2g **1%**Dietary Fiber 1g **4%**

Sugars 0g

**Protein** 2g **4%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
52	5g	2g	1g	1g
	63%	25%	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.

## Avocado Kale Slaw

### 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

<b>Calories</b> 152	<b>Calories from Fat</b> 117
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% Daily Value\*

<b>Total Fat</b> 13g	<b>20%</b>
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Saturated Fat 2g	<b>10%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 9g	<b>3%</b>
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Dietary Fiber 5g	<b>20%</b>
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Sugars 2g	
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<b>Protein</b> 4g	<b>8%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
152	13g	4g	4g	5g
	<b>62%</b>	<b>19%</b>	<b>19%</b>	

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

## Primal Coleslaw

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 1063	<b>Calories from Fat</b> 999
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% Daily Value\*

<b>Total Fat</b> 111g	<b>171%</b>
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Saturated Fat 17g	<b>160%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 9g	<b>3%</b>
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Dietary Fiber 5g	<b>20%</b>
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Sugars 2g	
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<b>Protein</b> 7g	<b>14%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1063	111g	7g	4g	5g
	<b>91%</b>	<b>6%</b>	<b>3%</b>	

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

## Bitter Dandelion Greens

### 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

<b>Calories</b> 106	<b>Calories from Fat</b> 72
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% Daily Value\*

<b>Total Fat</b> 8g	<b>12%</b>
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Saturated Fat 1g	<b>5%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 10g	<b>3%</b>
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Dietary Fiber 4g	<b>16%</b>
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Sugars 1g	
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<b>Protein</b> 2g	<b>4%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
106	8g	2g	6g	4g
	<b>50%</b>	<b>13%</b>	<b>38%</b>	

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

## Colorful Winter Salad

### 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

<b>Calories</b> 226	<b>Calories from Fat</b> 126
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% Daily Value\*

<b>Total Fat</b> 14g	<b>21%</b>
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Saturated Fat 2g	<b>8%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 20g	<b>7%</b>
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Dietary Fiber 8g	<b>30%</b>
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Sugars 8g	
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<b>Protein</b> 5g	<b>10%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
226	14g	5g	12g	8g
	<b>45%</b>	<b>15%</b>	<b>40%</b>	

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

## Cauliflower Rice

### 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

<b>Calories</b> 142	<b>Calories from Fat</b> 99
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% Daily Value\*

<b>Total Fat</b> 11g	<b>17%</b>
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Saturated Fat 1g	<b>5%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 11g	<b>4%</b>
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Dietary Fiber 5g	<b>20%</b>
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Sugars 4g	
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<b>Protein</b> 3g	<b>6%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
142	11g	3g	6g	5g
	<b>55%</b>	<b>15%</b>	<b>30%</b>	

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

## Rice Pilaf

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

<b>Calories</b> 194	<b>Calories from Fat</b> 99
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% Daily Value\*

<b>Total Fat</b> 11g	<b>17%</b>
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Saturated Fat 6g	<b>30%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 22g	<b>7%</b>
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Dietary Fiber 6g	<b>24%</b>
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Sugars 13g	
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<b>Protein</b> 5g	<b>10%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
194	11g	3g	16g	6g
	<b>34%</b>	<b>16%</b>	<b>50%</b>	

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

## Balsamic Rosemary Beets

### 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	
<b>Calories 175</b>	<b>Calories from Fat 36</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 22g	
<b>Protein</b> 4g	<b>8%</b>

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
175	4g	4g	25g	4g
	12%	12%	76%	

\*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

### 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 Serving	
<b>Calories 216</b>	<b>Calories from Fat 162</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein</b> 16g	<b>32%</b>

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
216	18g	16g	8g	5g
	43%	38%	19%	

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

## Healing Vegetable Bisque

### 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 Serving	
<b>Calories 226</b>	<b>Calories from Fat 171</b>
% Daily Value*	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein</b> 15g	<b>30%</b>

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
226	19g	15g	10g	5g
	43%	34%	23%	

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

## Roasted 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, Vegan, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 215</b>	<b>Calories from Fat 72</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 12g	<b>48%</b>
Sugars 8g	
<b>Protein</b> 13g	<b>26%</b>

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
215	8g	13g	18g	12g
	21%	33%	46%	

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

## Sauteed Turnips

### Nutrition Facts

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

Amount per Serving	
<b>Calories 81</b>	<b>Calories from Fat 27</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 9g	
<b>Protein</b> 1g	<b>2%</b>

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
81	3g	1g	11g	2g
	20%	7%	73%	

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

## Stuffed Mushrooms, Beef

### 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 Serving	
<b>Calories 30</b>	<b>Calories from Fat 18</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 1g	<b>&lt;1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 3g	<b>6%</b>

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
30	2g	3g	1g	0g
	33%	50%	17%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie 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 Serving		
<b>Calories</b>	<b>28</b>	<b>Calories from Fat 9</b>
		% Daily Value*
<b>Total Fat</b>	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Total Carbohydrate</b>	1g	<1%
Dietary Fiber	0g	0%
Sugars	0g	
<b>Protein</b>	4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
28	1g	4g	1g	0g
	17%	67%	17%	

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

## Sesame Noodles

### Nutrition Facts

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

Amount per Serving		
<b>Calories</b>	<b>146</b>	<b>Calories from Fat 108</b>
		% Daily Value*
<b>Total Fat</b>	12g	18%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	3g	12%
Sugars	5g	
<b>Protein</b>	4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
146	12g	4g	5g	3g
	57%	19%	24%	

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

## Mushroom Lo Mein

### Nutrition Facts

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

Amount per Serving		
<b>Calories</b>	<b>199</b>	<b>Calories from Fat 81</b>
		% Daily Value*
<b>Total Fat</b>	9g	14%
Saturated Fat	8g	40%
Trans Fat	0g	
<b>Total Carbohydrate</b>	23g	8%
Dietary Fiber	9g	36%
Sugars	12g	
<b>Protein</b>	5g	10%

#### Macronutrient Ratios (per serving)

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: 1/4 Total Yield  
 Servings per Recipe: 4  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving		
<b>Calories</b>	<b>481</b>	<b>Calories from Fat 284</b>
		% Daily Value*
<b>Total Fat</b>	32g	48%
Saturated Fat	12g	60%
Trans Fat	0g	
<b>Total Carbohydrate</b>	37g	12%
Dietary Fiber	13g	50%
Sugars	9g	
<b>Protein</b>	16g	32%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
481	32g	16g	24g	13g
	44%	22%	34%	

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

## Twice Baked Squash

### Nutrition Facts

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

Amount per Serving		
<b>Calories</b>	<b>239</b>	<b>Calories from Fat 81</b>
		% Daily Value*
<b>Total Fat</b>	9g	14%
Saturated Fat	7g	35%
Trans Fat	0g	
<b>Total Carbohydrate</b>	37g	12%
Dietary Fiber	6g	24%
Sugars	9g	
<b>Protein</b>	6g	12%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
239	9g	6g	31g	6g
	20%	13%	67%	

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

## Honey Lemon Chicken

### 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 Serving

<b>Calories</b> 747	Calories from Fat 450
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% Daily Value\*

<b>Total Fat</b> 50g	77%
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Saturated Fat 13g	65%
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 20g	7%
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Dietary Fiber 3g	12%
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Sugars 11g	
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<b>Protein</b> 55g	110%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
747	50g	55g	17g	3g
	41%	45%	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.

## Chicken Gumbo

### 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 Serving

<b>Calories</b> 460	Calories from Fat 207
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% Daily Value\*

<b>Total Fat</b> 23g	35%
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Saturated Fat 9g	45%
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 26g	9%
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Dietary Fiber 9g	36%
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Sugars 9g	
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<b>Protein</b> 42g	84%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
460	23g	42g	17g	9g
	28%	51%	21%	

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

## Chicken Salad

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 800	Calories from Fat 554
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% Daily Value\*

<b>Total Fat</b> 62g	95%
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Saturated Fat 9g	43%
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 30g	10%
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Dietary Fiber 8g	32%
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Sugars 16g	
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<b>Protein</b> 32g	64%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
800	62g	32g	22g	8g
	53%	27%	20%	

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

## Chicken Marbella

### Nutrition Facts

Serving Size: 1/6 Total Yield

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 683	Calories from Fat 243
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% Daily Value\*

<b>Total Fat</b> 27g	42%
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Saturated Fat 6g	30%
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 72g	24%
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Dietary Fiber 22g	88%
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Sugars 36g	
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<b>Protein</b> 62g	124%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
683	27g	62g	50g	22g
	19%	45%	36%	

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

## Rosemary Lemon Chicken

### 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 Serving

<b>Calories</b> 338	Calories from Fat 198
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% Daily Value\*

<b>Total Fat</b> 22g	34%
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Saturated Fat 4g	20%
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 2g	1%
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Dietary Fiber 0g	0%
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Sugars 1g	
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<b>Protein</b> 35g	70%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
338	22g	35g	2g	0g
	37%	59%	3%	

\*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 Shepherd's Pie

### Nutrition Facts

Serving Size: 1/6 Total Yield

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 359	Calories from Fat 198
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% Daily Value\*

<b>Total Fat</b> 22g	34%
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Saturated Fat 6g	30%
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Trans Fat 1g	
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<b>Total Carbohydrate</b> 23g	8%
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Dietary Fiber 9g	36%
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Sugars 9g	
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<b>Protein</b> 22g	44%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
359	22g	22g	14g	9g
	38%	38%	24%	

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

## Sesame Fish Sticks

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 510	<b>Calories from Fat</b> 378
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% Daily Value\*

<b>Total Fat</b> 42g	<b>65%</b>
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Saturated Fat 6g	<b>30%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 12g	<b>4%</b>
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Dietary Fiber 7g	<b>28%</b>
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Sugars 1g	
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<b>Protein</b> 26g	<b>52%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
510	42g	26g	5g	7g
	<b>58%</b>	<b>36%</b>	<b>7%</b>	

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

## Salmon Salad

### Nutrition Facts

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 656	<b>Calories from Fat</b> 522
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% Daily Value\*

<b>Total Fat</b> 58g	<b>88%</b>
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Saturated Fat 8g	<b>38%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 7g	<b>2%</b>
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Dietary Fiber 4g	<b>16%</b>
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Sugars 2g	
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<b>Protein</b> 28g	<b>56%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
656	58g	28g	3g	4g
	<b>65%</b>	<b>31%</b>	<b>4%</b>	

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

## Mustard Salmon Fillet

### 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 Serving

<b>Calories</b> 210	<b>Calories from Fat</b> 36
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% Daily Value\*

<b>Total Fat</b> 4g	<b>6%</b>
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Saturated Fat 1g	<b>5%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 0g	<b>0%</b>
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Dietary Fiber 0g	<b>0%</b>
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Sugars 0g	
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<b>Protein</b> 29g	<b>58%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
210	4g	29g	0g	0g
	<b>12%</b>	<b>88%</b>	<b>0%</b>	

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

## Classic Salmon Burgers

### Nutrition Facts

Serving Size: 1 Burger

Servings per Recipe: 6

Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 512	<b>Calories from Fat</b> 235
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% Daily Value\*

<b>Total Fat</b> 26g	<b>40%</b>
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Saturated Fat 4g	<b>19%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 35g	<b>12%</b>
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Dietary Fiber 20g	<b>78%</b>
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Sugars 2g	
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<b>Protein</b> 34g	<b>68%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
512	26g	34g	15g	20g
	<b>34%</b>	<b>45%</b>	<b>21%</b>	

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

## Greek Turkey Burgers

### Nutrition Facts

Serving Size: 1 Burger Pattie

Servings per Recipe: 6

Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 213	<b>Calories from Fat</b> 135
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% Daily Value\*

<b>Total Fat</b> 15g	<b>23%</b>
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Saturated Fat 3g	<b>15%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 4g	<b>1%</b>
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Dietary Fiber 1g	<b>4%</b>
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Sugars 1g	
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<b>Protein</b> 17g	<b>34%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
213	15g	17g	3g	1g
	<b>43%</b>	<b>49%</b>	<b>9%</b>	

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

## Bacon Tart

### Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 6

Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving

<b>Calories</b> 487	<b>Calories from Fat</b> 392
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% Daily Value\*

<b>Total Fat</b> 44g	<b>67%</b>
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Saturated Fat 13g	<b>66%</b>
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Trans Fat 0g	
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<b>Total Carbohydrate</b> 8g	<b>3%</b>
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Dietary Fiber 4g	<b>14%</b>
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Sugars 2g	
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<b>Protein</b> 17g	<b>34%</b>
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
487	44g	17g	4g	4g
	<b>67%</b>	<b>26%</b>	<b>7%</b>	

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



## 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 Serving

Calories 142      Calories from Fat 72

% Daily Value\*

Total Fat 8g      12%

Saturated Fat 2g      10%

Trans Fat 0g

Total Carbohydrate 7g      2%

Dietary Fiber 3g      12%

Sugars 1g

Protein 10g      20%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
142	8g	10g	4g	3g
	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

## 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 Serving

Calories 299      Calories from Fat 108

% Daily Value\*

Total Fat 12g      18%

Saturated Fat 4g      20%

Trans Fat 0g

Total Carbohydrate 10g      3%

Dietary Fiber 0g      0%

Sugars 8g

Protein 32g      64%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
299	12g	32g	10g	0g
	22%	59%	19%	

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

## 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 Serving

Calories 490      Calories from Fat 171

% Daily Value\*

Total Fat 19g      29%

Saturated Fat 9g      45%

Trans Fat 0g

Total Carbohydrate 40g      13%

Dietary Fiber 11g      44%

Sugars 13g

Protein 45g      90%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
490	19g	45g	29g	11g
	20%	48%	31%	

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

## 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 Serving

Calories 454      Calories from Fat 180

% Daily Value\*

Total Fat 20g      31%

Saturated Fat 11g      55%

Trans Fat 0g

Total Carbohydrate 38g      13%

Dietary Fiber 13g      52%

Sugars 9g

Protein 36g      72%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
454	20g	36g	25g	13g
	25%	44%	31%	

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

## 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 Serving	
<b>Calories</b> 250	Calories from Fat 225
% Daily Value*	
<b>Total Fat</b> 25g	38%
Saturated Fat 17g	85%
Trans Fat 0g	
<b>Total Carbohydrate</b> 1g	<1%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 6g	12%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
250	25g	6g	1g	0g
	78%	19%	3%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie 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 Serving	
<b>Calories</b> 684	Calories from Fat 666
% Daily Value*	
<b>Total Fat</b> 74g	114%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
684	74g	4g	2g	0g
	93%	5%	3%	

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

## 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 Serving	
<b>Calories</b> 543	Calories from Fat 509
% Daily Value*	
<b>Total Fat</b> 57g	87%
Saturated Fat 8g	38%
Trans Fat 0g	
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 2g	8%
Sugars 0g	
<b>Protein</b> 4g	8%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
543	57g	4g	3g	2g
	90%	6%	4%	

\*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 Mayonnaise

### 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 Serving	
<b>Calories</b> 1011	Calories from Fat 999
% Daily Value*	
<b>Total Fat</b> 111g	171%
Saturated Fat 15g	75%
Trans Fat 0g	
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 3g	6%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1011	111g	3g	0g	0g
	97%	3%	0%	

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

## Roasted Garlic

### 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	
<b>Calories</b> 291	Calories from Fat 243
% Daily Value*	
<b>Total Fat</b> 27g	42%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 2g	4%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
291	27g	2g	12g	0g
	66%	5%	29%	

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

## Salsa Verde

### 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 Serving	
<b>Calories</b> 652	Calories from Fat 648
% Daily Value*	
<b>Total Fat</b> 72g	111%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein</b> 1g	2%

#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
652	72g	1g	1g	2g
	97%	1.5%	1.5%	

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



**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 Serving

**Calories 208** **Calories from Fat 153**

% Daily Value\*

**Total Fat** 17g **26%**Saturated Fat 2g **10%**

Trans Fat 0g

**Total Carbohydrate** 10g **3%**Dietary Fiber 5g **20%**

Sugars 2g

**Protein** 7g **14%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
208	17g	7g	5g	5g
	<b>59%</b>	<b>24%</b>	<b>17%</b>	

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

**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 Serving

**Calories 319** **Calories from Fat 279**

% Daily Value\*

**Total Fat** 31g **48%**Saturated Fat 5g **25%**

Trans Fat 0g

**Total Carbohydrate** 7g **2%**Dietary Fiber 3g **12%**

Sugars 1g

**Protein** 5g **10%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
319	31g	5g	4g	3g
	<b>78%</b>	<b>13%</b>	<b>10%</b>	

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

**Very Dijon Salad Dressing****Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 3

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 328** **Calories from Fat 324**

% Daily Value\*

**Total Fat** 36g **55%**Saturated Fat 5g **25%**

Trans Fat 0g

**Total Carbohydrate** 0g **0%**Dietary Fiber 0g **0%**

Sugars 0g

**Protein** 0g **0%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
328	36g	0g	0g	0g
	<b>100%</b>	<b>0%</b>	<b>0%</b>	

\*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****Nutrition Facts**

Serving Size: 1/2 Cup

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 255** **Calories from Fat 207**

% Daily Value\*

**Total Fat** 23g **35%**Saturated Fat 3g **15%**

Trans Fat 0g

**Total Carbohydrate** 7g **2%**Dietary Fiber 3g **12%**

Sugars 0g

**Protein** 5g **10%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
255	23g	5g	4g	3g
	<b>72%</b>	<b>16%</b>	<b>12%</b>	

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

**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 Serving

**Calories 92** **Calories from Fat 0**

% Daily Value\*

**Total Fat** 0g **0%**Saturated Fat 0g **0%**

Trans Fat 0g

**Total Carbohydrate** 22g **7%**Dietary Fiber 2g **8%**

Sugars 17g

**Protein** 1g **2%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
92	0g	1g	20g	2g
	<b>0%</b>	<b>5%</b>	<b>95%</b>	

\*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****Nutrition Facts**

Serving Size: 1 Cup

Servings per Recipe: 1

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 749** **Calories from Fat 603**

% Daily Value\*

**Total Fat** 67g **103%**Saturated Fat 58g **290%**

Trans Fat 0g

**Total Carbohydrate** 32g **11%**Dietary Fiber 0g **0%**

Sugars 23g

**Protein** 5g **10%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
749	67g	5g	32g	0g
	<b>64%</b>	<b>5%</b>	<b>31%</b>	

\*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 Applesauce

Nutrition Facts

Serving Size: 1/6 Total Yield

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 69

Calories from Fat 0

% Daily Value\*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Total Carbohydrate 8g

3%

Dietary Fiber 1g

4%

Sugars 6g

Protein 0g

0%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
69	0g	0g	7g	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.





## 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 Serving

**Calories 335** **Calories from Fat 290**

% Daily Value\*

<b>Total Fat</b>	32g	50%
Saturated Fat	23g	113%
Trans Fat	0g	

<b>Total Carbohydrate</b>	10g	3%
Dietary Fiber	5g	19%
Sugars	6g	

<b>Protein</b>	2g	4%
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#### Macronutrient Ratios (per serving)

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.

## Coconut Macadamia Tart Crust

### Nutrition Facts

Serving Size: 1 Tart Crust  
Servings per Recipe: 1  
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

**Calories 1922** **Calories from Fat 1755**

% Daily Value\*

<b>Total Fat</b>	195g	300%
Saturated Fat	92g	460%
Trans Fat	0g	

<b>Total Carbohydrate</b>	51g	17%
Dietary Fiber	44g	176%
Sugars	14g	

<b>Protein</b>	19g	38%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1922	195g	19g	7g	44g
	88%	9%	3%	

\*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 per Recipe: 6  
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 353** **Calories from Fat 216**

% Daily Value\*

<b>Total Fat</b>	24g	37%
Saturated Fat	5g	25%
Trans Fat	0g	

<b>Total Carbohydrate</b>	26g	9%
Dietary Fiber	6g	24%
Sugars	20g	

<b>Protein</b>	10g	20%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
353	24g	10g	20g	6g
	44%	19%	37%	

\*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

### Nutrition Facts

Serving Size: 1 Slice  
Servings per Recipe: 6  
Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 354** **Calories from Fat 216**

% Daily Value\*

<b>Total Fat</b>	24g	37%
Saturated Fat	19g	95%
Trans Fat	0g	

<b>Total Carbohydrate</b>	28g	9%
Dietary Fiber	10g	40%
Sugars	16g	

<b>Protein</b>	4g	8%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
354	24g	4g	18g	10g
	52%	9%	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.

## 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 Serving

**Calories 263** **Calories from Fat 189**

% Daily Value\*

<b>Total Fat</b>	21g	32%
Saturated Fat	7g	35%
Trans Fat	0g	

<b>Total Carbohydrate</b>	11g	4%
Dietary Fiber	3g	12%
Sugars	5g	

<b>Protein</b>	6g	12%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
263	21g	6g	8g	3g
	60%	17%	23%	

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

## Shallot Tart Crust

### Nutrition Facts

Serving Size: 1 Tart Crust  
Servings per Recipe: 1  
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 1317** **Calories from Fat 1107**

% Daily Value\*

<b>Total Fat</b>	123g	189%
Saturated Fat	31g	155%
Trans Fat	0g	

<b>Total Carbohydrate</b>	32g	11%
Dietary Fiber	15g	60%
Sugars	5g	

<b>Protein</b>	36g	72%
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#### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1317	123g	36g	17g	15g
	70%	20%	10%	

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

**Coffee Ice Cream****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 395** **Calories from Fat 270**

% Daily Value\*

**Total Fat** 30g **46%**Saturated Fat 21g **105%**

Trans Fat 0g

**Total Carbohydrate** 28g **9%**Dietary Fiber 0g **0%**

Sugars 25g

**Protein** 6g **12%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
395	30g	6g	28g	0g
	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****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 384** **Calories from Fat 252**

% Daily Value\*

**Total Fat** 28g **43%**Saturated Fat 18g **90%**

Trans Fat 0g

**Total Carbohydrate** 31g **10%**Dietary Fiber 1g **4%**

Sugars 25g

**Protein** 6g **12%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
384	28g	6g	30g	1g
	44%	9%	47%	

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

**"Peanut Butter" Ice Cream****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 370** **Calories from Fat 261**

% Daily Value\*

**Total Fat** 29g **45%**Saturated Fat 19g **95%**

Trans Fat 0g

**Total Carbohydrate** 25g **8%**Dietary Fiber 2g **8%**

Sugars 20g

**Protein** 5g **10%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
370	29g	5g	23g	2g
	51%	9%	40%	

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

**Chocolate Sorbet****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 345** **Calories from Fat 162**

% Daily Value\*

**Total Fat** 18g **28%**Saturated Fat 12g **60%**

Trans Fat 0g

**Total Carbohydrate** 53g **18%**Dietary Fiber 4g **16%**

Sugars 41g

**Protein** 0g **0%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
345	18g	0g	49g	4g
	27%	0%	73%	

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

**Cookie Dough Ice Cream****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 611** **Calories from Fat 432**

% Daily Value\*

**Total Fat** 48g **74%**Saturated Fat 28g **140%**

Trans Fat 0g

**Total Carbohydrate** 39g **13%**Dietary Fiber 2g **8%**

Sugars 29g

**Protein** 9g **18%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
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.

**Key Lime Ice Cream****Nutrition Facts**

Serving Size: 1/4 Total Yield

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

**Calories 334** **Calories from Fat 243**

% Daily Value\*

**Total Fat** 27g **42%**Saturated Fat 21g **105%**

Trans Fat 0g

**Total Carbohydrate** 24g **8%**Dietary Fiber 0g **0%**

Sugars 19g

**Protein** 3g **6%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
334	27g	3g	24g	0g
	50%	6%	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.

**Chocolate Mint Cookies****Nutrition Facts**

Serving Size: 1 Cookie  
 Servings per Recipe: 24  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 148</b>	<b>Calories from Fat 108</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 2g	<b>4%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
148	12g	2g	9g	2g
	<b>52%</b>	<b>9%</b>	<b>39%</b>	

\*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

Amount per Serving	
<b>Calories 140</b>	<b>Calories from Fat 81</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 2g	<b>4%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
140	9g	2g	8g	2g
	<b>47%</b>	<b>11%</b>	<b>42%</b>	

\*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 Crunch Bars****Nutrition Facts**

Serving Size: 1 Bar  
 Servings per Recipe: 32  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 110</b>	<b>Calories from Fat 99</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 1g	<b>2%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
110	11g	1g	3g	1g
	<b>73%</b>	<b>7%</b>	<b>20%</b>	

\*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 Serving	
<b>Calories 181</b>	<b>Calories from Fat 135</b>
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 5g	<b>10%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
181	15g	5g	7g	2g
	<b>56%</b>	<b>19%</b>	<b>26%</b>	

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

**Flourless Nut-Free Brownies****Nutrition Facts**

Serving Size: 1 Brownie  
 Servings per Recipe: 16  
 Allergy Information: Dairy Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 162</b>	<b>Calories from Fat 81</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 18g	
<b>Protein</b> 2g	<b>4%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
162	9g	2g	20g	1g
	<b>29%</b>	<b>6%</b>	<b>65%</b>	

\*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 Chocolate Chip Cookies****Nutrition Facts**

Serving Size: 1 Cookie  
 Servings per Recipe: 24  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
<b>Calories 107</b>	<b>Calories from Fat 72</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
<b>Protein</b> 2g	<b>4%</b>

**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
107	8g	2g	7g	1g
	<b>47%</b>	<b>12%</b>	<b>41%</b>	

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

## Spicy Chai

## 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 68 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 12g 4%

Dietary Fiber 5g 20%

Sugars 0g

Protein 3g 6%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
68	0g	3g	7g	5g
	0%	30%	70%	

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

## 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

Amount per Serving

Calories 37 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 7g 2%

Dietary Fiber 0g 0%

Sugars 0g

Protein 1g 2%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
37	0g	1g	7g	0g
	0%	12%	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

## Nutrition Facts

Serving Size: 1.5 Cups of Tea

Servings per Recipe: 1

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 30 Calories from Fat 18

% Daily Value\*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 2g 1%

Dietary Fiber 2g 8%

Sugars 0g

Protein 2g 4%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
30	2g	2g	0g	2g
	50%	50%	0%	

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

## Ginger Ale

## 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 14 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 0g 0%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
14	0g	0g	2g	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.

## 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 21 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 1g

Protein 0g 0%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
21	0g	0g	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

## 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 13 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Sugars 2g

Protein 0g 0%

## Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
13	0g	0g	2g	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.

# Almond Milk

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## Nutrition Facts

Serving Size: 1 Cup  
 Servings per Recipe: 4  
 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

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Amount per Serving

<b>Calories 429</b>	<b>Calories from Fat 324</b>
% Daily Value*	
<b>Total Fat</b> 36g	55%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 8g	32%
Sugars 5g	
<b>Protein</b> 16g	32%

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### Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
429	36g	16g	1g	8g
	68%	30%	2%	

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