

NUTRITIONAL INFORMATION

Eating a paleo diet doesn't require that you count calories. However, we know some people like to track their daily intake of carbs and dietary fats. With that in mind, we offer the following nutritional values. But unlike processed foods that are pressed out by machines, home cooking is not entirely exact. For one, produce comes out of the garden in various sizes. And it may be that you desire a larger fish fillet or steak, a larger serving of greens or you determine to be less liberal with the sweetener. To that end, the following nutritional values are estimates, gathered from the online food tracking source FitDay.com.

All the recipes are calculated at single portions. In recipes that state a range - say "1 to 2 teaspoons of a specific herb", or "serves 4 to 5 people" - we have chosen to calculate the less caloric option, so 1 teaspoon or 5 servings would be calculated for these examples. Recipes that call for "a handful" of greens have been calculated at 30g. Fish fillets are calculated at 140g, and steaks are calculated at 170g. Dips, oils and condiments are calculated at single servings of 2 tablespoons.

	CALORIES	FAT (G)	CARBS (G)	PROTEIN (G)
Avocado Breakfast Bowl	596	34	11	64
BLT	287	10	2	26
Baked Squash Discs	91	0	24	2
Baked Tomato Salmon	285	10	15	36
Bangers and Mash	518	34	27	25
(without cabbage)	327	23	26	6
(with buttered Savoy cabbage)	397	27	33	9
Beef and Creamy Cauliflower	202	4	2	33
Beef and Mustard Burgers	270	18	0	25
Blackberry Apple Crumble (without cream)	444	35	30	10
Breadless Butter Pudding	187	5	37	2
Breakfast Burger	275	20	12	14
Breakfast Calzone	429	33	7	54
Breakfast Stir-Fry	415	13	7	15
Bubble and Squeak (320g)				
(sweet potato)	137	10	20	2
(broccoli)	35	2	3	1
(carrots)	42	2	5	0
(courgette)	20	2	0	0
(celery)	30	2	2	0
Buttered Savoy Cabbage				
(without bacon)	56	3	7	2
(with bacon)	70	4	7	3
Butternut Smash	51	1	13	1
Caribbean Jerk Salmon	264	13	2	33
Cauliflower Mash	83	5	9	3

	CALORIES	FAT (G)	CARBS (G)	PROTEIN (G)
Cauliflower Pizza	345	23	13	23
Cauliflower Rice	97	5	12	5
Celeriac Chips	109	7	11	2
Chestnut Cookies (without additions)	124	10	9	1
Chestnut Tea Cake	94	9	7	1
Chicken Vindaloo	551	27	18	53
Chili Con Cauliflower	609	38	16	51
Chili Roasted Macadamias	221	53	4	2
Chocolate Chestnut Fudge Cake	447	32	38	4
Chocolate-Dipped Strawberries (each)	59	3	7	0
Chocolate Macadamias	252	21	17	3
Chunky Courgette Chips	29	3	2	1
Cinema Mix	480	23	34	5
Cinnamon Coconut Squash	179	11	23	3
Citrus Ceviche with Tomato and Avocado (without onion)	367	22	8	32
(with onion)	405	22	20	34
(with jalapeño)	422	22	42	67
Citrus Chips	37	0	8	1
Coconut Cashew Fudge	250	23	11	5
Coconut Comfort Curry	469	41	10	20
Courgette and Chive Fritters	319	9	6	11
Creamy Green Omelette	466	39	11	21
(with 65g chicken)	626	48	11	39
(with 65g fish)	592	40	11	47
Crispy Stuffing Balls	267	16	10	20
Crunchy Nut Coconut Flakes	533	25	19	7
Dark Chocolate Almond Cake	423	32	33	5
Egg-Stuffed Toms	457	39	14	15
Everyday Chicken Curry	509	19	24	62
Fish, Chips and Mashed Peas	573	30	37	40
Fish Fingers	277	15	2	34
Fish in a Blanket	314	14	3	20
Grass-Fed Steak with Garlic Fries and Béarnaise Sauce				
(without Béarnaise sauce)	442	20	25	42
(with Béarnaise sauce)	709	48	27	46
Guacamole (2 tablespoons)				
(without onion)	128	10	10	3
(with onion)	137	10	12	3
Homemade Kettle Chips	77	3	13	1
Homemade Mayonnaise	249	28	0	0

	CALORIES	FAT (G)	CARBS (G)	PROTEIN (G)
Italian Meatballs	492	26	32	38
Kale and Chorizo Mash	473	32	29	17
Ketchup (2 tablespoons)	24	0	3	0
Lamb and Cumin Burgers	276	19	2	24
Lebanese-Style Beef				
(without cauliflower)	669	41	14	60
(with cauliflower)	705	44	16	61
Lemon and Olive Chicken Tagine	452	2	14	2
Lemon and Thyme Baked Carrots	38	0	9	1
Lightning Lamb Kebab (each)	240	11	8	26
Liver and Bacon	517	23	19	56
Liver Dippy Egg	514	20	10	70
LiverPâte	263	20	3	19
Mackerel and Sweet Potato Fish Cakes	456	27	27	29
Man Maker Pie	514	20	10	70
(with beef)	639	38	29	46
(with lamb)	656	45	29	35
Matt's Big Beefy: Onion and Chorizo	350	24	3	29
Matt's Mighty Scotch Eggs	260	20	4	16
Mediterranean Bake	216	15	17	7
(without goat cheese)	176	10	21	3
(with goat cheese)	236	15	27	7
Mighty Mackerel	348	23	1	33
Moules Marinara	422	10	10	37
Mum's Legendary Pork Pie Cake	457	40	22	7
Mustard Seed Salmon	492	35	10	38
"OMG! Where's the Protein?" Salad	455	40	16	16
Oil Infusions (2 tablespoons olive oil)	239	27	0	0
Omega Breakfast Bake	346	25	3	29
Parsley Salmon and Poached Eggs	340	15	3	46
Pesto Pork Cupcakes				
(without topping)	157	11	0	13
(with topping)	160	12	0	13
Plum Cake	268	22	17	4
Poach an Egg, How to (1 egg)	74	5	0	6
Pockets of Power	158	9	10	10
Portuguese Almond Cake	126	8	11	4
Prawn Cocktail	283	17	5	28
Primal Shepherd's Pie	317	19	16	22
Quick-Cook Chive Scrambled Eggs and Bacon	381	30	4	25

	CALORIES	FAT (G)	CARBS (G)	PROTEIN (G)
Quick Piri Piri Chicken	617	12	3	16
Soaked Sun-Dried Tomatoes, oil drained (1 piece)	15	1	1	0
Spicy Carrot Chips	107	7	11	1
Spinach, Sun-dried Tomatoes and Pine Nuts	45	3	3	2
Sun-Dried Stuffed Chicken Breast	366	24	3	35
Sweet and Spicy Chicken	272	13	5	32
Sweet Garlic Prawn	314	25	8	16
Sweet Potato Wedges	308	16	39	5
Tarragon Turkey Burgers	254	13	7	27
Tarragon Roast Chicken and Chestnut Stuffing				
(without stuffing)	594	9	4	16
(with stuffing)	1097	34	40	48
Thai Burgers				
(with turkey)	233	13	2	26
(with chicken)	237	13	2	26
(with pork)	291	20	2	25
Thai Chicken and Spring Onion Rice	427	24	24	34
Thai Mussels	530	32	11	24
Thai Sea Bass Supper	234	8	6	33
Toasted Coconut	36	3	2	0
Toasted Walnuts (28g)	98	10	2	2
Tuna Avo Egg	528	25	9	69
Turkey, Chestnut & Rosemary Burgers	186	9	10	17
Turkey Coconut Curry	959	58	40	77
Turkey Toast	285	17	0	31
Turmeric and Black Pepper Chicken with Rainbow Veg	463	28	26	30
Vegetable Kebabs	125	3	25	2
Vegetable Spaghetti				
(medium courgette, large carrot, 65g squash)	66	2	11	2

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