

April Gluten Free Week One

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Cilantro Pesto Sea Bass

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 306	
% Daily Value *	
Total Fat 25 g	39 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 73 mg	3 %
Potassium 54 mg	2 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 20 g	39 %
Vitamin A	1 %
Vitamin C	9 %
Calcium	1 %
Iron	4 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Steamed Baby Bok Choy

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 40	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 198 mg	8 %
Potassium 259 mg	7 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 2 g	3 %
Vitamin A	89 %
Vitamin C	75 %
Calcium	11 %
Iron	5 %
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Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 180	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 7 g	14 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	10 %
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Meal 2: Paprika
Chicken Legs w/
Carrots, Parsnips &
Fennel

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 377	
% Daily Value *	
Total Fat 25 g	39 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 16 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 292 mg	12 %
Potassium 605 mg	17 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	25 %
Sugars 7 g	
Protein 23 g	46 %
Vitamin A	122 %
Vitamin C	29 %
Calcium	7 %
Iron	15 %
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Meal 3: BBQ Ribs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 580	
% Daily Value *	
Total Fat 32 g	49 %
Saturated Fat 9 g	45 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 80 mg	27 %
Sodium 262 mg	11 %
Potassium 3 mg	0 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 2 g	8 %
Sugars 37 g	
Protein 32 g	64 %
Vitamin A	15 %
Vitamin C	40 %
Calcium	0 %
Iron	2 %
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Potato Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 371	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 12 g	
Trans Fat 0 g	
Cholesterol 10 mg	3 %
Sodium 300 mg	13 %
Potassium 1032 mg	29 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 4 g	18 %
Sugars 3 g	
Protein 5 g	9 %
Vitamin A	2 %
Vitamin C	3 %
Calcium	1 %
Iron	0 %
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(per serving, based on yield of 4 servings)

Steamed Broccoli

Meal 4: California Veggie Salad

Honey Mustard Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 51	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 50 mg	2 %
Potassium 480 mg	14 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 4 g	9 %
Vitamin A	19 %
Vitamin C	226 %
Calcium	7 %
Iron	6 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 455	
% Daily Value *	
Total Fat 27 g	41 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 184 mg	61 %
Sodium 586 mg	24 %
Potassium 767 mg	22 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 10 g	38 %
Sugars 10 g	
Protein 33 g	66 %
Vitamin A	61 %
Vitamin C	40 %
Calcium	7 %
Iron	17 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 163	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 173 mg	7 %
Potassium 0 mg	0 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 0 g	0 %
Sugars 8 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	3 %
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Salad: Spinach w/
Mango, Goat Cheese
& Walnuts

Dressing (per serving,
based on yield of 8
servings)

Breakfast: Eggs
Baked in Avocado w/
Oranges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 205	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 147 mg	6 %
Potassium 300 mg	9 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	9 %
Sugars 7 g	
Protein 6 g	12 %
Vitamin A	38 %
Vitamin C	23 %
Calcium	31 %
Iron	10 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 125	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 184 mg	61 %
Sodium 691 mg	29 %
Potassium 434 mg	12 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 7 g	28 %
Sugars 10 g	
Protein 9 g	18 %
Vitamin A	13 %
Vitamin C	98 %
Calcium	7 %
Iron	8 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Celery & PB

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 196	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 196 mg	8 %
Potassium 190 mg	5 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 6 g	24 %
Sugars 7 g	
Protein 7 g	14 %
Vitamin A	4 %
Vitamin C	2 %
Calcium	2 %
Iron	4 %
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Dessert: Cherry Cobbler (per serving based on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 292	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 197 mg	8 %
Potassium 224 mg	6 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 5 g	20 %
Sugars 16 g	
Protein 4 g	9 %
Vitamin A	5 %
Vitamin C	5 %
Calcium	5 %
Iron	6 %
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