

April Gluten Free Week Three

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Lemon Basil Chicken Breast

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 358	
% Daily Value *	
Total Fat 31 g	47 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 21 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 180 mg	8 %
Potassium 265 mg	8 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 23 g	46 %
Vitamin A	1 %
Vitamin C	8 %
Calcium	0 %
Iron	6 %
* 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.	

Roasted Potatoes & Brussels' Sprouts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 214	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 302 mg	13 %
Potassium 885 mg	25 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 6 g	24 %
Sugars 4 g	
Protein 6 g	12 %
Vitamin A	17 %
Vitamin C	185 %
Calcium	5 %
Iron	11 %
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Meal 2: Ginger- Sesame Roasted Pork Chops

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 235	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 210 mg	9 %
Potassium 2 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	46 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Stir Fried Veggies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1080 mg	45 %
Potassium 785 mg	22 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 7 g	28 %
Sugars 6 g	
Protein 9 g	19 %
Vitamin A	131 %
Vitamin C	536 %
Calcium	23 %
Iron	13 %
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Meal 3: Shrimp & Okra Gumbo

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 300	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 179 mg	60 %
Sodium 643 mg	27 %
Potassium 1067 mg	30 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 6 g	25 %
Sugars 6 g	
Protein 31 g	62 %
Vitamin A	26 %
Vitamin C	181 %
Calcium	17 %
Iron	31 %
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Meal 4: Carrot & Zucchini Frittata with Strawberries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 396	
% Daily Value *	
Total Fat 26 g	39 %
Saturated Fat 10 g	50 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 482 mg	161 %
Sodium 746 mg	31 %
Potassium 577 mg	16 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	14 %
Sugars 7 g	
Protein 28 g	56 %
Vitamin A	127 %
Vitamin C	93 %
Calcium	47 %
Iron	18 %
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(per serving, based on yield of 4 servings)

Salad: Mixed Greens, Grapes, Avocado & Sunflower Seed

Dressing (per serving, based on 8 servings)

Breakfast: PB Banana Smoothie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 182	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 16 mg	1 %
Potassium 429 mg	12 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	16 %
Sugars 7 g	
Protein 4 g	8 %
Vitamin A	40 %
Vitamin C	19 %
Calcium	2 %
Iron	6 %
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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 339	
% 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 146 mg	6 %
Potassium 454 mg	13 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 8 g	30 %
Sugars 18 g	
Protein 11 g	23 %
Vitamin A	92 %
Vitamin C	53 %
Calcium	7 %
Iron	12 %
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April Gluten Free Week Three **Nutrition Facts** (per serving, based on yield of 4 servings)

Snack: Olives + String Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 230	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 1290 mg	54 %
Potassium 0 mg	0 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 9 g	18 %
Vitamin A	4 %
Vitamin C	24 %
Calcium	20 %
Iron	0 %
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Dessert: Dark Chocolate + Pecans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 323	
% Daily Value *	
Total Fat 29 g	44 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 112 mg	3 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 5 g	19 %
Sugars 15 g	
Protein 4 g	8 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	11 %
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