January Week Four Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Mexican Pork Stew

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 308	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 94 mg	**31 %**
Sodium 854 mg	**36 %**
Potassium 297 mg	**8 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 7 g	**27 %**
Sugars 9 g	
Protein 30 g	**60 %**
Vitamin A	**177 %**
Vitamin C	**203 %**
Calcium	**13 %**
Iron	**18 %**

* 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.

Meal 2: Spinach Pesto Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 381	
	% Daily Value *
Total Fat 25 g	**39 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 71 mg	**24 %**
Sodium 169 mg	**7 %**
Potassium 347 mg	**10 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 3 g	**11 %**
Sugars 1 g	
Protein 34 g	**68 %**
Vitamin A	**68 %**
Vitamin C	**29 %**
Calcium	**18 %**
Iron	**14 %**

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Zucchini Noodles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 53	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 20 mg	**1 %**
Potassium 638 mg	**18 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 3 g	**11 %**
Sugars 6 g	
Protein 3 g	**6 %**
Vitamin A	**10 %**
Vitamin C	**73 %**
Calcium	**7 %**
Iron	**5 %**

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Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 3: Orange-Cilantro Shrimp & Broccoli

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 609	
	% Daily Value *
Total Fat 32 g	**49 %**
Saturated Fat 24 g	**121 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1457 mg	**61 %**
Potassium 1287 mg	**37 %**
Total Carbohydrate 43 g	**14 %**
Dietary Fiber 8 g	**30 %**
Sugars 9 g	
Protein 46 g	**91 %**
Vitamin A	**32 %**
Vitamin C	**338 %**
Calcium	**37 %**
Iron	**31 %**

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Sweet Potato Wedges

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 176	
	% Daily Value *
Total Fat 9 g	**13 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 631 mg	**26 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 4 g	**15 %**
Sugars 7 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Meal 4: Spinach Pesto

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 261	
	% Daily Value *
Total Fat 24 g	**37 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 6 mg	**2 %**
Sodium 94 mg	**4 %**
Potassium 347 mg	**10 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 3 g	**12 %**
Sugars 1 g	
Protein 8 g	**16 %**
Vitamin A	**68 %**
Vitamin C	**27 %**
Calcium	**17 %**
Iron	**10 %**

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Nutrition Facts
(per serving, based on yield of 4 servings)

Rotini Pasta w/ Roasted Tomatoes & Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 448	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 5 g	**26 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 35 mg	**12 %**
Sodium 332 mg	**14 %**
Potassium 697 mg	**20 %**
Total Carbohydrate 64 g	**21 %**
Dietary Fiber 6 g	**23 %**
Sugars 5 g	
Protein 20 g	**39 %**
Vitamin A	**27 %**
Vitamin C	**40 %**
Calcium	**12 %**
Iron	**14 %**

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Salad: Mixed Greens w/ Raspberries, Feta & Pistachios

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 173	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 354 mg	**15 %**
Potassium 259 mg	**7 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 4 g	**15 %**
Sugars 4 g	
Protein 8 g	**15 %**
Vitamin A	**3 %**
Vitamin C	**17 %**
Calcium	**17 %**
Iron	**6 %**

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

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 2 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Nutrition Facts
(per serving, based on yield of 4 servings)

Breakfast: Baked Apples w/ Walnuts & Cherries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 349	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 12 g	**62 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 7 mg	**0 %**
Potassium 448 mg	**13 %**
Total Carbohydrate 49 g	**16 %**
Dietary Fiber 7 g	**27 %**
Sugars 38 g	
Protein 2 g	**4 %**
Vitamin A	**2 %**
Vitamin C	**11 %**
Calcium	**4 %**
Iron	**6 %**

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Snack: Baby Carrots w/ White Bean Hummus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 155	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 907 mg	**38 %**
Potassium 377 mg	**11 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 12 g	**47 %**
Sugars 8 g	
Protein 8 g	**17 %**
Vitamin A	**166 %**
Vitamin C	**14 %**
Calcium	**13 %**
Iron	**12 %**

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Dessert: Dark Chocolate & Almonds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 457	
	% Daily Value *
Total Fat 35 g	**55 %**
Saturated Fat 16 g	**78 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 3 mg	**0 %**
Potassium 174 mg	**5 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 3 g	**12 %**
Sugars 17 g	
Protein 10 g	**21 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**11 %**
Iron	**48 %**

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