January Week One Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Romesco Baked Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 414	
	% Daily Value *
Total Fat 31 g	**48 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 19 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 75 mg	**25 %**
Sodium 235 mg	**10 %**
Potassium 160 mg	**5 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 3 g	**12 %**
Sugars 4 g	
Protein 26 g	**52 %**
Vitamin A	**30 %**
Vitamin C	**92 %**
Calcium	**8 %**
Iron	**13 %**

* 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.

Acorn Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 176	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 7 mg	**0 %**
Potassium 748 mg	**21 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 3 g	**12 %**
Sugars 0 g	
Protein 2 g	**3 %**
Vitamin A	**16 %**
Vitamin C	**40 %**
Calcium	**7 %**
Iron	**9 %**

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Sautéed Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 42	
	% Daily Value *
Total Fat 2 g	**4 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 6 mg	**2 %**
Sodium 23 mg	**1 %**
Potassium 361 mg	**10 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**5 %**
Sugars 2 g	
Protein 4 g	**7 %**
Vitamin A	**3 %**
Vitamin C	**4 %**
Calcium	**0 %**
Iron	**3 %**

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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 2: Salt & Pepper Roasted Drumsticks

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 360	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 180 mg	**60 %**
Sodium 190 mg	**8 %**
Potassium 564 mg	**16 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 44 g	**88 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**12 %**

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Sweet Potato & Pear Soup

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 257	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 584 mg	**24 %**
Potassium 903 mg	**26 %**
Total Carbohydrate 57 g	**19 %**
Dietary Fiber 9 g	**36 %**
Sugars 16 g	
Protein 4 g	**8 %**
Vitamin A	**644 %**
Vitamin C	**17 %**
Calcium	**8 %**
Iron	**8 %**

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Meal 3: Flank Steak w/ Romesco Sauce

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 622	
	% Daily Value *
Total Fat 40 g	**62 %**
Saturated Fat 9 g	**45 %**
Monounsaturated Fat 19 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 83 mg	**28 %**
Sodium 142 mg	**6 %**
Potassium 570 mg	**16 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 4 g	**16 %**
Sugars 8 g	
Protein 53 g	**105 %**
Vitamin A	**28 %**
Vitamin C	**92 %**
Calcium	**6 %**
Iron	**9 %**

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

Plantains & Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 459	
	% Daily Value *
Total Fat 28 g	**44 %**
Saturated Fat 24 g	**120 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 16 mg	**1 %**
Potassium 67 mg	**2 %**
Total Carbohydrate 55 g	**18 %**
Dietary Fiber 9 g	**36 %**
Sugars 8 g	
Protein 8 g	**15 %**
Vitamin A	**54 %**
Vitamin C	**86 %**
Calcium	**6 %**
Iron	**17 %**

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Meal 4: Black Eyed Pea, Potato & Collards Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 322	
	% Daily Value *
Total Fat 4 g	**7 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 10 mg	**3 %**
Sodium 1584 mg	**66 %**
Potassium 616 mg	**18 %**
Total Carbohydrate 54 g	**18 %**
Dietary Fiber 11 g	**44 %**
Sugars 5 g	
Protein 18 g	**36 %**
Vitamin A	**52 %**
Vitamin C	**55 %**
Calcium	**26 %**
Iron	**16 %**

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Salad: Mixed Greens w/ Pomegranate, Blue Cheese & Walnuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 328	
	% Daily Value *
Total Fat 27 g	**42 %**
Saturated Fat 7 g	**34 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 340 mg	**14 %**
Potassium 375 mg	**11 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 4 g	**14 %**
Sugars 8 g	
Protein 13 g	**26 %**
Vitamin A	**6 %**
Vitamin C	**22 %**
Calcium	**22 %**
Iron	**11 %**

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

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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Breakfast: Mixed Berry Green Smoothie (made w/ water)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 121	
	% 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 17 mg	**1 %**
Potassium 221 mg	**6 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 3 g	**11 %**
Sugars 9 g	
Protein 1 g	**3 %**
Vitamin A	**28 %**
Vitamin C	**15 %**
Calcium	**2 %**
Iron	**4 %**

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Snack: Cheese & Olives

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 261	
	% Daily Value *
Total Fat 22 g	**34 %**
Saturated Fat 6 g	**28 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 9 g	
Trans Fat 0 g	
Cholesterol 15 mg	**5 %**
Sodium 1088 mg	**45 %**
Potassium 638 mg	**18 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 6 g	**12 %**
Vitamin A	**4 %**
Vitamin C	**0 %**
Calcium	**14 %**
Iron	**13 %**

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Nutrition Facts
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Dessert: Cranberry-Walnut Baked Green Apples

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 520	
	% Daily Value *
Total Fat 33 g	**51 %**
Saturated Fat 14 g	**69 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 7 mg	**0 %**
Potassium 493 mg	**14 %**
Total Carbohydrate 54 g	**18 %**
Dietary Fiber 10 g	**41 %**
Sugars 38 g	
Protein 5 g	**10 %**
Vitamin A	**2 %**
Vitamin C	**21 %**
Calcium	**8 %**
Iron	**12 %**

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