January Week Three Gluten Free

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

Meal 1: Almond Crusted Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 429	
	% Daily Value *
Total Fat 28 g	**43 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 12 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 176 mg	**59 %**
Sodium 143 mg	**6 %**
Potassium 397 mg	**11 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 6 g	**23 %**
Sugars 2 g	
Protein 36 g	**73 %**
Vitamin A	**33 %**
Vitamin C	**0 %**
Calcium	**14 %**
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.

Steamed Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 52	
	% 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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Roasted Butternut Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 121	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 7 mg	**0 %**
Potassium 602 mg	**17 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 3 g	**14 %**
Sugars 4 g	
Protein 2 g	**3 %**
Vitamin A	**362 %**
Vitamin C	**60 %**
Calcium	**8 %**
Iron	**7 %**

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

Meal 2: Maple Mustard Pork Loin

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 326	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 4 g	**21 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 133 mg	**44 %**
Sodium 437 mg	**18 %**
Potassium 650 mg	**19 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 0 g	**0 %**
Sugars 6 g	
Protein 42 g	**85 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**1 %**
Iron	**12 %**

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Roasted Carrots & Parsnips

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 107	
	% 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 41 mg	**2 %**
Potassium 3 mg	**0 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 2 g	**7 %**
Sugars 2 g	
Protein 1 g	**2 %**
Vitamin A	**181 %**
Vitamin C	**5 %**
Calcium	**2 %**
Iron	**1 %**

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Meal 3: Shepherd's Pie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 586	
	% Daily Value *
Total Fat 27 g	**42 %**
Saturated Fat 12 g	**59 %**
Monounsaturated Fat 11 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 83 mg	**28 %**
Sodium 251 mg	**10 %**
Potassium 2084 mg	**60 %**
Total Carbohydrate 57 g	**19 %**
Dietary Fiber 13 g	**51 %**
Sugars 13 g	
Protein 30 g	**60 %**
Vitamin A	**137 %**
Vitamin C	**213 %**
Calcium	**13 %**
Iron	**33 %**

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

Meal 4: Tom Kha Gai Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 196	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 8 g	**41 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 22 mg	**7 %**
Sodium 565 mg	**24 %**
Potassium 325 mg	**9 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 3 g	**12 %**
Sugars 5 g	
Protein 15 g	**30 %**
Vitamin A	**57 %**
Vitamin C	**73 %**
Calcium	**6 %**
Iron	**4 %**

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Salad: Mixed Greens w/ Grapes, Avocado & Sunflower Seeds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 208	
	% Daily Value *
Total Fat 16 g	**24 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 108 mg	**5 %**
Potassium 504 mg	**14 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 5 g	**22 %**
Sugars 8 g	
Protein 5 g	**9 %**
Vitamin A	**2 %**
Vitamin C	**16 %**
Calcium	**3 %**
Iron	**8 %**

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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: Black-Eyed Pea, Collards & Feta Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 318	
	% Daily Value *
Total Fat 17 g	**26 %**
Saturated Fat 7 g	**37 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 448 mg	**149 %**
Sodium 822 mg	**34 %**
Potassium 370 mg	**11 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 4 g	**14 %**
Sugars 3 g	
Protein 22 g	**43 %**
Vitamin A	**26 %**
Vitamin C	**10 %**
Calcium	**26 %**
Iron	**19 %**

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Snack: Kiwi & Pistachios

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 272	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 121 mg	**5 %**
Potassium 832 mg	**24 %**
Total Carbohydrate 31 g	**10 %**
Dietary Fiber 6 g	**26 %**
Sugars 21 g	
Protein 9 g	**18 %**
Vitamin A	**0 %**
Vitamin C	**5 %**
Calcium	**2 %**
Iron	**6 %**

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Dessert: Honey Broiled Grapefruit

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 248	
	% Daily Value *
Total Fat 0 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 357 mg	**10 %**
Total Carbohydrate 66 g	**22 %**
Dietary Fiber 4 g	**16 %**
Sugars 56 g	
Protein 2 g	**4 %**
Vitamin A	**57 %**
Vitamin C	**128 %**
Calcium	**6 %**
Iron	**2 %**

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