January Week Two Gluten Free

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

Meal 1: Cornmeal-Crusted Catfish

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 414	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 5 g	**24 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 117 mg	**39 %**
Sodium 104 mg	**4 %**
Potassium 624 mg	**18 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 2 g	**9 %**
Sugars 0 g	
Protein 42 g	**84 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
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.

Collards

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 27	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 27 mg	**1 %**
Potassium 103 mg	**3 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 2 g	**8 %**
Sugars 0 g	
Protein 1 g	**3 %**
Vitamin A	**45 %**
Vitamin C	**28 %**
Calcium	**16 %**
Iron	**1 %**

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Corn Muffins

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 438	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 12 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 106 mg	**35 %**
Sodium 2125 mg	**89 %**
Potassium 209 mg	**6 %**
Total Carbohydrate 64 g	**21 %**
Dietary Fiber 4 g	**18 %**
Sugars 17 g	
Protein 8 g	**16 %**
Vitamin A	**5 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**14 %**

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January Week Two Gluten Free

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

Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken

Nutrition Facts
Servings 4.0

Amount Per Serving	
calories 318	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 3 g	**14 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 72 mg	**24 %**
Sodium 158 mg	**7 %**
Potassium 4 mg	**0 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 2 g	**10 %**
Sugars 7 g	
Protein 31 g	**62 %**
Vitamin A	**19 %**
Vitamin C	**12 %**
Calcium	**6 %**
Iron	**14 %**

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Roasted Sweet Potatoes

Nutrition Facts
Servings 4.0

Amount Per Serving	
calories 111	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 33 mg	**1 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 3 g	**12 %**
Sugars 6 g	
Protein 2 g	**4 %**
Vitamin A	**346 %**
Vitamin C	**29 %**
Calcium	**3 %**
Iron	**3 %**

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Meal 3: Beef & Mushroom Marinara Sauce (w/ cheese)

Nutrition Facts
Servings 4.0

Amount Per Serving	
calories 776	
	% Daily Value *
Total Fat 32 g	**49 %**
Saturated Fat 14 g	**71 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 100 mg	**33 %**
Sodium 2240 mg	**93 %**
Potassium 1868 mg	**53 %**
Total Carbohydrate 84 g	**28 %**
Dietary Fiber 9 g	**35 %**
Sugars 11 g	
Protein 47 g	**94 %**
Vitamin A	**18 %**
Vitamin C	**128 %**
Calcium	**72 %**
Iron	**49 %**

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January Week Two Gluten Free

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

Spaghetti Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 16	
	% 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 0 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**4 %**
Sugars 2 g	
Protein 1 g	**2 %**
Vitamin A	**4 %**
Vitamin C	**28 %**
Calcium	**2 %**
Iron	**2 %**

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Meal 4: Chipotle 3-Bean Veggie Chili

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 492	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 7 g	**35 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 27 mg	**9 %**
Sodium 2003 mg	**83 %**
Potassium 1220 mg	**35 %**
Total Carbohydrate 70 g	**23 %**
Dietary Fiber 20 g	**81 %**
Sugars 15 g	
Protein 26 g	**52 %**
Vitamin A	**69 %**
Vitamin C	**245 %**
Calcium	**20 %**
Iron	**35 %**

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Corn Muffins

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 438	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 12 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 106 mg	**35 %**
Sodium 2125 mg	**89 %**
Potassium 209 mg	**6 %**
Total Carbohydrate 64 g	**21 %**
Dietary Fiber 4 g	**18 %**
Sugars 17 g	
Protein 8 g	**16 %**
Vitamin A	**5 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**14 %**

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January Week Two Gluten Free

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

Salad: Mixed Greens w/ Beets, Shaved Fennel, Goat Cheese & Walnuts

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 300	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 6 g	**28 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 13 mg	**4 %**
Sodium 213 mg	**9 %**
Potassium 706 mg	**20 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 6 g	**24 %**
Sugars 10 g	
Protein 10 g	**21 %**
Vitamin A	**56 %**
Vitamin C	**31 %**
Calcium	**10 %**
Iron	**14 %**

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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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Breakfast: Hard Boiled Eggs & Cuties (1 cutie per serving, 40 calories each)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 187	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 423 mg	**141 %**
Sodium 140 mg	**6 %**
Potassium 334 mg	**10 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**8 %**
Sugars 7 g	
Protein 13 g	**26 %**
Vitamin A	**11 %**
Vitamin C	**145 %**
Calcium	**7 %**
Iron	**11 %**

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January Week Two Gluten Free

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

Snack: Pears w/ Almond Butter

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 313	
	% Daily Value *
Total Fat 21 g	**32 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 376 mg	**11 %**
Total Carbohydrate 31 g	**10 %**
Dietary Fiber 9 g	**36 %**
Sugars 17 g	
Protein 6 g	**11 %**
Vitamin A	**0 %**
Vitamin C	**10 %**
Calcium	**8 %**
Iron	**5 %**

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Dessert: Chocolate Pudding

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 363	
	% Daily Value *
Total Fat 21 g	**32 %**
Saturated Fat 6 g	**31 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 25 mg	**1 %**
Potassium 461 mg	**13 %**
Total Carbohydrate 50 g	**17 %**
Dietary Fiber 14 g	**57 %**
Sugars 29 g	
Protein 6 g	**12 %**
Vitamin A	**3 %**
Vitamin C	**15 %**
Calcium	**5 %**
Iron	**15 %**

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