March Gluten Free Week Two

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

Meal 1: Shrimp, Avocado, & Grapefruit Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 516	
	% Daily Value *
Total Fat 34 g	**53 %**
Saturated Fat 4 g	**21 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 214 mg	**71 %**
Sodium 1000 mg	**42 %**
Potassium 443 mg	**13 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 12 g	**46 %**
Sugars 10 g	
Protein 31 g	**62 %**
Vitamin A	**29 %**
Vitamin C	**70 %**
Calcium	**20 %**
Iron	**22 %**

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Meal 2: Macadamia Crusted Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 580	
	% Daily Value *
Total Fat 44 g	**67 %**
Saturated Fat 12 g	**60 %**
Monounsaturated Fat 31 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 161 mg	**54 %**
Sodium 369 mg	**15 %**
Potassium 35 mg	**1 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 4 g	**17 %**
Sugars 2 g	
Protein 40 g	**80 %**
Vitamin A	**3 %**
Vitamin C	**0 %**
Calcium	**4 %**
Iron	**11 %**

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Napa Cabbage Slaw

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 250	
	% Daily Value *
Total Fat 27 g	**42 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 4 mg	**0 %**
Potassium 33 mg	**1 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**2 %**
Sugars 3 g	
Protein 0 g	**0 %**
Vitamin A	**6 %**
Vitamin C	**3 %**
Calcium	**2 %**
Iron	**2 %**

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

Apricot Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 100	
	% 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 18 mg	**1 %**
Potassium 58 mg	**2 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 0 g	**1 %**
Sugars 18 g	
Protein 0 g	**1 %**
Vitamin A	**7 %**
Vitamin C	**9 %**
Calcium	**1 %**
Iron	**1 %**

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Meal 3: Beef Fajitas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 331	
	% Daily Value *
Total Fat 16 g	**24 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 1 g	
Cholesterol 70 mg	**23 %**
Sodium 290 mg	**12 %**
Potassium 441 mg	**13 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 4 g	**15 %**
Sugars 6 g	
Protein 24 g	**48 %**
Vitamin A	**38 %**
Vitamin C	**150 %**
Calcium	**4 %**
Iron	**18 %**

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Refried Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 123	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 166 mg	**7 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 5 g	**21 %**
Sugars 1 g	
Protein 6 g	**12 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**5 %**
Iron	**13 %**

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March Gluten Free Week Two

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

Guacamole
(per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 163	
	% Daily Value *
Total Fat 15 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 20 mg	**1 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 7 g	**27 %**
Sugars 1 g	
Protein 2 g	**4 %**
Vitamin A	**5 %**
Vitamin C	**20 %**
Calcium	**1 %**
Iron	**3 %**

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Meal 4: Turkey Minestrone

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 255	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 1034 mg	**43 %**
Potassium 748 mg	**21 %**
Total Carbohydrate 39 g	**13 %**
Dietary Fiber 13 g	**50 %**
Sugars 9 g	
Protein 24 g	**47 %**
Vitamin A	**29 %**
Vitamin C	**42 %**
Calcium	**15 %**
Iron	**24 %**

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Salad: Italian Side Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 114	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 457 mg	**19 %**
Potassium 364 mg	**10 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 3 g	**10 %**
Sugars 4 g	
Protein 2 g	**4 %**
Vitamin A	**77 %**
Vitamin C	**26 %**
Calcium	**3 %**
Iron	**5 %**

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March Gluten Free Week Two

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

Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 122	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**3 %**

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Breakfast: Hard Boiled Eggs & Grapes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 205	
	% Daily Value *
Total Fat 10 g	**15 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 372 mg	**124 %**
Sodium 144 mg	**6 %**
Potassium 314 mg	**9 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 1 g	**3 %**
Sugars 15 g	
Protein 13 g	**26 %**
Vitamin A	**13 %**
Vitamin C	**6 %**
Calcium	**7 %**
Iron	**11 %**

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Snack: Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 44	
	% 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 81 mg	**3 %**
Potassium 338 mg	**10 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 3 g	**10 %**
Sugars 6 g	
Protein 1 g	**3 %**
Vitamin A	**113 %**
Vitamin C	**10 %**
Calcium	**3 %**
Iron	**3 %**

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

Guacamole
(per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 163	
	% Daily Value *
Total Fat 15 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 20 mg	**1 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 7 g	**27 %**
Sugars 1 g	
Protein 2 g	**4 %**
Vitamin A	**5 %**
Vitamin C	**20 %**
Calcium	**1 %**
Iron	**3 %**

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Dessert: Almond Butter Rice Crispies
(per serving, based on 16 servings)

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 132	
	% Daily Value *
Total Fat 6 g	**8 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 76 mg	**2 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 2 g	**7 %**
Sugars 10 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**2 %**

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