March Gluten Free Week Three

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

Meal 1: Greek Chicken Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 666	
	% Daily Value *
Total Fat 53 g	**81 %**
Saturated Fat 10 g	**50 %**
Monounsaturated Fat 31 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 80 mg	**27 %**
Sodium 2749 mg	**115 %**
Potassium 599 mg	**17 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 3 g	**12 %**
Sugars 8 g	
Protein 28 g	**57 %**
Vitamin A	**37 %**
Vitamin C	**34 %**
Calcium	**23 %**
Iron	**12 %**

* 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: Lemon-Caper Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 390	
	% Daily Value *
Total Fat 31 g	**47 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 18 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 259 mg	**11 %**
Potassium 28 mg	**1 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**1 %**
Sugars 1 g	
Protein 27 g	**55 %**
Vitamin A	**0 %**
Vitamin C	**16 %**
Calcium	**1 %**
Iron	**1 %**

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Parmesan Roasted Cauliflower & Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 178	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 2 g	**12 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 7 mg	**2 %**
Sodium 283 mg	**12 %**
Potassium 1139 mg	**33 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 9 g	**37 %**
Sugars 8 g	
Protein 12 g	**25 %**
Vitamin A	**21 %**
Vitamin C	**396 %**
Calcium	**24 %**
Iron	**12 %**

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Nutrition Facts
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Meal 3: Asian Turkey Lettuce Wraps

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 264	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 88 mg	**29 %**
Sodium 354 mg	**15 %**
Potassium 566 mg	**16 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 5 g	**20 %**
Sugars 4 g	
Protein 39 g	**78 %**
Vitamin A	**116 %**
Vitamin C	**97 %**
Calcium	**8 %**
Iron	**21 %**

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Soy Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 36	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 674 mg	**28 %**
Potassium 26 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 1 g	**2 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**

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Meal 4: Potato & Onion Frittata w/ Orange Wedges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 345	
	% 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 1278 mg	**37 %**
Total Carbohydrate 48 g	**16 %**
Dietary Fiber 6 g	**25 %**
Sugars 16 g	
Protein 18 g	**36 %**
Vitamin A	**19 %**
Vitamin C	**156 %**
Calcium	**13 %**
Iron	**10 %**

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

Salad: Mixed Greens, Dried Figs, Walnuts, & Goat Cheese (w/ cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 240	
	% Daily Value *
Total Fat 17 g	**26 %**
Saturated Fat 5 g	**27 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 35 mg	**12 %**
Sodium 166 mg	**7 %**
Potassium 184 mg	**5 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 5 g	**21 %**
Sugars 10 g	
Protein 8 g	**16 %**
Vitamin A	**54 %**
Vitamin C	**17 %**
Calcium	**9 %**
Iron	**12 %**

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Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 124	
	% 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 0 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Breakfast: Almond Butter, Strawberry, & Banana Smoothie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 317	
	% 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 51 mg	**2 %**
Potassium 881 mg	**25 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 8 g	**31 %**
Sugars 13 g	
Protein 8 g	**15 %**
Vitamin A	**121 %**
Vitamin C	**85 %**
Calcium	**13 %**
Iron	**19 %**

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

Snack: Grapes & Cashews

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 191	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 6 mg	**0 %**
Potassium 88 mg	**3 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 1 g	**6 %**
Sugars 9 g	
Protein 5 g	**11 %**
Vitamin A	**1 %**
Vitamin C	**3 %**
Calcium	**3 %**
Iron	**11 %**

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Dessert: Peanut Butter Cups (per serving based on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 275	
	% Daily Value *
Total Fat 21 g	**33 %**
Saturated Fat 17 g	**83 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 76 mg	**3 %**
Potassium 150 mg	**4 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 1 g	**4 %**
Sugars 14 g	
Protein 3 g	**5 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**4 %**
Iron	**2 %**

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