March Gluten Free Week One

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

Meal 1: Sesame-Ginger Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 143	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 45 mg	**15 %**
Sodium 271 mg	**11 %**
Potassium 4 mg	**0 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 21 g	**41 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**4 %**

* 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.

Curried Eggplant & Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 215	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1157 mg	**48 %**
Potassium 899 mg	**26 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 9 g	**38 %**
Sugars 10 g	
Protein 5 g	**11 %**
Vitamin A	**1 %**
Vitamin C	**170 %**
Calcium	**6 %**
Iron	**10 %**

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Meal 2: Apricot-Glazed Chicken Thighs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 271	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 133 mg	**44 %**
Sodium 153 mg	**6 %**
Potassium 399 mg	**11 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 0 g	**1 %**
Sugars 18 g	
Protein 28 g	**57 %**
Vitamin A	**8 %**
Vitamin C	**9 %**
Calcium	**2 %**
Iron	**8 %**

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

Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 26	
	% 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 5 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 3 g	**11 %**
Sugars 1 g	
Protein 2 g	**3 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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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 623 mg	**26 %**
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	**21 %**

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Meal 3: Grass-fed Beef & Mushroom Spaghetti

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 704	
	% Daily Value *
Total Fat 18 g	**27 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 68 mg	**23 %**
Sodium 258 mg	**11 %**
Potassium 113 mg	**3 %**
Total Carbohydrate 103 g	**34 %**
Dietary Fiber 8 g	**33 %**
Sugars 9 g	
Protein 35 g	**69 %**
Vitamin A	**8 %**
Vitamin C	**41 %**
Calcium	**0 %**
Iron	**43 %**

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

Meal 4: Red Bean & Kale Chili (w/ ¼ cup shredded cheddar cheese)

Nutrition Facts
Servings 4.0

Amount Per Serving	
calories 447	
	% Daily Value *
Total Fat 11 g	**16 %**
Saturated Fat 6 g	**31 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 30 mg	**10 %**
Sodium 930 mg	**39 %**
Potassium 747 mg	**21 %**
Total Carbohydrate 63 g	**21 %**
Dietary Fiber 22 g	**90 %**
Sugars 14 g	
Protein 28 g	**56 %**
Vitamin A	**195 %**
Vitamin C	**154 %**
Calcium	**157 %**
Iron	**34 %**

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Salad: Mixed Greens w/ Raspberry, Feta, & Pistachios (w/ feta cheese)

Nutrition Facts
Servings 4.0

Amount Per Serving	
calories 197	
	% Daily Value *
Total Fat 13 g	**21 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 371 mg	**15 %**
Potassium 110 mg	**3 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 7 g	**26 %**
Sugars 5 g	
Protein 8 g	**17 %**
Vitamin A	**8 %**
Vitamin C	**48 %**
Calcium	**19 %**
Iron	**17 %**

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

Breakfast: Leek, Mushroom, & Goat Cheese Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 288	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 407 mg	**136 %**
Sodium 364 mg	**15 %**
Potassium 331 mg	**9 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**9 %**
Sugars 3 g	
Protein 19 g	**38 %**
Vitamin A	**26 %**
Vitamin C	**11 %**
Calcium	**11 %**
Iron	**16 %**

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Snack: Apples & Sunflower Seed Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 269	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 12 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 332 mg	**9 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 5 g	**21 %**
Sugars 18 g	
Protein 6 g	**12 %**
Vitamin A	**2 %**
Vitamin C	**12 %**
Calcium	**3 %**
Iron	**8 %**

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Dessert: Date & Pecan Chia Pudding

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 397	
	% Daily Value *
Total Fat 24 g	**36 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 10 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 6 mg	**0 %**
Potassium 407 mg	**12 %**
Total Carbohydrate 37 g	**12 %**
Dietary Fiber 18 g	**73 %**
Sugars 17 g	
Protein 12 g	**23 %**
Vitamin A	**1 %**
Vitamin C	**1 %**
Calcium	**27 %**
Iron	**22 %**

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