

May Gluten Free Week Three

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Penne Pasta
w/ Mushrooms, Spring
Peas, & Spinach

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 471	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 32 mg	11 %
Sodium 706 mg	29 %
Potassium 125 mg	4 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 8 g	31 %
Sugars 8 g	
Protein 18 g	36 %
Vitamin A	86 %
Vitamin C	35 %
Calcium	21 %
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.	

Meal 2: Cilantro-Lime
Chicken over Mixed
Greens w/ Black
Beans, Jicama, &
Avocado

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 527	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 124 mg	41 %
Sodium 257 mg	11 %
Potassium 1435 mg	41 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 11 g	45 %
Sugars 4 g	
Protein 47 g	94 %
Vitamin A	53 %
Vitamin C	47 %
Calcium	5 %
Iron	19 %
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Cilantro-Lime
Dressing

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 248	
% 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 292 mg	12 %
Potassium 21 mg	1 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	8 %
Calcium	0 %
Iron	1 %
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Meal 3: Grass-fed
Beef Tostados (w/
cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 692	
% Daily Value *	
Total Fat 39 g	59 %
Saturated Fat 13 g	67 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 3 g	
Trans Fat 1 g	
Cholesterol 99 mg	33 %
Sodium 884 mg	37 %
Potassium 1338 mg	38 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 17 g	67 %
Sugars 9 g	
Protein 41 g	83 %
Vitamin A	54 %
Vitamin C	34 %
Calcium	29 %
Iron	29 %
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Meal 4: Jalapeño
Shrimp w/ Green
Curried Rice Noodles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 547	
% Daily Value *	
Total Fat 31 g	48 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 180 mg	60 %
Sodium 768 mg	32 %
Potassium 262 mg	7 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 4 g	17 %
Sugars 7 g	
Protein 34 g	68 %
Vitamin A	2 %
Vitamin C	12 %
Calcium	12 %
Iron	13 %
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Salad: Mixed Greens
w/ Strawberries,
Pecans, & Feta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 227	
% Daily Value *	
Total Fat 15 g	24 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 273 mg	11 %
Potassium 351 mg	10 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
Protein 8 g	16 %
Vitamin A	43 %
Vitamin C	69 %
Calcium	13 %
Iron	6 %
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Nutrition Facts

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Dressing (per serving,
based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% 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 2 mg	0 %
Potassium 9 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	4 %
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Breakfast: Strawberry-Mango Smoothies w/ Peanut Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 279	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 81 mg	3 %
Potassium 494 mg	14 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 5 g	21 %
Sugars 18 g	
Protein 9 g	18 %
Vitamin A	22 %
Vitamin C	125 %
Calcium	20 %
Iron	7 %
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Snack: Carrots & Sunflower Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 244	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 201 mg	8 %
Potassium 0 mg	0 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 7 g	26 %
Sugars 9 g	
Protein 8 g	17 %
Vitamin A	150 %
Vitamin C	13 %
Calcium	5 %
Iron	11 %
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Dessert: Blueberry
Crisp (per serving,
based on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 224	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 9 g	44 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 194 mg	8 %
Potassium 113 mg	3 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	11 %
Sugars 11 g	
Protein 3 g	5 %
Vitamin A	1 %
Vitamin C	8 %
Calcium	2 %
Iron	4 %
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