

May Gluten Free Week One

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Shrimp Cobb Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 435	
% Daily Value *	
Total Fat 26 g	40 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 338 mg	113 %
Sodium 702 mg	29 %
Potassium 823 mg	24 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 7 g	29 %
Sugars 4 g	
Protein 39 g	77 %
Vitamin A	130 %
Vitamin C	51 %
Calcium	23 %
Iron	29 %
* 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.	

Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 121	
% 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 1 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	3 %
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Meal 2: Honey Mustard Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 287	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 124 mg	41 %
Sodium 422 mg	18 %
Potassium 573 mg	16 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 0 g	0 %
Sugars 9 g	
Protein 38 g	77 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Tarragon Roasted
Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 131	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 36 mg	2 %
Potassium 476 mg	14 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 3 g	13 %
Sugars 6 g	
Protein 2 g	4 %
Vitamin A	384 %
Vitamin C	32 %
Calcium	4 %
Iron	4 %
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Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 46	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 162 mg	5 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	12 %
Vitamin C	7 %
Calcium	2 %
Iron	10 %
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Meal 3: Grass-fed
Steaks

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 343	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 1796 mg	75 %
Potassium 406 mg	12 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 36 g	73 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	3 %
Iron	15 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Baked Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 145	
% 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 376 mg	16 %
Potassium 610 mg	17 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 2 g	9 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	33 %
Calcium	1 %
Iron	3 %
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Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 60	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 203 mg	6 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	10 %
Sugars 3 g	
Protein 2 g	4 %
Vitamin A	13 %
Vitamin C	20 %
Calcium	4 %
Iron	6 %
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Meal 4:

Mediterranean Frittata w/ Fresh Strawberries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 366	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 389 mg	130 %
Sodium 1049 mg	44 %
Potassium 425 mg	12 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 5 g	20 %
Sugars 7 g	
Protein 21 g	43 %
Vitamin A	73 %
Vitamin C	118 %
Calcium	19 %
Iron	25 %
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Nutrition Facts

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Salad: Spinach,
Oranges, Fennel, &
Avocado

Dressing (per serving,
based on 8 servings)

Breakfast: Grain-Free
Cranberry-Pecan
Granola (granola,
milk, or yogurt not
calculated) (per
serving, based on 24
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 197	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 65 mg	3 %
Potassium 828 mg	24 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 11 g	45 %
Sugars 3 g	
Protein 4 g	8 %
Vitamin A	63 %
Vitamin C	135 %
Calcium	13 %
Iron	15 %
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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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Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 155	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 125 mg	4 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	9 %
Sugars 6 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	2 %
Iron	3 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Hard Boiled Eggs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 180	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 369 mg	123 %
Sodium 190 mg	8 %
Potassium 140 mg	4 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 13 g	25 %
Vitamin A	14 %
Vitamin C	0 %
Calcium	6 %
Iron	10 %
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Dessert: Dark Chocolate & Pistachios

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 294	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 7 g	34 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 171 mg	7 %
Potassium 310 mg	9 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 5 g	21 %
Sugars 16 g	
Protein 7 g	15 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	13 %
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