

May Gluten Free Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Fish Tacos w/
Cabbage & Not Fried
Black Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 634	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 43 mg	14 %
Sodium 1836 mg	76 %
Potassium 674 mg	19 %
Total Carbohydrate 82 g	27 %
Dietary Fiber 21 g	82 %
Sugars 6 g	
Protein 39 g	79 %
Vitamin A	61 %
Vitamin C	62 %
Calcium	35 %
Iron	50 %
* 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
Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 542	
% Daily Value *	
Total Fat 56 g	86 %
Saturated Fat 8 g	41 %
Monounsaturated Fat 40 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 119 mg	5 %
Potassium 25 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 10 g	20 %
Vitamin A	0 %
Vitamin C	15 %
Calcium	0 %
Iron	2 %
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Bacon Roasted
Brussels' Sprouts &
Red Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 319	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 162 mg	7 %
Potassium 1849 mg	53 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 12 g	47 %
Sugars 7 g	
Protein 15 g	29 %
Vitamin A	35 %
Vitamin C	357 %
Calcium	11 %
Iron	24 %
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Meal 3: Bacon-Avocado Grass-fed Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 675	
% Daily Value *	
Total Fat 41 g	63 %
Saturated Fat 12 g	61 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 2 g	
Trans Fat 1 g	
Cholesterol 105 mg	35 %
Sodium 917 mg	38 %
Potassium 765 mg	22 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 9 g	36 %
Sugars 6 g	
Protein 38 g	76 %
Vitamin A	2 %
Vitamin C	13 %
Calcium	4 %
Iron	19 %
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Roasted Zucchini & Sweet Potato

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 170	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 134 mg	4 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 4 g	17 %
Sugars 9 g	
Protein 3 g	6 %
Vitamin A	436 %
Vitamin C	51 %
Calcium	4 %
Iron	5 %
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Meal 4: Spaghetti Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 141	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 77 mg	3 %
Potassium 490 mg	14 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 7 g	27 %
Sugars 13 g	
Protein 3 g	6 %
Vitamin A	11 %
Vitamin C	16 %
Calcium	10 %
Iron	8 %
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Bison, Mushroom, &
Cilantro Pesto

Salad: Arugula w/
Pears, Dried
Cranberries, &
Walnuts

Dressing (per serving,
based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 825	
% Daily Value *	
Total Fat 80 g	123 %
Saturated Fat 16 g	78 %
Monounsaturated Fat 40 g	
Polyunsaturated Fat 21 g	
Trans Fat 0 g	
Cholesterol 79 mg	26 %
Sodium 80 mg	3 %
Potassium 644 mg	18 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	10 %
Sugars 2 g	
Protein 27 g	54 %
Vitamin A	6 %
Vitamin C	20 %
Calcium	5 %
Iron	32 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 155	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 301 mg	9 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 5 g	19 %
Sugars 10 g	
Protein 3 g	7 %
Vitamin A	17 %
Vitamin C	18 %
Calcium	7 %
Iron	6 %
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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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Breakfast:

Caramelized Onion,
Chicken Sausage,
Spinach, & Goat
Cheese Frittata

Snack: Bell Pepper Slices

Dessert: Fresh Pineapple

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 379	
% Daily Value *	
Total Fat 29 g	44 %
Saturated Fat 10 g	51 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 434 mg	145 %
Sodium 685 mg	29 %
Potassium 150 mg	4 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 25 g	49 %
Vitamin A	69 %
Vitamin C	13 %
Calcium	12 %
Iron	19 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 12	
% 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 10 mg	0 %
Potassium 574 mg	16 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 6 g	24 %
Sugars 8 g	
Protein 4 g	8 %
Vitamin A	24 %
Vitamin C	440 %
Calcium	4 %
Iron	6 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 113	
% 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 2 mg	0 %
Potassium 247 mg	7 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 3 g	13 %
Sugars 22 g	
Protein 1 g	2 %
Vitamin A	3 %
Vitamin C	180 %
Calcium	3 %
Iron	4 %
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