

May Gluten Free Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Roasted Sea Bass

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 210	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 56 mg	19 %
Sodium 64 mg	3 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 15 g	30 %
Vitamin A	7 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
* 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.	

Mango Salsa & Cucumber Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 71	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 288 mg	8 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 2 g	10 %
Sugars 13 g	
Protein 1 g	3 %
Vitamin A	21 %
Vitamin C	70 %
Calcium	3 %
Iron	3 %
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Forbidden Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 88 mg	3 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %
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(per serving, based on yield of 4 servings)

Meal 2: Cajun Turkey Burgers (w/ no hamburger buns)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 232	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 68 mg	23 %
Sodium 1883 mg	78 %
Potassium 177 mg	5 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 2 g	9 %
Sugars 1 g	
Protein 25 g	50 %
Vitamin A	2 %
Vitamin C	14 %
Calcium	1 %
Iron	1 %
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Roasted Carrot & Parsnips

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 162	
% 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 47 mg	2 %
Potassium 713 mg	20 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 9 g	35 %
Sugars 9 g	
Protein 2 g	5 %
Vitamin A	153 %
Vitamin C	49 %
Calcium	7 %
Iron	6 %
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Meal 3: Chicken, Mushroom, & Snow Pea Stir-Fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 210	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 83 mg	28 %
Sodium 391 mg	16 %
Potassium 636 mg	18 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 29 g	58 %
Vitamin A	2 %
Vitamin C	37 %
Calcium	4 %
Iron	11 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Forbidden Rice

Meal 4: Slow Cooker
Turmeric Pork

Baked Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 88 mg	3 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 830	
% Daily Value *	
Total Fat 41 g	63 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 306 mg	102 %
Sodium 306 mg	13 %
Potassium 70 mg	2 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	6 %
Sugars 1 g	
Protein 94 g	188 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	3 %
Iron	11 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 231	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 717 mg	30 %
Potassium 172 mg	5 %
Total Carbohydrate 51 g	17 %
Dietary Fiber 16 g	65 %
Sugars 16 g	
Protein 12 g	23 %
Vitamin A	5 %
Vitamin C	5 %
Calcium	11 %
Iron	16 %
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(per serving, based on yield of 4 servings)

Slaw

Salad: Mango,
Avocado, &
Macadamia Nut Salad

Dressing (per serving,
based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 193	
% 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 43 mg	2 %
Potassium 8 mg	0 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 4 g	16 %
Sugars 15 g	
Protein 2 g	4 %
Vitamin A	50 %
Vitamin C	90 %
Calcium	8 %
Iron	7 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 230	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 23 mg	1 %
Potassium 340 mg	10 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	21 %
Sugars 14 g	
Protein 4 g	9 %
Vitamin A	49 %
Vitamin C	71 %
Calcium	14 %
Iron	10 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 124	
% 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 0 mg	0 %
Potassium 7 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	0 %
Iron	3 %
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May Gluten Free Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Rice Cake
w/ Almond Butter &
Raspberries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 274	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 22 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 165 mg	7 %
Potassium 616 mg	18 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 8 g	30 %
Sugars 7 g	
Protein 10 g	20 %
Vitamin A	0 %
Vitamin C	27 %
Calcium	22 %
Iron	15 %
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Snack: Snap Peas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 35	
% 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 0 mg	0 %
Potassium 170 mg	5 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 2 g	4 %
Vitamin A	20 %
Vitamin C	90 %
Calcium	4 %
Iron	10 %
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Dessert: Peanut
Butter Brownies
(24 servings)

Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 17 mg	6 %
Sodium 159 mg	7 %
Potassium 62 mg	2 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 3 g	14 %
Sugars 19 g	
Protein 7 g	14 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	2 %
Iron	9 %
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