July Gluten Free Week Three

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

Meal 1: Veggie Chop Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 391	
	% Daily Value *
Total Fat 22 g	**34 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 15 mg	**5 %**
Sodium 365 mg	**15 %**
Potassium 761 mg	**22 %**
Total Carbohydrate 35 g	**12 %**
Dietary Fiber 12 g	**50 %**
Sugars 3 g	
Protein 18 g	**35 %**
Vitamin A	**42 %**
Vitamin C	**34 %**
Calcium	**21 %**
Iron	**20 %**

* 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.

*Note: with feta cheese

Balsamic Dressing (per serving, based on 8)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 126	
	% 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 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	**1 %**

* 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-Parsley Salmon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 112	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 45 mg	**15 %**
Sodium 152 mg	**6 %**
Potassium 2 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 24 g	**48 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
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.

*Note: with honey

July Gluten Free Week Three

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

Tomato & Cucumber Quinoa Pilaf

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 194	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 5 mg	**0 %**
Potassium 206 mg	**6 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 4 g	**16 %**
Sugars 3 g	
Protein 6 g	**12 %**
Vitamin A	**5 %**
Vitamin C	**14 %**
Calcium	**5 %**
Iron	**10 %**

* 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 3: Chicken Stir-fry with Portabella Mushrooms & Snow Peas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 201	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	**22 %**
Sodium 214 mg	**9 %**
Potassium 443 mg	**13 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 3 g	**13 %**
Sugars 4 g	
Protein 28 g	**56 %**
Vitamin A	**1 %**
Vitamin C	**35 %**
Calcium	**2 %**
Iron	**7 %**

* 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.

Sesame Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 243	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 9 mg	**0 %**
Potassium 315 mg	**9 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 3 g	**10 %**
Sugars 0 g	
Protein 6 g	**11 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**22 %**

* 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.

‘

July Gluten Free Week Three

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

Meal 4: Bison Strip Steaks

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 269	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 6 g	**28 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
Cholesterol 45 mg	**15 %**
Sodium 139 mg	**6 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 40 g	**80 %**
Vitamin A	**2 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**12 %**

* 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.

Grilled Zucchini, Onion & Bell Pepper

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 291	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 20 mg	**1 %**
Potassium 1122 mg	**32 %**
Total Carbohydrate 58 g	**19 %**
Dietary Fiber 33 g	**131 %**
Sugars 7 g	
Protein 8 g	**16 %**
Vitamin A	**29 %**
Vitamin C	**125 %**
Calcium	**121 %**
Iron	**155 %**

* 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.

Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 161	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 40 mg	**13 %**
Sodium 102 mg	**4 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**3 %**
Sugars 2 g	
Protein 11 g	**21 %**
Vitamin A	**25 %**
Vitamin C	**7 %**
Calcium	**31 %**
Iron	**2 %**

* 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.

July Gluten Free Week Three

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

Dressing (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 126	
	% 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 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	**1 %**

* 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.

Breakfast: Hard Boiled Eggs + Peaches

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 181	
	% Daily Value *
Total Fat 10 g	**15 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 372 mg	**124 %**
Sodium 142 mg	**6 %**
Potassium 324 mg	**9 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 1 g	**6 %**
Sugars 9 g	
Protein 13 g	**27 %**
Vitamin A	**17 %**
Vitamin C	**11 %**
Calcium	**6 %**
Iron	**11 %**

* 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.

Snack: Carrots w/ Sunflower Seed Butter

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 248	
	% 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 209 mg	**9 %**
Potassium 371 mg	**11 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 7 g	**27 %**
Sugars 10 g	
Protein 8 g	**17 %**
Vitamin A	**165 %**
Vitamin C	**14 %**
Calcium	**5 %**
Iron	**11 %**

* 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.

July Gluten Free Week Three

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

Dessert: Fresh Cherries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 70	
	% Daily Value *
Total Fat 1 g	**1 %**
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 268 mg	**8 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 3 g	**10 %**
Sugars 13 g	
Protein 2 g	**3 %**
Vitamin A	**39 %**
Vitamin C	**25 %**
Calcium	**2 %**
Iron	**2 %**

* 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.