June Gluten Free Week Three

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

Meal 1: Grilled Ginger-Lime Flank Steak

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 303	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 77 mg	**26 %**
Sodium 387 mg	**16 %**
Potassium 492 mg	**14 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 32 g	**63 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**1 %**
Iron	**17 %**

* 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 Bell Peppers & Plums

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 93	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 5 mg	**0 %**
Potassium 289 mg	**8 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 3 g	**12 %**
Sugars 10 g	
Protein 2 g	**3 %**
Vitamin A	**16 %**
Vitamin C	**211 %**
Calcium	**2 %**
Iron	**4 %**

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Meal 2: BBQ Shrimp

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 252	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 276 mg	**92 %**
Sodium 1559 mg	**65 %**
Potassium 1194 mg	**34 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 6 g	**23 %**
Sugars 13 g	
Protein 34 g	**67 %**
Vitamin A	**56 %**
Vitamin C	**34 %**
Calcium	**10 %**
Iron	**41 %**

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June Gluten Free Week Three

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

Polenta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 110	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 591 mg	**25 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 5 g	**20 %**
Sugars 0 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**1 %**
Iron	**6 %**

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Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 60	
	% 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 450 mg	**19 %**
Potassium 143 mg	**4 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 3 g	**12 %**
Sugars 2 g	
Protein 2 g	**3 %**
Vitamin A	**6 %**
Vitamin C	**3 %**
Calcium	**9 %**
Iron	**9 %**

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Meal 3: Summer Pasta Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 776	
	% Daily Value *
Total Fat 53 g	**82 %**
Saturated Fat 11 g	**53 %**
Monounsaturated Fat 26 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 20 mg	**7 %**
Sodium 624 mg	**26 %**
Potassium 728 mg	**21 %**
Total Carbohydrate 60 g	**20 %**
Dietary Fiber 9 g	**35 %**
Sugars 11 g	
Protein 16 g	**33 %**
Vitamin A	**30 %**
Vitamin C	**50 %**
Calcium	**8 %**
Iron	**12 %**

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June Gluten Free Week Three

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

Meal 4: Turkey & Carrot BBQ Meatballs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 478	
	% Daily Value *
Total Fat 25 g	**38 %**
Saturated Fat 4 g	**21 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 160 mg	**53 %**
Sodium 1674 mg	**70 %**
Potassium 1079 mg	**31 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 10 g	**40 %**
Sugars 15 g	
Protein 38 g	**75 %**
Vitamin A	**116 %**
Vitamin C	**32 %**
Calcium	**13 %**
Iron	**29 %**

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Roasted Japanese Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 104	
	% 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 1 mg	**0 %**
Potassium 310 mg	**9 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 3 g	**10 %**
Sugars 3 g	
Protein 2 g	**3 %**
Vitamin A	**127 %**
Vitamin C	**20 %**
Calcium	**4 %**
Iron	**2 %**

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Salad: Arugula, Watermelon, & Feta Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 256	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	**7 %**
Sodium 454 mg	**19 %**
Potassium 141 mg	**4 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 3 g	**12 %**
Sugars 11 g	
Protein 10 g	**20 %**
Vitamin A	**21 %**
Vitamin C	**10 %**
Calcium	**12 %**
Iron	**3 %**

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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 %**

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Breakfast: Lemon Raspberry Muffins (per serving, based on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 199	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 10 g	**48 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 77 mg	**26 %**
Sodium 200 mg	**8 %**
Potassium 71 mg	**2 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 3 g	**12 %**
Sugars 13 g	
Protein 4 g	**7 %**
Vitamin A	**3 %**
Vitamin C	**12 %**
Calcium	**2 %**
Iron	**6 %**

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Snack: Watermelon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 17	
	% 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 1 mg	**0 %**
Potassium 64 mg	**2 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 0 g	**1 %**
Sugars 4 g	
Protein 0 g	**1 %**
Vitamin A	**6 %**
Vitamin C	**8 %**
Calcium	**0 %**
Iron	**1 %**

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June Gluten Free Week Three

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

Dessert: Dark Chocolate & Macadamia Nuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 276	
	% Daily Value *
Total Fat 28 g	**43 %**
Saturated Fat 6 g	**28 %**
Monounsaturated Fat 20 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 3 mg	**0 %**
Potassium 150 mg	**4 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 3 g	**14 %**
Sugars 5 g	
Protein 3 g	**6 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**3 %**
Iron	**9 %**

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