# June Gluten Free Week Two

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

Meal 1: Grilled Balsamic Pork Chops

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 234 | |
| | **% Daily Value *** |
| **Total Fat** 13 g | **21 %** |
| Saturated Fat 0 g | **2 %** |
| Monounsaturated Fat 2 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 55 mg | **18 %** |
| **Sodium** 214 mg | **9 %** |
| **Potassium** 18 mg | **1 %** |
| **Total Carbohydrate** 3 g | **1 %** |
| **Dietary Fiber** 0 g | **0 %** |
| **Sugars** 2 g | |
| **Protein** 23 g | **46 %** |
| Vitamin A | **0 %** |
| Vitamin C | **0 %** |
| Calcium | **0 %** |
| Iron | **4 %** |

* 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 Asparagus

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 56 | |
| | **% Daily Value *** |
| **Total Fat** 4 g | **5 %** |
| Saturated Fat 1 g | **3 %** |
| Monounsaturated Fat 3 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 0 mg | **0 %** |
| **Potassium** 270 mg | **8 %** |
| **Total Carbohydrate** 5 g | **2 %** |
| **Dietary Fiber** 3 g | **11 %** |
| **Sugars** 3 g | |
| **Protein** 4 g | **7 %** |
| Vitamin A | **18 %** |
| Vitamin C | **9 %** |
| Calcium | **0 %** |
| Iron | **18 %** |

* 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.

Cantaloupe Slices

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 69 | |
| | **% 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** 33 mg | **1 %** |
| **Potassium** 543 mg | **16 %** |
| **Total Carbohydrate** 17 g | **6 %** |
| **Dietary Fiber** 2 g | **7 %** |
| **Sugars** 16 g | |
| **Protein** 2 g | **3 %** |
| Vitamin A | **138 %** |
| Vitamin C | **122 %** |
| 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.

# June Gluten Free Week Two

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

Meal 2: Cobb Salad

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 660 | |
| | **% Daily Value *** |
| **Total Fat** 61 g | **93 %** |
| Saturated Fat 15 g | **77 %** |
| Monounsaturated Fat 30 g | |
| Polyunsaturated Fat 7 g | |
| Trans Fat 0 g | |
| **Cholesterol** 229 mg | **76 %** |
| **Sodium** 836 mg | **35 %** |
| **Potassium** 784 mg | **22 %** |
| **Total Carbohydrate** 13 g | **4 %** |
| **Dietary Fiber** 7 g | **27 %** |
| **Sugars** 5 g | |
| **Protein** 22 g | **44 %** |
| Vitamin A | **28 %** |
| Vitamin C | **29 %** |
| Calcium | **21 %** |
| Iron | **19 %** |

* 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: Bison & Mushroom Tacos w/ Not-Fried Beans

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 614 | |
| | **% Daily Value *** |
| **Total Fat** 35 g | **53 %** |
| Saturated Fat 12 g | **58 %** |
| Monounsaturated Fat 16 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| **Cholesterol** 99 mg | **33 %** |
| **Sodium** 504 mg | **21 %** |
| **Potassium** 1309 mg | **37 %** |
| **Total Carbohydrate** 38 g | **13 %** |
| **Dietary Fiber** 14 g | **58 %** |
| **Sugars** 4 g | |
| **Protein** 39 g | **78 %** |
| Vitamin A | **51 %** |
| Vitamin C | **22 %** |
| Calcium | **7 %** |
| Iron | **32 %** |

* 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 4: Grilled Chicken

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 195 | |
| | **% Daily Value *** |
| **Total Fat** 5 g | **8 %** |
| Saturated Fat 0 g | **2 %** |
| Monounsaturated Fat 2 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 90 mg | **30 %** |
| **Sodium** 300 mg | **13 %** |
| **Potassium** 0 mg | **0 %** |
| **Total Carbohydrate** 0 g | **0 %** |
| **Dietary Fiber** 0 g | **0 %** |
| **Sugars** 0 g | |
| **Protein** 38 g | **75 %** |
| Vitamin A | **0 %** |
| Vitamin C | **2 %** |
| Calcium | **0 %** |
| 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.

# June Gluten Free Week Two

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

Peanut Butter Dipping Sauce

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 220 | |
| | **% Daily Value *** |
| **Total Fat** 17 g | **26 %** |
| Saturated Fat 3 g | **17 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 258 mg | **11 %** |
| **Potassium** 230 mg | **7 %** |
| **Total Carbohydrate** 13 g | **4 %** |
| **Dietary Fiber** 3 g | **11 %** |
| **Sugars** 6 g | |
| **Protein** 7 g | **15 %** |
| Vitamin A | **4 %** |
| Vitamin C | **9 %** |
| Calcium | **9 %** |
| Iron | **6 %** |

* 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.

Thai Roasted Eggplant & Cauliflower

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 328 | |
| | **% Daily Value *** |
| **Total Fat** 29 g | **44 %** |
| Saturated Fat 4 g | **21 %** |
| Monounsaturated Fat 20 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 177 mg | **7 %** |
| **Potassium** 294 mg | **8 %** |
| **Total Carbohydrate** 19 g | **6 %** |
| **Dietary Fiber** 8 g | **32 %** |
| **Sugars** 8 g | |
| **Protein** 5 g | **11 %** |
| Vitamin A | **4 %** |
| Vitamin C | **174 %** |
| Calcium | **6 %** |
| 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.

Salad: Arugula, Raspberries, Sliced Almonds, & Goat Cheese

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 186 | |
| | **% Daily Value *** |
| **Total Fat** 15 g | **22 %** |
| Saturated Fat 5 g | **23 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 35 mg | **12 %** |
| **Sodium** 257 mg | **11 %** |
| **Potassium** 177 mg | **5 %** |
| **Total Carbohydrate** 8 g | **3 %** |
| **Dietary Fiber** 5 g | **18 %** |
| **Sugars** 2 g | |
| **Protein** 8 g | **17 %** |
| Vitamin A | **17 %** |
| Vitamin C | **22 %** |
| Calcium | **8 %** |
| Iron | **4 %** |

* 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.

# June Gluten Free Week Two

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: Peanut Butter Cherry Breakfast Cookies

| Nutrition Facts | |
|---|---|
| Servings 12.0 | |
| Amount Per Serving | |
| **calories** 166 | |
| | **% Daily Value *** |
| **Total Fat** 11 g | **17 %** |
| Saturated Fat 2 g | **9 %** |
| Monounsaturated Fat 5 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| **Cholesterol** 15 mg | **5 %** |
| **Sodium** 52 mg | **2 %** |
| **Potassium** 221 mg | **6 %** |
| **Total Carbohydrate** 13 g | **4 %** |
| **Dietary Fiber** 2 g | **8 %** |
| **Sugars** 9 g | |
| **Protein** 6 g | **12 %** |
| Vitamin A | **1 %** |
| Vitamin C | **0 %** |
| Calcium | **2 %** |
| Iron | **3 %** |

* 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: Bell Pepper

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 16 | |
| | **% 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** 106 mg | **3 %** |
| **Total Carbohydrate** 3 g | **1 %** |
| **Dietary Fiber** 1 g | **4 %** |
| **Sugars** 2 g | |
| **Protein** 0 g | **1 %** |
| Vitamin A | **32 %** |
| Vitamin C | **106 %** |
| Calcium | **1 %** |
| 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.

# June Gluten Free Week Two

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

Peanut Dipping Sauce

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 220 | |
| | **% Daily Value *** |
| **Total Fat** 17 g | **26 %** |
| Saturated Fat 3 g | **17 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 261 mg | **11 %** |
| **Potassium** 230 mg | **7 %** |
| **Total Carbohydrate** 13 g | **4 %** |
| **Dietary Fiber** 3 g | **11 %** |
| **Sugars** 6 g | |
| **Protein** 7 g | **15 %** |
| Vitamin A | **4 %** |
| Vitamin C | **9 %** |
| Calcium | **9 %** |
| Iron | **6 %** |

* 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.

Dessert: Kiwi, Mango, & Blueberry Yogurt Parfaits

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 339 | |
| | **% 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** 4 mg | **1 %** |
| **Sodium** 40 mg | **2 %** |
| **Potassium** 714 mg | **20 %** |
| **Total Carbohydrate** 77 g | **26 %** |
| **Dietary Fiber** 7 g | **28 %** |
| **Sugars** 60 g | |
| **Protein** 12 g | **24 %** |
| Vitamin A | **40 %** |
| Vitamin C | **209 %** |
| Calcium | **16 %** |
| Iron | **4 %** |

* 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.