June Gluten Free Week One

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

Meal 1: Sesame Roasted Halibut

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 261	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 40 mg	**13 %**
Sodium 76 mg	**3 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 1 g	**2 %**
Sugars 1 g	
Protein 24 g	**48 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**4 %**
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.

Broccoli with Cashews

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 161	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 572 mg	**24 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 8 g	**33 %**
Sugars 8 g	
Protein 11 g	**22 %**
Vitamin A	**38 %**
Vitamin C	**452 %**
Calcium	**16 %**
Iron	**17 %**

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Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 159	
	% Daily Value *
Total Fat 2 g	**4 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 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 %**

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June Gluten Free Week One

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

Meal 2: Grilled Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 171	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 146 mg	**6 %**
Potassium 6 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 26 g	**52 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**0 %**
Iron	**0 %**

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Pineapple Salsa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 120	
	% 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 77 mg	**3 %**
Potassium 268 mg	**8 %**
Total Carbohydrate 31 g	**10 %**
Dietary Fiber 4 g	**15 %**
Sugars 23 g	
Protein 1 g	**3 %**
Vitamin A	**3 %**
Vitamin C	**186 %**
Calcium	**6 %**
Iron	**4 %**

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Grilled Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 33	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 5 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 2 g	**8 %**
Sugars 3 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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

Meal 3: Gingered Beef & Veggie Stir-fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 313	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 53 mg	**18 %**
Sodium 840 mg	**35 %**
Potassium 285 mg	**8 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**10 %**
Sugars 5 g	
Protein 41 g	**82 %**
Vitamin A	**71 %**
Vitamin C	**239 %**
Calcium	**3 %**
Iron	**24 %**

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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 %**

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Meal 4: Frittata with Arugula, Tomato, Mushrooms, Olives, & Feta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 162	
	% Daily Value *
Total Fat 11 g	**17 %**
Saturated Fat 6 g	**32 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 33 mg	**11 %**
Sodium 348 mg	**15 %**
Potassium 384 mg	**11 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**10 %**
Sugars 3 g	
Protein 8 g	**17 %**
Vitamin A	**19 %**
Vitamin C	**11 %**
Calcium	**20 %**
Iron	**6 %**

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June Gluten Free Week One

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

Dilled Cucumbers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 51	
	% 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 242 mg	**10 %**
Potassium 136 mg	**4 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 0 g	**2 %**
Sugars 10 g	
Protein 1 g	**1 %**
Vitamin A	**2 %**
Vitamin C	**4 %**
Calcium	**1 %**
Iron	**1 %**

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Salad: Blueberry, Walnut, & Goat Cheese Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 237	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 7 g	**36 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 44 mg	**15 %**
Sodium 176 mg	**7 %**
Potassium 28 mg	**1 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 6 g	**25 %**
Sugars 5 g	
Protein 13 g	**25 %**
Vitamin A	**142 %**
Vitamin C	**12 %**
Calcium	**5 %**
Iron	**13 %**

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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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June Gluten Free Week One

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

Breakfast: Tropical Breakfast Smoothie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 61	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 54 mg	**2 %**
Potassium 365 mg	**10 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 1 g	**4 %**
Sugars 4 g	
Protein 2 g	**4 %**
Vitamin A	**57 %**
Vitamin C	**40 %**
Calcium	**3 %**
Iron	**4 %**

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Snack: Carrots Dipped in Dilled Yogurt

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 57	
	% 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 2 mg	**1 %**
Sodium 77 mg	**3 %**
Potassium 337 mg	**10 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 2 g	**9 %**
Sugars 4 g	
Protein 7 g	**14 %**
Vitamin A	**256 %**
Vitamin C	**8 %**
Calcium	**9 %**
Iron	**1 %**

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Dessert: Pineapple & Raspberry Popsicles (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 102	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 23 mg	**1 %**
Potassium 170 mg	**5 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 4 g	**14 %**
Sugars 13 g	
Protein 1 g	**2 %**
Vitamin A	**2 %**
Vitamin C	**104 %**
Calcium	**2 %**
Iron	**3 %**

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