

July Gluten Free Week One

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Sesame-Crusted Ahi Tuna

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 159	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 13 mg	4 %
Sodium 12 mg	1 %
Potassium 125 mg	4 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	8 %
Sugars 0 g	
Protein 11 g	21 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	19 %
Iron	15 %
* 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.	

Garlic Sautéed Spinach

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 34	
% 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 28 mg	1 %
Potassium 201 mg	6 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	3 %
Sugars 0 g	
Protein 1 g	2 %
Vitamin A	66 %
Vitamin C	17 %
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.	

Sesame Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 239 mg	7 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	12 %
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Meal 2: Peachy Pork Tenderloin Medallions

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 265	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 104 mg	35 %
Sodium 633 mg	26 %
Potassium 238 mg	7 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	7 %
Sugars 9 g	
Protein 29 g	58 %
Vitamin A	12 %
Vitamin C	15 %
Calcium	3 %
Iron	6 %
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Roasted Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 27	
% 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 3 mg	0 %
Potassium 116 mg	3 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	6 %
Sugars 2 g	
Protein 1 g	2 %
Vitamin A	8 %
Vitamin C	11 %
Calcium	2 %
Iron	3 %
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Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 396	
% Daily Value *	
Total Fat 22 g	33 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 68 mg	23 %
Sodium 998 mg	42 %
Potassium 592 mg	17 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 4 g	17 %
Sugars 12 g	
Protein 29 g	58 %
Vitamin A	173 %
Vitamin C	223 %
Calcium	3 %
Iron	8 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Sesame Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 239 mg	7 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	12 %
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Meal 4: Veggie Tostados

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 341	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 543 mg	23 %
Potassium 939 mg	27 %
Total Carbohydrate 50 g	17 %
Dietary Fiber 15 g	61 %
Sugars 4 g	
Protein 12 g	24 %
Vitamin A	290 %
Vitamin C	36 %
Calcium	13 %
Iron	15 %
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Salad: Mixed Berry Salad w/ Feta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 265	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 419 mg	17 %
Potassium 320 mg	9 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 11 g	45 %
Sugars 7 g	
Protein 13 g	25 %
Vitamin A	9 %
Vitamin C	52 %
Calcium	15 %
Iron	8 %
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Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% 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 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	4 %
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Breakfast: Cherry-Pecan Quinoa Breakfast Bowls

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 507	
% Daily Value *	
Total Fat 29 g	45 %
Saturated Fat 16 g	78 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 27 mg	1 %
Potassium 96 mg	3 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 7 g	29 %
Sugars 12 g	
Protein 11 g	22 %
Vitamin A	13 %
Vitamin C	2 %
Calcium	4 %
Iron	14 %
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Snack: Cherry Tomatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 11	
% 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 3 mg	0 %
Potassium 148 mg	4 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	3 %
Sugars 2 g	
Protein 1 g	1 %
Vitamin A	0 %
Vitamin C	22 %
Calcium	0 %
Iron	6 %
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July Gluten Free Week One
Nutrition Facts
(per serving, based on yield of 4 servings)

Dessert: Peanut
Butter-Banana “Ice
Cream”

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 162	
% Daily Value *	
Total Fat 4 g	7 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 18 mg	1 %
Potassium 514 mg	15 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 4 g	16 %
Sugars 16 g	
Protein 3 g	7 %
Vitamin A	2 %
Vitamin C	18 %
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.	