

July Gluten Free Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Sundried
Tomato Pesto
Chicken

Roasted
Mushrooms &
Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 414	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 82 mg	27 %
Sodium 992 mg	41 %
Potassium 385 mg	11 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 7 g	28 %
Sugars 4 g	
Protein 39 g	79 %
Vitamin A	18 %
Vitamin C	5 %
Calcium	5 %
Iron	16 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 78	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 61 mg	3 %
Potassium 283 mg	8 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	5 %
Sugars 1 g	
Protein 4 g	7 %
Vitamin A	4 %
Vitamin C	35 %
Calcium	4 %
Iron	3 %
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July Gluten Free Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 2: Mahi
Mahi with
Pineapple salsa

Roasted
Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 414	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 82 mg	27 %
Sodium 992 mg	41 %
Potassium 385 mg	11 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 7 g	28 %
Sugars 4 g	
Protein 39 g	79 %
Vitamin A	18 %
Vitamin C	5 %
Calcium	5 %
Iron	16 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 46	
% 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 149 mg	6 %
Potassium 165 mg	5 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	12 %
Vitamin C	8 %
Calcium	2 %
Iron	10 %
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Nutrition Facts

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Corn-on-the-Cob

Jicama Carrot Slaw

Meal 3: Crockpot BBQ Ribs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 821	
% Daily Value *	
Total Fat 44 g	67 %
Saturated Fat 18 g	92 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 167 mg	56 %
Sodium 958 mg	40 %
Potassium 668 mg	19 %
Total Carbohydrate 48 g	16 %
Dietary Fiber 4 g	17 %
Sugars 38 g	
Protein 64 g	127 %
Vitamin A	46 %
Vitamin C	22 %
Calcium	4 %
Iron	18 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 131	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 188 mg	8 %
Potassium 222 mg	6 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	10 %
Vitamin C	5 %
Calcium	0 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 342	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 42 mg	2 %
Potassium 321 mg	9 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 9 g	35 %
Sugars 11 g	
Protein 2 g	4 %
Vitamin A	113 %
Vitamin C	108 %
Calcium	8 %
Iron	6 %
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Nutrition Facts

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Meal 4: Pizza
Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 399	
% Daily Value *	
Total Fat 28 g	44 %
Saturated Fat 11 g	56 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 424 mg	141 %
Sodium 1133 mg	47 %
Potassium 399 mg	11 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	7 %
Sugars 4 g	
Protein 27 g	54 %
Vitamin A	53 %
Vitamin C	28 %
Calcium	24 %
Iron	17 %
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Orange Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 69	
% 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 232 mg	7 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 3 g	12 %
Sugars 12 g	
Protein 1 g	3 %
Vitamin A	7 %
Vitamin C	138 %
Calcium	6 %
Iron	1 %
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Nutrition Facts

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Salad: Arugula
with Figs,
Pecans and Goat
Cheese

Balsamic
Dressing (makes
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 210	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 13 mg	4 %
Sodium 105 mg	4 %
Potassium 196 mg	6 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 3 g	13 %
Sugars 9 g	
Protein 7 g	15 %
Vitamin A	24 %
Vitamin C	10 %
Calcium	13 %
Iron	9 %
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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 76 mg	3 %
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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July Gluten Free Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Poached Eggs over Sweet Potato and Sliced Avocado

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 247	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 302 mg	13 %
Potassium 837 mg	24 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 9 g	36 %
Sugars 5 g	
Protein 9 g	19 %
Vitamin A	284 %
Vitamin C	14 %
Calcium	6 %
Iron	13 %
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Snack: Grapes and Almonds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 199	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 350 mg	10 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 4 g	15 %
Sugars 16 g	
Protein 6 g	11 %
Vitamin A	2 %
Vitamin C	6 %
Calcium	8 %
Iron	6 %
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Dessert: Fresh Pineapple

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 113	
% 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 247 mg	7 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 3 g	13 %
Sugars 22 g	
Protein 1 g	2 %
Vitamin A	3 %
Vitamin C	180 %
Calcium	3 %
Iron	4 %
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