

July Gluten Free Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Habanero-Orange Sea Bass

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 130	
% 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 85 mg	28 %
Sodium 103 mg	4 %
Potassium 119 mg	3 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	7 %
Sugars 4 g	
Protein 22 g	43 %
Vitamin A	11 %
Vitamin C	53 %
Calcium	3 %
Iron	10 %
* 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.	

Cumin-Roasted Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 45	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 221 mg	6 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	7 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	204 %
Vitamin C	6 %
Calcium	2 %
Iron	1 %
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Roasted Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 67	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 50 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 4 g	9 %
Vitamin A	19 %
Vitamin C	226 %
Calcium	7 %
Iron	6 %
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Meal 2: Grass-fed Beef Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 408	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 1 g	
Cholesterol 70 mg	23 %
Sodium 77 mg	3 %
Potassium 328 mg	9 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 4 g	16 %
Sugars 4 g	
Protein 27 g	54 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	17 %
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Baked Potato Wedges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 197	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 23 mg	1 %
Potassium 869 mg	25 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 4 g	16 %
Sugars 2 g	
Protein 4 g	9 %
Vitamin A	17 %
Vitamin C	21 %
Calcium	3 %
Iron	11 %
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Snap Peas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 60	
% 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 15 mg	1 %
Potassium 165 mg	5 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 3 g	6 %
Vitamin A	23 %
Vitamin C	38 %
Calcium	9 %
Iron	9 %
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Meal 3: Thai Chicken & Vegetable Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 357	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 796 mg	33 %
Potassium 803 mg	23 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	16 %
Sugars 8 g	
Protein 31 g	61 %
Vitamin A	73 %
Vitamin C	122 %
Calcium	10 %
Iron	15 %
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Meal 4: Sausage & Kale Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 423	
% Daily Value *	
Total Fat 32 g	50 %
Saturated Fat 12 g	60 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 401 mg	134 %
Sodium 693 mg	29 %
Potassium 576 mg	16 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	10 %
Sugars 2 g	
Protein 27 g	53 %
Vitamin A	151 %
Vitamin C	135 %
Calcium	30 %
Iron	19 %
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Salad: Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 246	
% Daily Value *	
Total Fat 21 g	33 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 102 mg	4 %
Potassium 625 mg	18 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 7 g	27 %
Sugars 2 g	
Protein 6 g	12 %
Vitamin A	166 %
Vitamin C	18 %
Calcium	3 %
Iron	5 %
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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: Strawberry-Mango Smoothie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 226	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 78 mg	3 %
Potassium 228 mg	7 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	18 %
Sugars 15 g	
Protein 4 g	8 %
Vitamin A	71 %
Vitamin C	125 %
Calcium	6 %
Iron	10 %
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Snack: Cucumber Slices

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 2 mg	0 %
Potassium 111 mg	3 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	2 %
Sugars 1 g	
Protein 0 g	1 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	1 %
Iron	1 %
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Nutrition Facts
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Dessert: Frozen
Grapes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 31	
% 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 88 mg	3 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 0 g	2 %
Sugars 7 g	
Protein 0 g	1 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	1 %
Iron	1 %
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