

August Gluten Free Week Three

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Pesto
Salmon

Purple Potatoes
and Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 417	
% Daily Value *	
Total Fat 31 g	47 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 67 mg	22 %
Sodium 149 mg	6 %
Potassium 604 mg	17 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 32 g	65 %
Vitamin A	4 %
Vitamin C	8 %
Calcium	6 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 191	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 149 mg	6 %
Potassium 968 mg	28 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 5 g	21 %
Sugars 8 g	
Protein 5 g	10 %
Vitamin A	12 %
Vitamin C	25 %
Calcium	2 %
Iron	33 %
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Meal 2: Grilled Lamb
Chops w/ Pomegranate
Molasses

Swiss Chard and
Shiitake

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 323	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 7 g	37 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 74 mg	25 %
Sodium 72 mg	3 %
Potassium 375 mg	11 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 0 g	0 %
Sugars 6 g	
Protein 22 g	43 %
Vitamin A	3 %
Vitamin C	2 %
Calcium	2 %
Iron	11 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 52	
% 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 153 mg	6 %
Potassium 178 mg	5 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	18 %
Sugars 2 g	
Protein 4 g	9 %
Vitamin A	190 %
Vitamin C	79 %
Calcium	8 %
Iron	17 %
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Meal 3: Balsamic
Marinated
Chicken

Eggplant, Tomato
& Mozzarella
Stacks (using ¼
pesto recipe)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 317	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 83 mg	28 %
Sodium 227 mg	9 %
Potassium 7 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 36 g	72 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 239	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 21 mg	7 %
Sodium 80 mg	3 %
Potassium 370 mg	11 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 5 g	21 %
Sugars 7 g	
Protein 9 g	17 %
Vitamin A	20 %
Vitamin C	29 %
Calcium	20 %
Iron	6 %
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Nutrition Facts

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Meal 4: B.L.T.A.
Burgers (not
including GF buns)

Roasted Carrots &
Parsnips

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 469	
% Daily Value *	
Total Fat 33 g	51 %
Saturated Fat 11 g	57 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 106 mg	35 %
Sodium 673 mg	28 %
Potassium 763 mg	22 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 4 g	16 %
Sugars 0 g	
Protein 35 g	70 %
Vitamin A	11 %
Vitamin C	42 %
Calcium	3 %
Iron	20 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 155	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 201 mg	8 %
Potassium 620 mg	18 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 7 g	29 %
Sugars 8 g	
Protein 2 g	4 %
Vitamin A	204 %
Vitamin C	38 %
Calcium	6 %
Iron	5 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Mixed Greens,
Pear, Dried Cherries,
Cucumber & Pecans

Balsamic
Dressing (makes
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 294	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 25 mg	1 %
Potassium 567 mg	16 %
Total Carbohydrate 49 g	16 %
Dietary Fiber 7 g	27 %
Sugars 38 g	
Protein 5 g	11 %
Vitamin A	56 %
Vitamin C	22 %
Calcium	12 %
Iron	8 %
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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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Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: English Breakfast (including cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 353	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 17 mg	6 %
Sodium 651 mg	27 %
Potassium 707 mg	20 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	10 %
Sugars 3 g	
Protein 19 g	38 %
Vitamin A	79 %
Vitamin C	41 %
Calcium	12 %
Iron	12 %
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Snack: Strawberries w/ sunflower seed butter (using ½ c sunbutter)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 234	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 358 mg	10 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 4 g	16 %
Sugars 9 g	
Protein 6 g	13 %
Vitamin A	1 %
Vitamin C	112 %
Calcium	4 %
Iron	10 %
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Dessert: Peach Cobbler (makes 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 376	
% Daily Value *	
Total Fat 33 g	51 %
Saturated Fat 15 g	77 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 149 mg	6 %
Potassium 265 mg	8 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 6 g	23 %
Sugars 14 g	
Protein 5 g	11 %
Vitamin A	8 %
Vitamin C	13 %
Calcium	6 %
Iron	7 %
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