

August Gluten Free Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Brined
Pork Chops

Sautéed
Cabbage and
Apples

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 217	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 117 mg	39 %
Sodium 541 mg	23 %
Potassium 3 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 38 g	75 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
* 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 129	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 201 mg	8 %
Potassium 96 mg	3 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 6 g	25 %
Sugars 13 g	
Protein 3 g	6 %
Vitamin A	45 %
Vitamin C	186 %
Calcium	9 %
Iron	9 %
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Nutrition Facts

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Meal 2: Cilantro-Citrus
Shrimp with Cucumber
Slices

Brown Rice

Meal 3: Summer Pasta
(feta & pine nuts not
included)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 177	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 115 mg	38 %
Sodium 429 mg	18 %
Potassium 123 mg	4 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 0 g	2 %
Sugars 2 g	
Protein 21 g	41 %
Vitamin A	3 %
Vitamin C	13 %
Calcium	5 %
Iron	5 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 54	
% Daily Value *	
Total Fat 0 g	1 %
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 21 mg	1 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 558	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 253 mg	11 %
Potassium 841 mg	24 %
Total Carbohydrate 70 g	23 %
Dietary Fiber 11 g	45 %
Sugars 13 g	
Protein 15 g	30 %
Vitamin A	22 %
Vitamin C	41 %
Calcium	5 %
Iron	16 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Orange-
Ginger Grilled
Chicken Legs

Veggie Stir Fry

Brown Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 103 mg	34 %
Sodium 360 mg	15 %
Potassium 280 mg	8 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 22 g	44 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	1 %
Iron	6 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 164	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1279 mg	53 %
Potassium 635 mg	18 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 3 g	14 %
Sugars 10 g	
Protein 7 g	14 %
Vitamin A	9 %
Vitamin C	104 %
Calcium	4 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 54	
% Daily Value *	
Total Fat 0 g	1 %
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 21 mg	1 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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August Gluten Free Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Arugula,
Watermelon, Mint,
Red Onion, Feta &
Pistachio

Balsamic
Dressing (makes
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 296 mg	12 %
Potassium 167 mg	5 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	10 %
Sugars 4 g	
Protein 7 g	14 %
Vitamin A	27 %
Vitamin C	16 %
Calcium	24 %
Iron	6 %
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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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August Gluten Free Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Apple Muffins (yields 20-22 muffins)

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 132	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 37 mg	12 %
Sodium 110 mg	5 %
Potassium 101 mg	3 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	8 %
Sugars 5 g	
Protein 5 g	10 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	7 %
Iron	6 %
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Snack: Carrot with Cashew Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 213	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 47 mg	2 %
Potassium 370 mg	11 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 2 g	9 %
Sugars 3 g	
Protein 6 g	12 %
Vitamin A	204 %
Vitamin C	6 %
Calcium	3 %
Iron	10 %
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Dessert: Watermelon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 127	
% 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 6 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 0 g	0 %
Sugars 28 g	
Protein 6 g	11 %
Vitamin A	94 %
Vitamin C	116 %
Calcium	6 %
Iron	6 %
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