

August Gluten Free Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Cajun
Turkey Burgers
(patties only)

White Sweet
Potato Fries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 238	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 68 mg	23 %
Sodium 1884 mg	79 %
Potassium 263 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 4 g	15 %
Sugars 1 g	
Protein 25 g	51 %
Vitamin A	3 %
Vitamin C	20 %
Calcium	1 %
Iron	2 %
* 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 161	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 211 mg	9 %
Potassium 422 mg	12 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 4 g	16 %
Sugars 5 g	
Protein 2 g	4 %
Vitamin A	338 %
Vitamin C	4 %
Calcium	4 %
Iron	6 %
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Nutrition Facts

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Meal 2: Balsamic Roasted Pork Loin

Zucchini Tian

Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 236	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 92 mg	31 %
Sodium 72 mg	3 %
Potassium 523 mg	15 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 30 g	60 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	1 %
Iron	10 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 72	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 299 mg	12 %
Potassium 87 mg	2 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	7 %
Sugars 3 g	
Protein 2 g	3 %
Vitamin A	1 %
Vitamin C	13 %
Calcium	2 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 157	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	11 %
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Meal 3: Bison Steaks

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 300	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 113 mg	38 %
Sodium 790 mg	33 %
Potassium 498 mg	14 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 45 g	90 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	49 %
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Baked Potatoes & Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 183	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 532 mg	22 %
Potassium 684 mg	20 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 4 g	7 %
Vitamin A	3 %
Vitamin C	67 %
Calcium	2 %
Iron	4 %
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Nutrition Facts

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Meal 4: Asian Shrimp Lettuce Wraps

Sesame Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 411	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 150 mg	50 %
Sodium 523 mg	22 %
Potassium 923 mg	26 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 8 g	33 %
Sugars 8 g	
Protein 33 g	66 %
Vitamin A	66 %
Vitamin C	220 %
Calcium	12 %
Iron	31 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 202	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	11 %
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Salad: Mixed
Greens, Grapes,
Celery, Pecans &
Cheddar

Balsamic
Dressing (makes
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 132	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 21 mg	1 %
Potassium 165 mg	5 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 4 g	14 %
Sugars 5 g	
Protein 3 g	5 %
Vitamin A	3 %
Vitamin C	3 %
Calcium	2 %
Iron	3 %
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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

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Breakfast: Peach
Almond Smoothie

Snack: Celery with
Almond Butter

Dessert:
Cinnamon
Chocolate Ice
Cream (10 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 22 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 148 mg	6 %
Potassium 884 mg	25 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 7 g	28 %
Sugars 19 g	
Protein 10 g	20 %
Vitamin A	74 %
Vitamin C	36 %
Calcium	25 %
Iron	21 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 220	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 22 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 269 mg	11 %
Potassium 968 mg	28 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 6 g	24 %
Sugars 6 g	
Protein 9 g	19 %
Vitamin A	17 %
Vitamin C	10 %
Calcium	27 %
Iron	14 %
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Nutrition Facts	
Servings 10.0	
Amount Per Serving	
calories 246	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 15 g	77 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 39 mg	2 %
Potassium 77 mg	2 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 2 g	7 %
Sugars 16 g	
Protein 2 g	3 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	7 %
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