

August Gluten Free Week One

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Asian
Glazed Salmon

Bok Choy &
Peaches

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 208

% Daily Value *

Total Fat 8 g 12 %

Saturated Fat 1 g 7 %

Monounsaturated Fat 2 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 65 mg 22 %

Sodium 483 mg 20 %

Potassium 531 mg 15 %

Total Carbohydrate 1 g 0 %

Dietary Fiber 0 g 0 %

Sugars 0 g

Protein 31 g 61 %

Vitamin A 4 %

Vitamin C 0 %

Calcium 1 %

Iron 3 %

* 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 68

% Daily Value *

Total Fat 2 g 3 %

Saturated Fat 0 g 1 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 310 mg 13 %

Potassium 384 mg 11 %

Total Carbohydrate 12 g 4 %

Dietary Fiber 3 g 13 %

Sugars 8 g

Protein 3 g 5 %

Vitamin A 69 %

Vitamin C 64 %

Calcium 8 %

Iron 5 %

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Meal 2: Spinach Salad
with Balsamic Chicken,
Raspberries, Snap
Peas, Walnuts & Goat
Cheese

Balsamic
Dressing (makes
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 444	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 66 mg	22 %
Sodium 729 mg	30 %
Potassium 820 mg	23 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 8 g	30 %
Sugars 4 g	
Protein 42 g	84 %
Vitamin A	207 %
Vitamin C	77 %
Calcium	19 %
Iron	25 %
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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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Meal 3: Black Bean and Mushroom Tacos

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 244	
% Daily Value *	
Total Fat 2 g	4 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 682 mg	28 %
Potassium 1149 mg	33 %
Total Carbohydrate 47 g	16 %
Dietary Fiber 12 g	46 %
Sugars 6 g	
Protein 12 g	25 %
Vitamin A	155 %
Vitamin C	62 %
Calcium	18 %
Iron	34 %
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Meal 4: Beef Kabobs with Zucchini & Tomatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 427	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 62 mg	21 %
Sodium 100 mg	4 %
Potassium 1206 mg	34 %
Total Carbohydrate 61 g	20 %
Dietary Fiber 36 g	143 %
Sugars 7 g	
Protein 35 g	70 %
Vitamin A	55 %
Vitamin C	16 %
Calcium	124 %
Iron	186 %
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Salad: Massage
Kale Salad with
Blueberries and
pumpkin seeds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 371	
% Daily Value *	
Total Fat 30 g	46 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 19 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 674 mg	28 %
Potassium 1576 mg	45 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 14 g	55 %
Sugars 6 g	
Protein 8 g	16 %
Vitamin A	97 %
Vitamin C	85 %
Calcium	11 %
Iron	17 %
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Citrus Vinaigrette
(makes 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 69	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 22 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	13 %
Calcium	0 %
Iron	0 %
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Nutrition Facts

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Breakfast: Veggie
Breakfast Tacos

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 279 mg	93 %
Sodium 209 mg	9 %
Potassium 461 mg	13 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 8 g	32 %
Sugars 6 g	
Protein 17 g	34 %
Vitamin A	227 %
Vitamin C	160 %
Calcium	19 %
Iron	35 %
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Snack: Spiced
Popcorn Baggies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 257	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 8 mg	0 %
Potassium 305 mg	9 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 8 g	33 %
Sugars 1 g	
Protein 8 g	15 %
Vitamin A	18 %
Vitamin C	1 %
Calcium	7 %
Iron	26 %
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Dessert: Mango
& Blueberry
Popsicles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 63	
% 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 1 mg	0 %
Potassium 147 mg	4 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	8 %
Sugars 13 g	
Protein 1 g	2 %
Vitamin A	16 %
Vitamin C	49 %
Calcium	1 %
Iron	1 %
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