November Gluten Free Week Two

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Balsamic Salmon Pouch w/ Cherry Tomatoes & Broccoli

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 153	
	% Daily Value *
Total Fat 4 g	**7 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	**20 %**
Sodium 253 mg	**11 %**
Potassium 249 mg	**7 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 2 g	**6 %**
Sugars 3 g	
Protein 24 g	**49 %**
Vitamin A	**16 %**
Vitamin C	**50 %**
Calcium	**2 %**
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.

Quinoa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 159	
	% Daily Value *
Total Fat 2 g	**4 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 11 mg	**0 %**
Potassium 315 mg	**9 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 3 g	**10 %**
Sugars 0 g	
Protein 6 g	**11 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**22 %**

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Meal 2: Lamb Kofta w/ Tahini Sauce

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 425	
	% Daily Value *
Total Fat 36 g	**56 %**
Saturated Fat 13 g	**64 %**
Monounsaturated Fat 16 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 83 mg	**28 %**
Sodium 81 mg	**3 %**
Potassium 319 mg	**9 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**5 %**
Sugars 0 g	
Protein 21 g	**42 %**
Vitamin A	**0 %**
Vitamin C	**8 %**
Calcium	**7 %**
Iron	**16 %**

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November Gluten Free Week Two

Nutrition Facts
(per serving, based on yield of 4 servings)

Parsley Quinoa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 159	
	% Daily Value *
Total Fat 2 g	**4 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 10 mg	**0 %**
Potassium 315 mg	**9 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 3 g	**10 %**
Sugars 0 g	
Protein 6 g	**11 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**22 %**

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Meal 3: Chicken Sausage Pasta w/ Olives, Artichoke Hearts & Pine Nuts

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 411	
	% Daily Value *
Total Fat 30 g	**47 %**
Saturated Fat 8 g	**39 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 45 mg	**15 %**
Sodium 1214 mg	**51 %**
Potassium 423 mg	**12 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 4 g	**16 %**
Sugars 2 g	
Protein 17 g	**35 %**
Vitamin A	**7 %**
Vitamin C	**2 %**
Calcium	**9 %**
Iron	**11 %**

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Meal 4: Middle Eastern Veggie Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 255	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 1 mg	**0 %**
Sodium 296 mg	**12 %**
Potassium 539 mg	**15 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 7 g	**29 %**
Sugars 3 g	
Protein 8 g	**17 %**
Vitamin A	**79 %**
Vitamin C	**34 %**
Calcium	**11 %**
Iron	**18 %**

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November Gluten Free Week Two

Nutrition Facts
(per serving, based on yield of 4 servings)

Salad: Arugula w/ Blackberries, Pecans & Goat Cheese Crumbles

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 268	
	% Daily Value *
Total Fat 25 g	**39 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 16 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 4 mg	**1 %**
Sodium 43 mg	**2 %**
Potassium 195 mg	**6 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 5 g	**21 %**
Sugars 4 g	
Protein 3 g	**7 %**
Vitamin A	**6 %**
Vitamin C	**26 %**
Calcium	**5 %**
Iron	**5 %**

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Breakfast: Cherry-Pecan Overnight Oats

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 349	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 213 mg	**6 %**
Total Carbohydrate 52 g	**17 %**
Dietary Fiber 9 g	**35 %**
Sugars 10 g	
Protein 10 g	**19 %**
Vitamin A	**1 %**
Vitamin C	**9 %**
Calcium	**2 %**
Iron	**18 %**

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Snack: Mini Bell Peppers

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 17	
	% 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 20 mg	**1 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**2 %**
Sugars 2 g	
Protein 0 g	**0 %**
Vitamin A	**1 %**
Vitamin C	**109 %**
Calcium	**0 %**
Iron	**2 %**

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November Gluten Free Week Two

Nutrition Facts
(per serving, based on yield of 4 servings)

Dessert: Fresh Figs
w/ Honey Yogurt

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 232	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 6 mg	**2 %**
Sodium 43 mg	**2 %**
Potassium 583 mg	**17 %**
Total Carbohydrate 47 g	**16 %**
Dietary Fiber 5 g	**21 %**
Sugars 42 g	
Protein 13 g	**26 %**
Vitamin A	**5 %**
Vitamin C	**6 %**
Calcium	**19 %**
Iron	**4 %**

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