

November Gluten Free Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Pesto Sea Bass

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 321 | |
| % Daily Value * | |
| Total Fat 23 g | 35 % |
| Saturated Fat 4 g | 18 % |
| Monounsaturated Fat 9 g | |
| Polyunsaturated Fat 8 g | |
| Trans Fat 0 g | |
| Cholesterol 91 mg | 30 % |
| Sodium 210 mg | 9 % |
| Potassium 98 mg | 3 % |
| Total Carbohydrate 3 g | 1 % |
| Dietary Fiber 1 g | 4 % |
| Sugars 1 g | |
| Protein 26 g | 52 % |
| Vitamin A | 10 % |
| Vitamin C | 5 % |
| Calcium | 10 % |
| Iron | 12 % |
| * 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. | |

Roasted Potatoes & Broccoli

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 249 | |
| % Daily Value * | |
| Total Fat 9 g | 14 % |
| Saturated Fat 1 g | 6 % |
| Monounsaturated Fat 6 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 67 mg | 3 % |
| Potassium 1233 mg | 35 % |
| Total Carbohydrate 37 g | 12 % |
| Dietary Fiber 6 g | 26 % |
| Sugars 5 g | |
| Protein 7 g | 15 % |
| Vitamin A | 19 % |
| Vitamin C | 255 % |
| Calcium | 8 % |
| Iron | 12 % |
| * 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. | |

Meal 2: Jerk Chicken

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 297 | |
| % Daily Value * | |
| Total Fat 30 g | 47 % |
| Saturated Fat 6 g | 28 % |
| Monounsaturated Fat 21 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| Cholesterol 8 mg | 3 % |
| Sodium 276 mg | 11 % |
| Potassium 112 mg | 3 % |
| Total Carbohydrate 11 g | 4 % |
| Dietary Fiber 3 g | 11 % |
| Sugars 1 g | |
| Protein 1 g | 2 % |
| Vitamin A | 13 % |
| Vitamin C | 41 % |
| Calcium | 4 % |
| Iron | 5 % |
| * 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. | |

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(per serving, based on yield of 4 servings)

Plantains & Sautéed Spinach

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 241 | |
| % Daily Value * | |
| Total Fat 14 g | 21 % |
| Saturated Fat 12 g | 59 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 23 mg | 1 % |
| Potassium 597 mg | 17 % |
| Total Carbohydrate 32 g | 11 % |
| Dietary Fiber 3 g | 11 % |
| Sugars 14 g | |
| Protein 2 g | 3 % |
| Vitamin A | 60 % |
| Vitamin C | 29 % |
| Calcium | 3 % |
| Iron | 7 % |
| * 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. | |

Meal 3: Pesto Rotini with Pine nuts & Tomatoes

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 473 | |
| % Daily Value * | |
| Total Fat 17 g | 26 % |
| Saturated Fat 6 g | 32 % |
| Monounsaturated Fat 6 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 1 g | |
| Cholesterol 70 mg | 23 % |
| Sodium 1228 mg | 51 % |
| Potassium 1447 mg | 41 % |
| Total Carbohydrate 45 g | 15 % |
| Dietary Fiber 14 g | 55 % |
| Sugars 15 g | |
| Protein 37 g | 74 % |
| Vitamin A | 251 % |
| Vitamin C | 145 % |
| Calcium | 21 % |
| Iron | 43 % |
| * 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. | |

Meal 4: Grassfed Beef, Kale & Red Bean Chili

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 473 | |
| % Daily Value * | |
| Total Fat 17 g | 26 % |
| Saturated Fat 6 g | 32 % |
| Monounsaturated Fat 6 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 1 g | |
| Cholesterol 70 mg | 23 % |
| Sodium 1228 mg | 51 % |
| Potassium 1447 mg | 41 % |
| Total Carbohydrate 45 g | 15 % |
| Dietary Fiber 14 g | 55 % |
| Sugars 15 g | |
| Protein 37 g | 74 % |
| Vitamin A | 251 % |
| Vitamin C | 145 % |
| Calcium | 21 % |
| Iron | 43 % |
| * 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. | |

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Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Mixed Greens
with Oranges, Pecans
& Feta Cheese

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 350 | |
| % Daily Value * | |
| Total Fat 30 g | 46 % |
| Saturated Fat 6 g | 32 % |
| Monounsaturated Fat 15 g | |
| Polyunsaturated Fat 4 g | |
| Trans Fat 0 g | |
| Cholesterol 20 mg | 7 % |
| Sodium 306 mg | 13 % |
| Potassium 230 mg | 7 % |
| Total Carbohydrate 16 g | 5 % |
| Dietary Fiber 4 g | 17 % |
| Sugars 11 g | |
| Protein 8 g | 16 % |
| Vitamin A | 40 % |
| Vitamin C | 71 % |
| Calcium | 22 % |
| 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. | |

Breakfast: Cranberry
& Hazelnut Baked
Apples (8 Servings)

| Nutrition Facts | |
|--|------|
| Servings 8.0 | |
| Amount Per Serving | |
| calories 239 | |
| % Daily Value * | |
| Total Fat 21 g | 32 % |
| Saturated Fat 7 g | 35 % |
| Monounsaturated Fat 11 g | |
| Polyunsaturated Fat 2 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 1 mg | 0 % |
| Potassium 103 mg | 3 % |
| Total Carbohydrate 16 g | 5 % |
| Dietary Fiber 2 g | 10 % |
| Sugars 12 g | |
| Protein 0 g | 1 % |
| Vitamin A | 1 % |
| Vitamin C | 6 % |
| Calcium | 1 % |
| Iron | 1 % |
| * 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. | |

Snack: Popcorn
Baggies with Cherries
& Walnuts (8
Servings)

| Nutrition Facts | |
|--|------|
| Servings 8.0 | |
| Amount Per Serving | |
| calories 223 | |
| % Daily Value * | |
| Total Fat 14 g | 22 % |
| Saturated Fat 1 g | 7 % |
| Monounsaturated Fat 2 g | |
| Polyunsaturated Fat 10 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 6 mg | 0 % |
| Potassium 114 mg | 3 % |
| Total Carbohydrate 23 g | 8 % |
| Dietary Fiber 3 g | 14 % |
| Sugars 13 g | |
| Protein 4 g | 9 % |
| Vitamin A | 18 % |
| Vitamin C | 1 % |
| Calcium | 5 % |
| 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. | |

November Gluten Free Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Dessert: Chocolate
Pudding topped with
Cacao Nibs

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 241 | |
| % Daily Value * | |
| Total Fat 14 g | 21 % |
| Saturated Fat 4 g | 18 % |
| Monounsaturated Fat 8 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 18 mg | 1 % |
| Potassium 337 mg | 10 % |
| Total Carbohydrate 29 g | 10 % |
| Dietary Fiber 7 g | 29 % |
| Sugars 17 g | |
| Protein 4 g | 8 % |
| Vitamin A | 1 % |
| Vitamin C | 0 % |
| Calcium | 3 % |
| Iron | 13 % |
| * 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. | |