

November Gluten Free Week Five

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Asian Glazed

Sea Bass w/ Snow
Peas & Shiitake
Mushrooms

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 173 | |
| % Daily Value * | |
| Total Fat 5 g | 7 % |
| Saturated Fat 0 g | 2 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 85 mg | 28 % |
| Sodium 452 mg | 19 % |
| Potassium 98 mg | 3 % |
| Total Carbohydrate 8 g | 3 % |
| Dietary Fiber 1 g | 4 % |
| Sugars 4 g | |
| Protein 23 g | 46 % |
| Vitamin A | 5 % |
| Vitamin C | 29 % |
| Calcium | 3 % |
| Iron | 14 % |
| * 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: Turkey Italian Meatballs w/ Herbed Sweet Potatoes & Cucumber Slices

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 511 | |
| % Daily Value * | |
| Total Fat 28 g | 43 % |
| Saturated Fat 6 g | 29 % |
| Monounsaturated Fat 4 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 121 mg | 40 % |
| Sodium 581 mg | 24 % |
| Potassium 860 mg | 25 % |
| Total Carbohydrate 32 g | 11 % |
| Dietary Fiber 7 g | 30 % |
| Sugars 11 g | |
| Protein 39 g | 78 % |
| Vitamin A | 208 % |
| Vitamin C | 24 % |
| Calcium | 24 % |
| Iron | 19 % |
| * 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: Steaks w/ Mashed Cauliflower & Broccoli

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 265 | |
| % Daily Value * | |
| Total Fat 14 g | 22 % |
| Saturated Fat 5 g | 26 % |
| Monounsaturated Fat 5 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 79 mg | 26 % |
| Sodium 1547 mg | 64 % |
| Potassium 502 mg | 14 % |
| Total Carbohydrate 4 g | 1 % |
| Dietary Fiber 2 g | 6 % |
| Sugars 1 g | |
| Protein 29 g | 58 % |
| Vitamin A | 3 % |
| Vitamin C | 68 % |
| Calcium | 4 % |
| Iron | 13 % |
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Meal 4: Chicken Chili

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 516 | |
| % Daily Value * | |
| Total Fat 11 g | 17 % |
| Saturated Fat 7 g | 35 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 25 mg | 8 % |
| Sodium 1133 mg | 47 % |
| Potassium 1447 mg | 41 % |
| Total Carbohydrate 57 g | 19 % |
| Dietary Fiber 8 g | 33 % |
| Sugars 4 g | |
| Protein 49 g | 98 % |
| Vitamin A | 4 % |
| Vitamin C | 41 % |
| Calcium | 12 % |
| Iron | 36 % |
| * 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. | |

Salad: Mixed Greens
w/ Grapefruit,
Avocado & Sliced
Almonds w/
Champagne
Vinaigrette

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 402 | |
| % Daily Value * | |
| Total Fat 31 g | 47 % |
| Saturated Fat 3 g | 14 % |
| Monounsaturated Fat 11 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 15 mg | 1 % |
| Potassium 480 mg | 14 % |
| Total Carbohydrate 27 g | 9 % |
| Dietary Fiber 5 g | 21 % |
| Sugars 8 g | |
| Protein 10 g | 21 % |
| Vitamin A | 50 % |
| Vitamin C | 91 % |
| Calcium | 12 % |
| 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. | |

Breakfast: Oatmeal w/
Cherries & Walnuts

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 398 | |
| % Daily Value * | |
| Total Fat 13 g | 20 % |
| Saturated Fat 1 g | 7 % |
| Monounsaturated Fat 2 g | |
| Polyunsaturated Fat 8 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 0 mg | 0 % |
| Potassium 366 mg | 10 % |
| Total Carbohydrate 64 g | 21 % |
| Dietary Fiber 7 g | 28 % |
| Sugars 28 g | |
| Protein 9 g | 19 % |
| Vitamin A | 20 % |
| Vitamin C | 0 % |
| Calcium | 3 % |
| Iron | 14 % |
| * 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 Five

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Pears &
Cashew Butter

Dessert: Chai Hot
Cocoa

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 284 | |
| % Daily Value * | |
| Total Fat 17 g | 26 % |
| Saturated Fat 4 g | 18 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 106 mg | 4 % |
| Potassium 172 mg | 5 % |
| Total Carbohydrate 33 g | 11 % |
| Dietary Fiber 6 g | 22 % |
| Sugars 17 g | |
| Protein 5 g | 9 % |
| Vitamin A | 1 % |
| Vitamin C | 11 % |
| Calcium | 3 % |
| Iron | 9 % |
| * 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 88 | |
| % Daily Value * | |
| Total Fat 2 g | 3 % |
| Saturated Fat 2 g | 9 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 14 mg | 1 % |
| Potassium 52 mg | 1 % |
| Total Carbohydrate 20 g | 7 % |
| Dietary Fiber 1 g | 4 % |
| Sugars 18 g | |
| Protein 1 g | 1 % |
| Vitamin A | 0 % |
| Vitamin C | 0 % |
| Calcium | 0 % |
| 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. | |