Prep Dish Gluten Free October Wk 1

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

Meal 1: Pumpkin Seed Crusted Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 232	
	% 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 158 mg	**53 %**
Sodium 301 mg	**13 %**
Potassium 313 mg	**9 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**3 %**
Sugars 1 g	
Protein 31 g	**63 %**
Vitamin A	**6 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**25 %**

* 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.

Vegan Broccoli Soup

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 194	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 65 mg	**3 %**
Potassium 365 mg	**10 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 1 g	**5 %**
Sugars 3 g	
Protein 6 g	**13 %**
Vitamin A	**3 %**
Vitamin C	**1 %**
Calcium	**2 %**
Iron	**11 %**

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Meal 2: Lemon-Basil Shrimp

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 112	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 220 mg	**73 %**
Sodium 259 mg	**11 %**
Potassium 4 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 24 g	**48 %**
Vitamin A	**6 %**
Vitamin C	**6 %**
Calcium	**5 %**
Iron	**20 %**

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Prep Dish Gluten Free October Wk 1

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

Italian Quinoa Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 102	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 19 mg	**1 %**
Potassium 513 mg	**15 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 4 g	**14 %**
Sugars 5 g	
Protein 3 g	**7 %**
Vitamin A	**27 %**
Vitamin C	**4 %**
Calcium	**34 %**
Iron	**7 %**

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Meal 3: Beef and Butternut Squash Tagine

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 360	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	**20 %**
Sodium 110 mg	**5 %**
Potassium 1015 mg	**29 %**
Total Carbohydrate 36 g	**12 %**
Dietary Fiber 6 g	**26 %**
Sugars 13 g	
Protein 27 g	**54 %**
Vitamin A	**383 %**
Vitamin C	**79 %**
Calcium	**12 %**
Iron	**40 %**

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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 9 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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Prep Dish Gluten Free October Wk 1

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

Meal 4: Veggie Taco Soup

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 489	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 7 g	**35 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 31 mg	**10 %**
Sodium 504 mg	**21 %**
Potassium 827 mg	**24 %**
Total Carbohydrate 67 g	**22 %**
Dietary Fiber 14 g	**55 %**
Sugars 12 g	
Protein 26 g	**53 %**
Vitamin A	**35 %**
Vitamin C	**97 %**
Calcium	**28 %**
Iron	**15 %**

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*Note: with avocado slices, cheddar cheese, and Greek yogurt

Salad: Mixed Greens w/ Pomegranate, Walnuts & Blue Cheese

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 256	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 6 g	**29 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 393 mg	**16 %**
Potassium 166 mg	**5 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 6 g	**24 %**
Sugars 10 g	
Protein 9 g	**19 %**
Vitamin A	**44 %**
Vitamin C	**19 %**
Calcium	**19 %**
Iron	**6 %**

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* Note: with cheese

Dressing (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 126	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
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	**1 %**

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Prep Dish Gluten Free October Wk 1

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

Breakfast: Swiss Chard, Mushroom, Onion & Goat Cheese Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 329	
	% Daily Value *
Total Fat 24 g	**37 %**
Saturated Fat 10 g	**51 %**
Monounsaturated Fat 9 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 487 mg	**162 %**
Sodium 345 mg	**14 %**
Potassium 263 mg	**8 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 1 g	**4 %**
Sugars 3 g	
Protein 23 g	**46 %**
Vitamin A	**33 %**
Vitamin C	**7 %**
Calcium	**16 %**
Iron	**17 %**

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Snack: Grapes and Pistachios

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 232	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 117 mg	**5 %**
Potassium 290 mg	**8 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 4 g	**15 %**
Sugars 17 g	
Protein 8 g	**15 %**
Vitamin A	**2 %**
Vitamin C	**8 %**
Calcium	**3 %**
Iron	**7 %**

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Dessert: Cranberry-Pecan Baked Pears (8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 161	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 7 g	**33 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 118 mg	**3 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 4 g	**16 %**
Sugars 9 g	
Protein 1 g	**2 %**
Vitamin A	**0 %**
Vitamin C	**6 %**
Calcium	**2 %**
Iron	**2 %**

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*Note: with cheese