October GF Week Three

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

Meal 1: Italian Almond Crusted Pork Chops

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 322	
	% Daily Value *
Total Fat 23 g	**36 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 133 mg	**44 %**
Sodium 200 mg	**8 %**
Potassium 245 mg	**7 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 4 g	**15 %**
Sugars 1 g	
Protein 24 g	**48 %**
Vitamin A	**5 %**
Vitamin C	**1 %**
Calcium	**15 %**
Iron	**18 %**

* 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.

*Note: with parmesan chees

Roasted Potatoes & Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 158	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 2 mg	**1 %**
Sodium 657 mg	**27 %**
Potassium 839 mg	**24 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 3 g	**14 %**
Sugars 2 g	
Protein 5 g	**10 %**
Vitamin A	**4 %**
Vitamin C	**63 %**
Calcium	**6 %**
Iron	**8 %**

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Meal 2: Turkey & Zucchini Chipotle Meatballs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 371	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 3 g	**17 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 114 mg	**38 %**
Sodium 724 mg	**30 %**
Potassium 484 mg	**14 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 5 g	**21 %**
Sugars 14 g	
Protein 32 g	**65 %**
Vitamin A	**20 %**
Vitamin C	**22 %**
Calcium	**8 %**
Iron	**13 %**

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

Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 31	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 162 mg	**5 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 2 g	**7 %**
Sugars 2 g	
Protein 2 g	**4 %**
Vitamin A	**12 %**
Vitamin C	**7 %**
Calcium	**2 %**
Iron	**10 %**

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Meal 3: Chipotle Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 243	
	% Daily Value *
Total Fat 11 g	**17 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 91 mg	**30 %**
Sodium 456 mg	**19 %**
Potassium 352 mg	**10 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 2 g	**10 %**
Sugars 12 g	
Protein 21 g	**42 %**
Vitamin A	**16 %**
Vitamin C	**7 %**
Calcium	**2 %**
Iron	**8 %**

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Tarragon Baked Sweet Potato Fries & Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 186	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 374 mg	**16 %**
Potassium 588 mg	**17 %**
Total Carbohydrate 35 g	**12 %**
Dietary Fiber 8 g	**31 %**
Sugars 10 g	
Protein 4 g	**9 %**
Vitamin A	**778 %**
Vitamin C	**31 %**
Calcium	**11 %**
Iron	**13 %**

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October GF Week Three

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

Meal 4: Kale & Caramelized Onion Frittata w/ Grapes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 323	
	% Daily Value *
Total Fat 21 g	**32 %**
Saturated Fat 8 g	**39 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 389 mg	**130 %**
Sodium 502 mg	**21 %**
Potassium 581 mg	**17 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 4 g	**17 %**
Sugars 10 g	
Protein 21 g	**42 %**
Vitamin A	**153 %**
Vitamin C	**139 %**
Calcium	**32 %**
Iron	**16 %**

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Salad: Salad Greens w/ Shredded Carrot, Radish & Sunflower Seeds

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 142	
	% Daily Value *
Total Fat 7 g	**10 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 121 mg	**5 %**
Potassium 99 mg	**3 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**8 %**
Sugars 2 g	
Protein 6 g	**11 %**
Vitamin A	**102 %**
Vitamin C	**3 %**
Calcium	**1 %**
Iron	**1 %**

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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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October GF Week Three

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

Breakfast: Butternut Squash Muffins (serving size = 12)

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 112	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	**5 %**
Sodium 116 mg	**5 %**
Potassium 23 mg	**1 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 1 g	**5 %**
Sugars 7 g	
Protein 8 g	**16 %**
Vitamin A	**12 %**
Vitamin C	**2 %**
Calcium	**9 %**
Iron	**10 %**

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Snack: Pears w/ Peanut Butter

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 284	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 232 mg	**10 %**
Potassium 401 mg	**11 %**
Total Carbohydrate 40 g	**13 %**
Dietary Fiber 7 g	**28 %**
Sugars 20 g	
Protein 8 g	**15 %**
Vitamin A	**1 %**
Vitamin C	**12 %**
Calcium	**3 %**
Iron	**6 %**

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Dessert: Dark Chocolate & Hazelnuts

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 338	
	% Daily Value *
Total Fat 28 g	**44 %**
Saturated Fat 8 g	**38 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 196 mg	**6 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 5 g	**21 %**
Sugars 15 g	
Protein 6 g	**12 %**
Vitamin A	**0 %**
Vitamin C	**3 %**
Calcium	**5 %**
Iron	**12 %**

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