October Gluten Free Week Two

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

Meal 1: Spaghetti Squash with Grass-fed Beef and Mushroom Marinara

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 346	
	% Daily Value *
Total Fat 11 g	**18 %**
Saturated Fat 7 g	**33 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 83 mg	**28 %**
Sodium 310 mg	**13 %**
Potassium 826 mg	**24 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 7 g	**29 %**
Sugars 12 g	
Protein 37 g	**75 %**
Vitamin A	**32 %**
Vitamin C	**52 %**
Calcium	**23 %**
Iron	**21 %**

* 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

Meal 2: Carrot & Snow Pea Stir-fry with peanuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 121	
	% Daily Value *
Total Fat 8 g	**13 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 195 mg	**8 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 2 g	**9 %**
Sugars 3 g	
Protein 4 g	**9 %**
Vitamin A	**1 %**
Vitamin C	**35 %**
Calcium	**3 %**
Iron	**8 %**

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Brown Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 93	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 29 mg	**1 %**
Potassium 92 mg	**3 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 1 g	**4 %**
Sugars 0 g	
Protein 2 g	**4 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**2 %**

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

Meal 3: Parsley Roasted Chicken Legs w/ Acorn Squash & Swiss Chard

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 306	
	% Daily Value *
Total Fat 15 g	**22 %**
Saturated Fat 5 g	**24 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 68 mg	**23 %**
Sodium 377 mg	**16 %**
Potassium 1024 mg	**29 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 4 g	**15 %**
Sugars 0 g	
Protein 23 g	**45 %**
Vitamin A	**49 %**
Vitamin C	**54 %**
Calcium	**10 %**
Iron	**17 %**

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Meal 4: Shrimp and Veggie Gumbo

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 270	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 178 mg	**59 %**
Sodium 719 mg	**30 %**
Potassium 719 mg	**21 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 5 g	**19 %**
Sugars 8 g	
Protein 25 g	**50 %**
Vitamin A	**31 %**
Vitamin C	**121 %**
Calcium	**10 %**
Iron	**9 %**

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Salad: Blueberry, Walnut, & Goat Cheese Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 151	
	% Daily Value *
Total Fat 10 g	**15 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 10 mg	**3 %**
Sodium 176 mg	**7 %**
Potassium 189 mg	**5 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 3 g	**10 %**
Sugars 6 g	
Protein 8 g	**15 %**
Vitamin A	**38 %**
Vitamin C	**82 %**
Calcium	**9 %**
Iron	**13 %**

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

Dressing (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 69	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 2 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Breakfast: Baked Acorn Squash with Poached Eggs

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 169	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 186 mg	**62 %**
Sodium 77 mg	**3 %**
Potassium 817 mg	**23 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 3 g	**13 %**
Sugars 0 g	
Protein 8 g	**16 %**
Vitamin A	**21 %**
Vitamin C	**40 %**
Calcium	**10 %**
Iron	**13 %**

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Snack: Brussels Sprouts

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 123	
	% Daily Value *
Total Fat 4 g	**7 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 23 mg	**1 %**
Potassium 839 mg	**24 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 9 g	**34 %**
Sugars 0 g	
Protein 9 g	**17 %**
Vitamin A	**28 %**
Vitamin C	**280 %**
Calcium	**6 %**
Iron	**12 %**

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October Gluten Free Week Two

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

Dessert: Sweet Potato Pie (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 281	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 7 g	**37 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 70 mg	**23 %**
Sodium 43 mg	**2 %**
Potassium 131 mg	**4 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 4 g	**14 %**
Sugars 15 g	
Protein 5 g	**9 %**
Vitamin A	**182 %**
Vitamin C	**13 %**
Calcium	**4 %**
Iron	**8 %**

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