

December Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Orange-Basil Turkey Breast

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 302	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 98 mg	33 %
Sodium 7786 mg	324 %
Potassium 140 mg	4 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 0 g	1 %
Sugars 5 g	
Protein 32 g	64 %
Vitamin A	3 %
Vitamin C	58 %
Calcium	4 %
Iron	10 %
* 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.	

Fingerling Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 171	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 10 mg	0 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 3 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	2 %
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Brussels Sprouts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 93	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 33 mg	1 %
Potassium 10 mg	0 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	17 %
Sugars 3 g	
Protein 4 g	8 %
Vitamin A	11 %
Vitamin C	158 %
Calcium	4 %
Iron	2 %
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Meal 2: Slow Baked

Brisket

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 549	
% Daily Value *	
Total Fat 28 g	40 %
Saturated Fat 9 g	44 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 211 mg	70 %
Sodium 281 mg	12 %
Potassium 1223 mg	35 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	3 %
Sugars 0 g	
Protein 72 g	143 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	5 %
Iron	62 %
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Creamy Cauliflower and

Leek Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 121	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 627 mg	26 %
Potassium 762 mg	22 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 7 g	27 %
Sugars 8 g	
Protein 6 g	11 %
Vitamin A	23 %
Vitamin C	178 %
Calcium	9 %
Iron	13 %
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Meal 3: Pizza Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 288	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 33 mg	11 %
Sodium 1412 mg	59 %
Potassium 950 mg	27 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	21 %
Sugars 10 g	
Protein 13 g	25 %
Vitamin A	20 %
Vitamin C	143 %
Calcium	13 %
Iron	23 %
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Meal 4: Leek & Mushroom Frittata & Blueberries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 304	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 448 mg	149 %
Sodium 407 mg	17 %
Potassium 371 mg	11 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	12 %
Sugars 9 g	
Protein 18 g	37 %
Vitamin A	20 %
Vitamin C	11 %
Calcium	21 %
Iron	17 %
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Salad: Arugula w/ Apples, Cherries, Walnuts & Goat Cheese (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 235	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 169 mg	7 %
Potassium 82 mg	2 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 4 g	17 %
Sugars 26 g	
Protein 7 g	14 %
Vitamin A	63 %
Vitamin C	14 %
Calcium	6 %
Iron	5 %
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Dressing

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 250	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 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 3 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Nutrition Facts

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Breakfast: Brown Rice
Cake w/ Almond
Butter & Banana

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 253	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 30 mg	1 %
Potassium 615 mg	18 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 6 g	22 %
Sugars 24 g	
Protein 5 g	9 %
Vitamin A	3 %
Vitamin C	19 %
Calcium	3 %
Iron	7 %
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Snack: Celery &
Almond Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 198	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 175 mg	7 %
Potassium 560 mg	16 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 5 g	20 %
Sugars 2 g	
Protein 9 g	18 %
Vitamin A	2 %
Vitamin C	5 %
Calcium	10 %
Iron	10 %
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Dessert:
Pumpkin Pie
Pudding

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 217	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 98 mg	4 %
Potassium 583 mg	17 %
Total Carbohydrate 49 g	16 %
Dietary Fiber 7 g	28 %
Sugars 26 g	
Protein 3 g	7 %
Vitamin A	766 %
Vitamin C	17 %
Calcium	22 %
Iron	21 %
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