

December Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Pecan Crusted Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 477	
% Daily Value *	
Total Fat 38 g	59 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 18 g	
Polyunsaturated Fat 10 g	
Trans Fat 0 g	
Cholesterol 146 mg	49 %
Sodium 332 mg	14 %
Potassium 310 mg	9 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 6 g	23 %
Sugars 2 g	
Protein 29 g	59 %
Vitamin A	31 %
Vitamin C	0 %
Calcium	5 %
Iron	12 %
* 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.	

Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 55	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 375 mg	16 %
Potassium 119 mg	3 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 3 g	10 %
Sugars 1 g	
Protein 1 g	3 %
Vitamin A	5 %
Vitamin C	3 %
Calcium	8 %
Iron	8 %
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Butternut Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 111	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 614 mg	18 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 4 g	17 %
Sugars 4 g	
Protein 2 g	4 %
Vitamin A	360 %
Vitamin C	60 %
Calcium	9 %
Iron	11 %
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Meal 2: Bacon &
Chard Stuffed
Chicken

Broccoli, Tomato, &
Mushrooms

Meal 3: Potato &
Onion Frittata w/
Grapes
(2 cups of grapes)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 404	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 159 mg	53 %
Sodium 390 mg	16 %
Potassium 542 mg	15 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 61 g	123 %
Vitamin A	29 %
Vitamin C	9 %
Calcium	8 %
Iron	15 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 169	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 76 mg	3 %
Potassium 973 mg	28 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	25 %
Sugars 6 g	
Protein 8 g	16 %
Vitamin A	33 %
Vitamin C	247 %
Calcium	9 %
Iron	13 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 316	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 423 mg	141 %
Sodium 149 mg	6 %
Potassium 672 mg	19 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 3 g	10 %
Sugars 11 g	
Protein 16 g	32 %
Vitamin A	11 %
Vitamin C	20 %
Calcium	9 %
Iron	17 %
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(per serving, based on yield of 4 servings)

Meal 4: Beef
Minestrone Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 386	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 34 mg	11 %
Sodium 717 mg	30 %
Potassium 926 mg	26 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 11 g	45 %
Sugars 8 g	
Protein 27 g	53 %
Vitamin A	31 %
Vitamin C	66 %
Calcium	12 %
Iron	28 %
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Salad: Mixed Greens w/
Blueberries, Walnuts, &
Feta (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 226	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 383 mg	16 %
Potassium 428 mg	12 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	11 %
Sugars 5 g	
Protein 9 g	18 %
Vitamin A	43 %
Vitamin C	19 %
Calcium	9 %
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

(per serving, based on yield of 4 servings)

Breakfast: Almond Flour Pancakes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 422	
% Daily Value *	
Total Fat 34 g	52 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 191 mg	64 %
Sodium 98 mg	4 %
Potassium 161 mg	5 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 6 g	24 %
Sugars 5 g	
Protein 20 g	41 %
Vitamin A	8 %
Vitamin C	0 %
Calcium	22 %
Iron	17 %
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Snack: Broccoli & Tomatoes w/ Hummus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 278	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 308 mg	13 %
Potassium 993 mg	28 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 11 g	44 %
Sugars 6 g	
Protein 12 g	24 %
Vitamin A	33 %
Vitamin C	247 %
Calcium	14 %
Iron	17 %
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Dessert: Dark Chocolate w/ Brazil Nuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 370	
% Daily Value *	
Total Fat 33 g	50 %
Saturated Fat 10 g	49 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	8 %
Sugars 9 g	
Protein 7 g	13 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
Iron	28 %
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