

December Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Shrimp &
Mushrooms Baked in
Tomato Sauce

Lemon Rice

Meal 2: Orange
Chicken & Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 297	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 168 mg	56 %
Sodium 1680 mg	70 %
Potassium 381 mg	11 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 6 g	23 %
Sugars 17 g	
Protein 25 g	50 %
Vitamin A	27 %
Vitamin C	15 %
Calcium	24 %
Iron	11 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 152	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 9 mg	0 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	0 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 487	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 128 mg	43 %
Sodium 495 mg	21 %
Potassium 3401 mg	97 %
Total Carbohydrate 45 g	15 %
Dietary Fiber 5 g	22 %
Sugars 32 g	
Protein 37 g	74 %
Vitamin A	72 %
Vitamin C	305 %
Calcium	18 %
Iron	93 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Coconut Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 203	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 3 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	10 %
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Meal 3: Penne Pasta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 782	
% Daily Value *	
Total Fat 26 g	41 %
Saturated Fat 9 g	46 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 61 mg	20 %
Sodium 1055 mg	44 %
Potassium 882 mg	25 %
Total Carbohydrate 100 g	33 %
Dietary Fiber 13 g	53 %
Sugars 9 g	
Protein 36 g	72 %
Vitamin A	29 %
Vitamin C	235 %
Calcium	36 %
Iron	25 %
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Meal 4: Taco Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 453	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1748 mg	73 %
Potassium 533 mg	15 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 17 g	70 %
Sugars 13 g	
Protein 29 g	59 %
Vitamin A	40 %
Vitamin C	112 %
Calcium	12 %
Iron	26 %
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Salad: Arugula w/
Pear, Cranberry,
Sliced Almonds &
Goat Cheese (w/o
Dressing)

Dressing

Breakfast: Kale,
Sausage & Feta
Cheese Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 316	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 44 mg	15 %
Sodium 184 mg	8 %
Potassium 344 mg	10 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 8 g	31 %
Sugars 23 g	
Protein 11 g	21 %
Vitamin A	17 %
Vitamin C	15 %
Calcium	13 %
Iron	8 %
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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 4 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	
Servings 4.0	
Amount Per Serving	
calories 546	
% Daily Value *	
Total Fat 42 g	64 %
Saturated Fat 16 g	80 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 512 mg	171 %
Sodium 1022 mg	43 %
Potassium 549 mg	16 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	12 %
Sugars 7 g	
Protein 33 g	66 %
Vitamin A	148 %
Vitamin C	139 %
Calcium	43 %
Iron	20 %
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Snack: Tangelos &
Almonds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 185	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 440 mg	13 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 8 g	32 %
Sugars 25 g	
Protein 6 g	11 %
Vitamin A	0 %
Vitamin C	100 %
Calcium	13 %
Iron	3 %
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Dessert: Kiwi &
Pomegranate Parfait

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 203	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 9 mg	0 %
Potassium 893 mg	26 %
Total Carbohydrate 48 g	16 %
Dietary Fiber 10 g	40 %
Sugars 31 g	
Protein 4 g	8 %
Vitamin A	4 %
Vitamin C	365 %
Calcium	9 %
Iron	5 %
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