

# December Week One, Gluten Free

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Beef Braised in Red Wine w/ Carrots, Celery & Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 490	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 772 mg	32 %
Potassium 1199 mg	34 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 7 g	28 %
Sugars 7 g	
Protein 51 g	102 %
Vitamin A	122 %
Vitamin C	44 %
Calcium	12 %
Iron	23 %
* 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.	

**Meal 2:** Spinach Pesto Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 292	
% Daily Value *	
Total Fat 26 g	40 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 26 mg	9 %
Sodium 141 mg	6 %
Potassium 194 mg	6 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	5 %
Sugars 1 g	
Protein 11 g	23 %
Vitamin A	26 %
Vitamin C	15 %
Calcium	10 %
Iron	4 %
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Balsamic Quinoa Salad w/ Cranberries, Cucumber & Walnuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 316	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 107 mg	4 %
Potassium 242 mg	7 %
Total Carbohydrate 60 g	20 %
Dietary Fiber 6 g	25 %
Sugars 45 g	
Protein 4 g	7 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	3 %
Iron	4 %
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## December Week One, Gluten Free

### Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 3:** Broccoli,  
Mushroom & Onion  
Stir Fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 166	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 55 mg	2 %
Potassium 672 mg	19 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 5 g	19 %
Sugars 8 g	
Protein 5 g	10 %
Vitamin A	20 %
Vitamin C	231 %
Calcium	9 %
Iron	9 %
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Sesame Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 146	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 428 mg	18 %
Potassium 8 mg	0 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 2 g	5 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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**Meal 4:** Beef &  
Roasted Pepper  
Fajitas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 308	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 62 mg	21 %
Sodium 156 mg	7 %
Potassium 675 mg	19 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 4 g	15 %
Sugars 3 g	
Protein 32 g	63 %
Vitamin A	38 %
Vitamin C	96 %
Calcium	33 %
Iron	19 %
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## December Week One, Gluten Free

### Nutrition Facts

(per serving, based on yield of 4 servings)

#### Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 67	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 213 mg	6 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 4 g	17 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	5 %
Vitamin C	17 %
Calcium	4 %
Iron	2 %
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#### Refried Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 210	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 585 mg	24 %
Potassium 0 mg	0 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 9 g	36 %
Sugars 2 g	
Protein 11 g	21 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	6 %
Iron	15 %
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**Salad:** Arugula w/  
Butternut Squash,  
Pomegranate &  
Pumpkin Seeds (w/o  
dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 211	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 946 mg	39 %
Potassium 277 mg	8 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	7 %
Sugars 3 g	
Protein 10 g	21 %
Vitamin A	95 %
Vitamin C	22 %
Calcium	21 %
Iron	18 %
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### Nutrition Facts

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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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**Breakfast:** Bell Pepper  
& Mushroom  
Breakfast Tacos

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 658	
% Daily Value *	
Total Fat 39 g	60 %
Saturated Fat 18 g	91 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 513 mg	171 %
Sodium 690 mg	29 %
Potassium 622 mg	18 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 4 g	16 %
Sugars 5 g	
Protein 41 g	81 %
Vitamin A	59 %
Vitamin C	94 %
Calcium	97 %
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.	

Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 67	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 213 mg	6 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 4 g	17 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	5 %
Vitamin C	17 %
Calcium	4 %
Iron	2 %
* 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.	



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### Nutrition Facts

(per serving, based on yield of 4 servings)

**Snack:** Kale Chips

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 99	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 570 mg	24 %
Potassium 75 mg	2 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 1 g	1 %
Vitamin A	53 %
Vitamin C	33 %
Calcium	3 %
Iron	2 %
* 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.	

**Dessert:** Clementines  
Oranges (1  
Clementine)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 10	
% 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 33 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	1 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	15 %
Calcium	1 %
Iron	0 %
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