Meal 1: *Swordfish Puttanesca over Gluten Free Pasta*

Puttanesca Sauce

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 117	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 327 mg	**14 %**
Potassium 19 mg	**1 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 2 g	**7 %**
Sugars 8 g	
Protein 5 g	**10 %**
Vitamin A	**11 %**
Vitamin C	**24 %**
Calcium	**3 %**
Iron	**13 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Swordfish

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 175	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 58 mg	**19 %**
Sodium 125 mg	**5 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 28 g	**55 %**
Vitamin A	**3 %**
Vitamin C	**2 %**
Calcium	**0 %**
Iron	**7 %**

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Gluten Free Pasta

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 205	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 4 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 46 g	**15 %**
Dietary Fiber 4 g	**16 %**
Sugars 1 g	
Protein 4 g	**8 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**9 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Meal 2: *Goat Cheese, Tomato, & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes*

Sweet Potatoes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 88	
	% 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 38 mg	**2 %**
Potassium 235 mg	**7 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 2 g	**8 %**
Sugars 3 g	
Protein 1 g	**2 %**
Vitamin A	**192 %**
Vitamin C	**7 %**
Calcium	**2 %**
Iron	**3 %**

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Chicken Stuffing

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 36	
	% Daily Value *
Total Fat 2 g	**4 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 9 mg	**3 %**
Sodium 24 mg	**1 %**
Potassium 124 mg	**4 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 3 g	**5 %**
Vitamin A	**6 %**
Vitamin C	**1 %**
Calcium	**2 %**
Iron	**1 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 110	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	**18 %**
Sodium 230 mg	**10 %**
Potassium 210 mg	**6 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 22 g	**44 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**2 %**
Iron	**4 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Meal 3: *Spaghetti Squash w/ Beef & Mushroom Marinara Sauce*

Spaghetti Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 141	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 77 mg	**3 %**
Potassium 490 mg	**14 %**
Total Carbohydrate 31 g	**10 %**
Dietary Fiber 7 g	**27 %**
Sugars 13 g	
Protein 3 g	**6 %**
Vitamin A	**11 %**
Vitamin C	**16 %**
Calcium	**10 %**
Iron	**8 %**
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Beef & Mushroom Marinara Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 228	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 68 mg	**23 %**
Sodium 228 mg	**9 %**
Potassium 359 mg	**10 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 3 g	**12 %**
Sugars 9 g	
Protein 27 g	**54 %**
Vitamin A	**6 %**
Vitamin C	**17 %**
Calcium	**3 %**
Iron	**26 %**
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Meal 4: Chipotle 3-Bean Veggie Chili

Nutrition Facts

Servings 5.0

Amount Per Serving	
calories 389	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 5 g	**24 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 28 mg	**9 %**
Sodium 533 mg	**22 %**
Potassium 660 mg	**19 %**
Total Carbohydrate 55 g	**18 %**
Dietary Fiber 18 g	**74 %**
Sugars 7 g	
Protein 22 g	**44 %**
Vitamin A	**38 %**
Vitamin C	**242 %**
Calcium	**76 %**
Iron	**35 %**

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Salad: *Mixed Greens w/ Beets, Shaved Fennel, Goat Cheese & Walnuts*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 179	
	% Daily Value *
Total Fat 11 g	**18 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 9 mg	**3 %**
Sodium 166 mg	**7 %**
Potassium 507 mg	**14 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 4 g	**16 %**
Sugars 7 g	
Protein 8 g	**16 %**
Vitamin A	**17 %**
Vitamin C	**12 %**
Calcium	**5 %**
Iron	**8 %**

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Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 125	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Breakfast: Strawberry Jam w/ Rice Cakes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 291	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 58 mg	**2 %**
Potassium 337 mg	**10 %**
Total Carbohydrate 55 g	**18 %**
Dietary Fiber 6 g	**24 %**
Sugars 20 g	
Protein 6 g	**12 %**
Vitamin A	**2 %**
Vitamin C	**152 %**
Calcium	**6 %**
Iron	**9 %**

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Snack: Bananas w/ Spiced Peanut Butter

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 284	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 370 mg	**11 %**
Total Carbohydrate 31 g	**10 %**
Dietary Fiber 6 g	**23 %**
Sugars 14 g	
Protein 10 g	**20 %**
Vitamin A	**1 %**
Vitamin C	**15 %**
Calcium	**3 %**
Iron	**7 %**

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Dessert: *Chocolate Mousse*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 189	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 7 mg	**0 %**
Potassium 503 mg	**14 %**
Total Carbohydrate 43 g	**14 %**
Dietary Fiber 7 g	**29 %**
Sugars 33 g	
Protein 3 g	**6 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**4 %**
Iron	**11 %**

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