

February Week 2  
Gluten-Free

**Meal 1:** *Shrimp, Mushrooms & Feta in Tomato Sauce w/ Brown Rice*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 416	
% Daily Value *	
Total Fat 7 g	12 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 188 mg	63 %
Sodium 1292 mg	54 %
Potassium 182 mg	5 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 6 g	23 %
Sugars 12 g	
Protein 43 g	85 %
Vitamin A	36 %
Vitamin C	50 %
Calcium	16 %
Iron	31 %
* 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	

**Meal 2:** *Sausage, White Bean, Potato & Chard Soup*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 233	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 14 mg	5 %
Sodium 509 mg	21 %
Potassium 351 mg	10 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 7 g	27 %
Sugars 4 g	
Protein 13 g	26 %
Vitamin A	28 %
Vitamin C	5 %
Calcium	5 %
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	

**Meal 3:** *Chicken w/Peanut Dipping Sauce, Sesame Broccoli & Brown Rice*

Chicken

Peanut dipping sauce

Sesame Broccoli

Brown Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 110	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 370 mg	15 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	46 %
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 on your calorie needs. The values here may not be 100% accurate because the recipes have not been	

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 124	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 136 mg	6 %
Potassium 10 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	5 %
Sugars 2 g	
Protein 5 g	9 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	0 %
Iron	3 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 109	
% 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 5 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 123	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 50 mg	2 %
Potassium 534 mg	15 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 4 g	9 %
Vitamin A	20 %
Vitamin C	226 %
Calcium	7 %
Iron	6 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

**Meal 4:** *Turkey & Zucchini Lasagna*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 676	
% Daily Value *	
Total Fat 15 g	24 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 93 mg	31 %
Sodium 655 mg	27 %
Potassium 631 mg	18 %
Total Carbohydrate 74 g	25 %
Dietary Fiber 4 g	17 %
Sugars 16 g	
Protein 58 g	117 %
Vitamin A	17 %
Vitamin C	38 %
Calcium	60 %
Iron	16 %
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**Salad:** *Grapefruit & Avocado Salad w/Champagne Vinaigrette*

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 203	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 23 mg	1 %
Potassium 590 mg	17 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	25 %
Sugars 10 g	
Protein 6 g	12 %
Vitamin A	58 %
Vitamin C	89 %
Calcium	10 %
Iron	8 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Champagne Vinaigrette

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 52	
% 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 0 mg	0 %
Potassium 50 mg	1 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	0 %
Sugars 5 g	
Protein 0 g	0 %
Vitamin A	11 %
Vitamin C	8 %
Calcium	4 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

**6. Breakfast:** *Oatmeal w/PB & Bananas*

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 460	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 81 mg	3 %
Potassium 361 mg	10 %
Total Carbohydrate 60 g	20 %
Dietary Fiber 10 g	38 %
Sugars 16 g	
Protein 15 g	30 %
Vitamin A	1 %
Vitamin C	15 %
Calcium	5 %
Iron	15 %
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**7. Snack:** *Bell Pepper Slices w/ Peanut Dipping Sauce*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 261	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 244 mg	10 %
Potassium 221 mg	6 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 4 g	16 %
Sugars 7 g	
Protein 8 g	17 %
Vitamin A	18 %
Vitamin C	242 %
Calcium	3 %
Iron	8 %
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**8. Dessert:** *PB- Cocoa Oatmeal Cookies*

Nutrition Facts	
Servings 5.0	
Amount Per Serving	
calories 451	
% Daily Value *	
Total Fat 21 g	33 %
Saturated Fat 12 g	59 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 20 mg	1 %
Total Carbohydrate 56 g	19 %
Dietary Fiber 6 g	23 %
Sugars 29 g	
Protein 9 g	19 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	10 %
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