

February Week 3
Gluten-Free

Meal 1: *Paprika Roasted Chicken w/Trio of Roasted Veggies*

Chicken Marinade

Paprika Roasted Chicken

Trio of Roasted Veggies

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 37	
% 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 142 mg	6 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	9 %
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 140	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 40 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 19 g	38 %
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 89	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 610 mg	25 %
Potassium 393 mg	11 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	17 %
Sugars 5 g	
Protein 1 g	2 %
Vitamin A	124 %
Vitamin C	22 %
Calcium	4 %
Iron	3 %
* 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	

Meal 2: *Cauliflower & Apple Soup*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 190	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 224 mg	9 %
Potassium 679 mg	19 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 7 g	28 %
Sugars 13 g	
Protein 6 g	13 %
Vitamin A	1 %
Vitamin C	171 %
Calcium	6 %
Iron	7 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Meal 3: *Curried Slow Cooker Short Ribs w/ Polenta*

Ribs

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 410	
% Daily Value *	
Total Fat 36 g	55 %
Saturated Fat 15 g	75 %
Monounsaturated Fat 16 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 80 mg	27 %
Sodium 44 mg	2 %
Potassium 227 mg	6 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 2 g	
Protein 18 g	37 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	2 %
Iron	11 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Curry Sauce

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 53	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 485 mg	20 %
Potassium 0 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	2 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Polenta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 286 mg	12 %
Potassium 0 mg	0 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
Iron	2 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Meal 4: *Turkey Taco Soup*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 390	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 41 mg	14 %
Sodium 693 mg	29 %
Potassium 880 mg	25 %
Total Carbohydrate 56 g	19 %
Dietary Fiber 17 g	69 %
Sugars 11 g	
Protein 37 g	74 %
Vitamin A	50 %
Vitamin C	114 %
Calcium	10 %
Iron	34 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Salad: *Classic Side Salad*

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 24	
% 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 2 mg	0 %
Potassium 227 mg	6 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	4 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	10 %
Vitamin C	30 %
Calcium	1 %
Iron	2 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Italian Vinaigrette

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 129	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 2 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 3 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Breakfast: *Pear Muffins*

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 135	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 39 mg	13 %
Sodium 113 mg	5 %
Potassium 37 mg	1 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	10 %
Sugars 6 g	
Protein 5 g	10 %
Vitamin A	2 %
Vitamin C	1 %
Calcium	4 %
Iron	5 %
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Snack: *Olives & Cheese*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 285	
% Daily Value *	
Total Fat 27 g	41 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 531 mg	22 %
Potassium 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 5 g	11 %
Vitamin A	4 %
Vitamin C	0 %
Calcium	15 %
Iron	0 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Dessert: *Cinnamon Honey Coconut "Ice Cream" w/ Walnuts*

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 345	
% Daily Value *	
Total Fat 28 g	42 %
Saturated Fat 19 g	96 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 48 mg	2 %
Potassium 48 mg	1 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 1 g	3 %
Sugars 20 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	6 %
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