

February Week 1  
Gluten Free

**Meal 1:** *Ginger-Lime Salmon Pouches w/ Roasted Red Pepper & Sweet Potato Soup*

Ginger-Lime Salmon Pouches

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 198   |      |
| % Daily Value *  |      |
| Total Fat 14 g   | 22 % |
| Saturated Fat 3 g  | 15 % |
| Monounsaturated Fat 0 g  |      |
| Polyunsaturated Fat 0 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 71 mg  | 24 % |
| Sodium 70 mg   | 3 %  |
| Potassium 458 mg   | 13 % |
| Total Carbohydrate 4 g   | 1 %  |
| Dietary Fiber 1 g  | 3 %  |
| Sugars 0 g   |      |
| Protein 25 g   | 51 % |
| Vitamin A  | 1 %  |
| Vitamin C  | 18 % |
| Calcium  | 1 %  |
| 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. |      |

Roasted Red Pepper & Sweet Potato Soup

| Nutrition Facts  |       |
|--|-------|
| Servings 4.0   |       |
| Amount Per Serving   |       |
| calories 105   |       |
| % Daily Value *  |       |
| Total Fat 2 g  | 3 %   |
| Saturated Fat 0 g  | 1 %   |
| Monounsaturated Fat 1 g  |       |
| Polyunsaturated Fat 0 g  |       |
| Trans Fat 0 g  |       |
| Cholesterol 0 mg   | 0 %   |
| Sodium 731 mg  | 30 %  |
| Potassium 326 mg   | 9 %   |
| Total Carbohydrate 20 g  | 7 %   |
| Dietary Fiber 3 g  | 13 %  |
| Sugars 7 g   |       |
| Protein 2 g  | 3 %   |
| Vitamin A  | 214 % |
| Vitamin C  | 60 %  |
| Calcium  | 3 %   |
| 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 professionally evaluated nor have they been evaluated by the U.S. FDA. |       |

**Meal 2:** *Honey BBQ Chicken w/Coleslaw & Purple Potato Cubes*

Honey BBQ Chicken

| Nutrition Facts   |      |
|---|------|
| Servings 4.0  |      |
| Amount Per Serving  |      |
| calories 262  |      |
| % Daily Value *   |      |
| Total Fat 9 g   | 14 % |
| Saturated Fat 3 g   | 13 % |
| Monounsaturated Fat 3 g   |      |
| Polyunsaturated Fat 2 g   |      |
| Trans Fat 0 g   |      |
| Cholesterol 72 mg   | 24 % |
| Sodium 591 mg   | 25 % |
| Potassium 272 mg  | 8 %  |
| Total Carbohydrate 23 g   | 8 %  |
| Dietary Fiber 2 g   | 9 %  |
| Sugars 20 g   |      |
| Protein 23 g  | 45 % |
| Vitamin A   | 30 % |
| Vitamin C   | 20 % |
| Calcium   | 1 %  |
| 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 |      |

Coleslaw

| Nutrition Facts   |      |
|---|------|
| Servings 4.0  |      |
| Amount Per Serving  |      |
| calories 257  |      |
| % Daily Value *   |      |
| Total Fat 27 g  | 42 % |
| Saturated Fat 4 g   | 18 % |
| Monounsaturated Fat 20 g  |      |
| Polyunsaturated Fat 3 g   |      |
| Trans Fat 0 g   |      |
| Cholesterol 0 mg  | 0 %  |
| Sodium 16 mg  | 1 %  |
| Potassium 7 mg  | 0 %  |
| Total Carbohydrate 5 g  | 2 %  |
| Dietary Fiber 1 g   | 5 %  |
| Sugars 4 g  |      |
| Protein 1 g   | 1 %  |
| Vitamin A   | 10 % |
| 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 |      |

Purple Potato

| Nutrition Facts   |      |
|---|------|
| Servings 4.0  |      |
| Amount Per Serving  |      |
| calories 102  |      |
| % 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 0 mg  | 0 %  |
| Total Carbohydrate 23 g   | 8 %  |
| Dietary Fiber 4 g   | 16 % |
| Sugars 7 g  |      |
| Protein 2 g   | 5 %  |
| 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 on your calorie needs. The values here may not be 100% accurate because the recipes have not been |      |

**Meal 3:** *Veggie Chopped Salad w/ Artichokes, White Beans, Tomatoes & Feta*

| Nutrition Facts   |       |
|---|-------|
| Servings 4.0  |       |
| Amount Per Serving  |       |
| calories 609  |       |
| % Daily Value *   |       |
| Total Fat 123 g   | 189 % |
| Saturated Fat 14 g  | 69 %  |
| Monounsaturated Fat 76 g  |       |
| Polyunsaturated Fat 25 g  |       |
| Trans Fat 0 g   |       |
| Cholesterol 15 mg   | 5 %   |
| Sodium 779 mg   | 32 %  |
| Potassium 1798 mg   | 51 %  |
| Total Carbohydrate 37 g   | 12 %  |
| Dietary Fiber 13 g  | 50 %  |
| Sugars 14 g   |       |
| Protein 58 g  | 115 % |
| Vitamin A   | 0 %   |
| Vitamin C   | 1 %   |
| Calcium   | 52 %  |
| Iron  | 50 %  |
| * 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 4:** *Classic Beef & Root Veggie Stew*

| Nutrition Facts  |       |
|--|-------|
| Servings 4.0   |       |
| Amount Per Serving   |       |
| calories 345   |       |
| % Daily Value *  |       |
| Total Fat 9 g  | 14 %  |
| Saturated Fat 4 g  | 18 %  |
| Monounsaturated Fat 0 g  |       |
| Polyunsaturated Fat 0 g  |       |
| Trans Fat 0 g  |       |
| Cholesterol 75 mg  | 25 %  |
| Sodium 782 mg  | 33 %  |
| Potassium 923 mg   | 26 %  |
| Total Carbohydrate 26 g  | 9 %   |
| Dietary Fiber 7 g  | 28 %  |
| Sugars 10 g  |       |
| Protein 29 g   | 58 %  |
| Vitamin A  | 112 % |
| Vitamin C  | 56 %  |
| Calcium  | 11 %  |
| Iron   | 17 %  |
| * 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 values have not been |       |

**Salad:** *Spinach w/ Blueberries, Sliced Almonds, & Goat Cheese*

Salad

| Nutrition Facts   |      |
|---|------|
| Servings 4.0  |      |
| Amount Per Serving  |      |
| calories 480  |      |
| % Daily Value *   |      |
| Total Fat 42 g  | 64 % |
| Saturated Fat 9 g   | 43 % |
| Monounsaturated Fat 25 g  |      |
| Polyunsaturated Fat 4 g   |      |
| Trans Fat 0 g   |      |
| Cholesterol 35 mg   | 12 % |
| Sodium 321 mg   | 13 % |
| Potassium 381 mg  | 11 % |
| Total Carbohydrate 18 g   | 6 %  |
| Dietary Fiber 5 g   | 21 % |
| Sugars 11 g   |      |
| Protein 10 g  | 20 % |
| Vitamin A   | 67 % |
| Vitamin C   | 29 % |
| Calcium   | 9 %  |
| Iron  | 13 % |
| * 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 |      |

Vinaigrette

| 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:** *Peanut Butter & Cherry Breakfast Cookies*

| Nutrition Facts   |      |
|---|------|
| Servings 4.0  |      |
| Amount Per Serving  |      |
| calories 603  |      |
| % Daily Value *   |      |
| Total Fat 33 g  | 51 % |
| Saturated Fat 5 g   | 27 % |
| Monounsaturated Fat 1 g   |      |
| Polyunsaturated Fat 0 g   |      |
| Trans Fat 0 g   |      |
| Cholesterol 49 mg   | 16 % |
| Sodium 311 mg   | 13 % |
| Potassium 338 mg  | 10 % |
| Total Carbohydrate 68 g   | 23 % |
| Dietary Fiber 8 g   | 30 % |
| Sugars 48 g   |      |
| Protein 17 g  | 34 % |
| Vitamin A   | 20 % |
| Vitamin C   | 0 %  |
| Calcium   | 4 %  |
| Iron  | 13 % |
| * 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 |      |

**Snack:** *Celery Sticks w/ Black Bean Hummus*

| Nutrition Facts   |       |
|---|-------|
| Servings 4.0  |       |
| Amount Per Serving  |       |
| calories 419  |       |
| % Daily Value *   |       |
| Total Fat 18 g  | 27 %  |
| Saturated Fat 3 g   | 15 %  |
| Monounsaturated Fat 6 g   |       |
| Polyunsaturated Fat 8 g   |       |
| Trans Fat 0 g   |       |
| Cholesterol 0 mg  | 0 %   |
| Sodium 3424 mg  | 143 % |
| Potassium 2087 mg   | 60 %  |
| Total Carbohydrate 69 g   | 23 %  |
| Dietary Fiber 41 g  | 163 % |
| Sugars 10 g   |       |
| Protein 20 g  | 40 %  |
| Vitamin A   | 599 % |
| Vitamin C   | 5 %   |
| Calcium   | 39 %  |
| Iron  | 107 % |
| * 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 |       |

**Dessert:** *Gluten Free Cookie Dough Bites*

| Nutrition Facts   |      |
|---|------|
| Servings 4.0  |      |
| Amount Per Serving  |      |
| calories 501  |      |
| % Daily Value *   |      |
| Total Fat 42 g  | 65 % |
| Saturated Fat 14 g  | 71 % |
| Monounsaturated Fat 1 g   |      |
| Polyunsaturated Fat 1 g   |      |
| Trans Fat 0 g   |      |
| Cholesterol 0 mg  | 0 %  |
| Sodium 2 mg   | 0 %  |
| Potassium 43 mg   | 1 %  |
| Total Carbohydrate 26 g   | 9 %  |
| Dietary Fiber 6 g   | 24 % |
| Sugars 15 g   |      |
| Protein 12 g  | 24 % |
| Vitamin A   | 0 %  |
| Vitamin C   | 0 %  |
| Calcium   | 13 % |
| Iron  | 13 % |
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