March Week 5
Gluten-Free

Meal 1: *Mahi Mahi w/ Pineapple-Black Bean Salsa & Roasted Asparagus*

Mahi Mahi

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 130	
	% Daily Value *
Total Fat 4 g	**6 %**
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 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 20 g	**40 %**
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

Salsa

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 56	
	% 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 91 mg	**4 %**
Potassium 230 mg	**7 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 3 g	**11 %**
Sugars 3 g	
Protein 3 g	**6 %**
Vitamin A	**8 %**
Vitamin C	**58 %**
Calcium	**3 %**
Iron	**6 %**

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Asparagus

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 38	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 68 mg	**2 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 1 g	**3 %**
Sugars 1 g	
Protein 1 g	**1 %**
Vitamin A	**5 %**
Vitamin C	**3 %**
Calcium	**1 %**
Iron	**4 %**

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Meal 2: *Chopped Salad*

Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 195	
	% Daily Value *
Total Fat 7 g	**10 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 13 mg	**4 %**
Sodium 636 mg	**27 %**
Potassium 88 mg	**3 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 9 g	**37 %**
Sugars 3 g	
Protein 11 g	**21 %**
Vitamin A	**72 %**
Vitamin C	**69 %**
Calcium	**7 %**
Iron	**13 %**

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Ranch

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 166	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 6 g	**28 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 79 mg	**3 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**6 %**
Vitamin C	**9 %**
Calcium	**1 %**
Iron	**2 %**

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Meal 3: *Marinated Flank Steak w/ Spanish Rice & Green Beans*

Steak

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 94	
	% Daily Value *
Total Fat 3 g	5 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 27 mg	9 %
Sodium 73 mg	3 %
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 %

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Marinade

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 65	
	% Daily Value *
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 89 mg	4 %
Potassium 2 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	1 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %

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Rice

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 72	
	% Daily Value *
Total Fat 0 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 21 mg	**1 %**
Potassium 236 mg	**7 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 2 g	**8 %**
Sugars 4 g	
Protein 1 g	**3 %**
Vitamin A	**40 %**
Vitamin C	**8 %**
Calcium	**1 %**
Iron	**1 %**

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Green Beans

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 64	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 53 mg	**2 %**
Potassium 174 mg	**5 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 4 g	**15 %**
Sugars 2 g	
Protein 2 g	**5 %**
Vitamin A	**17 %**
Vitamin C	**19 %**
Calcium	**5 %**
Iron	**4 %**

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Meal 4: *Veggie Minestrone*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 159	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 366 mg	**15 %**
Potassium 733 mg	**21 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 8 g	**34 %**
Sugars 9 g	
Protein 9 g	**18 %**
Vitamin A	**38 %**
Vitamin C	**25 %**
Calcium	**15 %**
Iron	**19 %**

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Salad: *Arugula w/ Tomatoes, Basil & Mozzarella*

Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 290	
	% Daily Value *
Total Fat 24 g	**36 %**
Saturated Fat 5 g	**24 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 20 mg	**7 %**
Sodium 66 mg	**3 %**
Potassium 354 mg	**10 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**10 %**
Sugars 4 g	
Protein 15 g	**29 %**
Vitamin A	**34 %**
Vitamin C	**30 %**
Calcium	**8 %**
Iron	**11 %**

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Balsamic Vinaigrette

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 65	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 1 g	**5 %**
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 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: *Asparagus & Bacon Frittata w/ Feta*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 211	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 5 g	**26 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 403 mg	**134 %**
Sodium 353 mg	**15 %**
Potassium 212 mg	**6 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**4 %**
Sugars 1 g	
Protein 17 g	**33 %**
Vitamin A	**26 %**
Vitamin C	**4 %**
Calcium	**6 %**
Iron	**16 %**

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Snack: *Cauliflower w/ "Ranch" Dressing*

Cauliflower

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 36	
	% 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 43 mg	**2 %**
Potassium 436 mg	**12 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 4 g	**14 %**
Sugars 3 g	
Protein 3 g	**6 %**
Vitamin A	**0 %**
Vitamin C	**111 %**
Calcium	**3 %**
Iron	**4 %**

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Ranch

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 166	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 6 g	**28 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 79 mg	**3 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**6 %**
Vitamin C	**9 %**
Calcium	**1 %**
Iron	**2 %**

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Dessert: *Tropical Fruit Salad*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 219	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 13 g	**63 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 120 mg	**3 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 11 g	**42 %**
Sugars 12 g	
Protein 3 g	**6 %**
Vitamin A	**1 %**
Vitamin C	**47 %**
Calcium	**7 %**
Iron	**13 %**

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