March Gluten-Free
Week 2

Meal 1: *Roasted Sweet Potato, Caramelized Onion & Goat Cheese Tart*

Roasted Sweet Potatoes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 87	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 37 mg	**2 %**
Potassium 224 mg	**6 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 2 g	**8 %**
Sugars 3 g	
Protein 1 g	**2 %**
Vitamin A	**189 %**
Vitamin C	**3 %**
Calcium	**2 %**
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

Caramelized Onion

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 35	
	% 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 0 mg	**0 %**
Potassium 14 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Goat Cheese Tart

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 340	
	% Daily Value *
Total Fat 31 g	**48 %**
Saturated Fat 8 g	**38 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 56 mg	**19 %**
Sodium 78 mg	**3 %**
Potassium 10 mg	**0 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 5 g	**20 %**
Sugars 2 g	
Protein 12 g	**25 %**
Vitamin A	**4 %**
Vitamin C	**0 %**
Calcium	**11 %**
Iron	**10 %**

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Meal 2: *Macadamia Crusted Chicken w/ Napa Cabbage Slaw*

Macadamia Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 535	
	% Daily Value *
Total Fat 43 g	**67 %**
Saturated Fat 9 g	**45 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	**20 %**
Sodium 5 mg	**0 %**
Potassium 240 mg	**7 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 5 g	**20 %**
Sugars 2 g	
Protein 28 g	**57 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**8 %**

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Napa Slaw

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 136	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 17 mg	**0 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**1 %**
Sugars 2 g	
Protein 0 g	**0 %**
Vitamin A	**1 %**
Vitamin C	**1 %**
Calcium	**0 %**
Iron	**0 %**

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Apricot Sauce

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 121	
	% 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 21 mg	**1 %**
Potassium 3 mg	**0 %**
Total Carbohydrate 28 g	**9 %**
Dietary Fiber 0 g	**1 %**
Sugars 20 g	
Protein 0 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**0 %**
Iron	**0 %**

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Meal 3: *Beef Fajitas w/ Not Fried Beans & Guacamole*

Fajitas

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 293	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	**25 %**
Sodium 292 mg	**12 %**
Potassium 199 mg	**6 %**
Total Carbohydrate 28 g	**9 %**
Dietary Fiber 3 g	**13 %**
Sugars 2 g	
Protein 28 g	**56 %**
Vitamin A	**21 %**
Vitamin C	**222 %**
Calcium	**13 %**
Iron	**31 %**

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Refried Beans

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 123	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 166 mg	**7 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 5 g	**21 %**
Sugars 1 g	
Protein 6 g	**12 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**5 %**
Iron	**13 %**

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Guacamole

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 119	
	% Daily Value *
Total Fat 11 g	**16 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 6 mg	**0 %**
Potassium 360 mg	**10 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 5 g	**20 %**
Sugars 1 g	
Protein 1 g	**3 %**
Vitamin A	**3 %**
Vitamin C	**16 %**
Calcium	**1 %**
Iron	**2 %**

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Meal 4: *Turkey Minestrone*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 231	
	% 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 35 mg	**12 %**
Sodium 401 mg	**17 %**
Potassium 568 mg	**16 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 9 g	**34 %**
Sugars 8 g	
Protein 26 g	**52 %**
Vitamin A	**73 %**
Vitamin C	**32 %**
Calcium	**12 %**
Iron	**25 %**

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Salad: *Italian Side Salad*

Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 79	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 383 mg	**16 %**
Potassium 282 mg	**8 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 2 g	**6 %**
Sugars 3 g	
Protein 1 g	**2 %**
Vitamin A	**72 %**
Vitamin C	**31 %**
Calcium	**2 %**
Iron	**4 %**

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Dressing

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 63	
	% 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 3 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**

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Breakfast: *Homemade Sausage Patties w/ Roasted Sweet Potato & Poached Eggs*

Sausage Patties

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 305	
	% Daily Value *
Total Fat 24 g	**37 %**
Saturated Fat 9 g	**45 %**
Monounsaturated Fat 11 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 82 mg	**27 %**
Sodium 175 mg	**7 %**
Potassium 356 mg	**10 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**2 %**
Sugars 0 g	
Protein 19 g	**39 %**
Vitamin A	**1 %**
Vitamin C	**2 %**
Calcium	**3 %**
Iron	**9 %**

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Sweet Potato

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 87	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 37 mg	**2 %**
Potassium 224 mg	**6 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 2 g	**8 %**
Sugars 3 g	
Protein 1 g	**2 %**
Vitamin A	**189 %**
Vitamin C	**3 %**
Calcium	**2 %**
Iron	**2 %**

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Eggs

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 70	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 195 mg	**65 %**
Sodium 65 mg	**3 %**
Potassium 70 mg	**2 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 6 g	**12 %**
Vitamin A	**10 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**6 %**

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Snack: *Plantain Chips & Guacamole*

Plantain Chips

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 38	
	% 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 0 mg	**0 %**
Sodium 21 mg	**1 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 0 g	**1 %**
Vitamin A	**4 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**
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Guacamole

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 119	
	% Daily Value *
Total Fat 11 g	**16 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 6 mg	**0 %**
Potassium 360 mg	**10 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 5 g	**20 %**
Sugars 1 g	
Protein 1 g	**3 %**
Vitamin A	**3 %**
Vitamin C	**16 %**
Calcium	**1 %**
Iron	**2 %**
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Dessert: *Almond Butter Rice Crispies*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 231	
	% Daily Value *
Total Fat 10 g	**15 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 3 mg	**0 %**
Potassium 279 mg	**8 %**
Total Carbohydrate 35 g	**12 %**
Dietary Fiber 4 g	**17 %**
Sugars 21 g	
Protein 4 g	**8 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**9 %**
Iron	**8 %**

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