March Week 3
Gluten-Free

Meal 1: *Greek Chicken Salad*

Salad with Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 230	
	% Daily Value *
Total Fat 11 g	**16 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 59 mg	**20 %**
Sodium 558 mg	**23 %**
Potassium 515 mg	**15 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**9 %**
Sugars 3 g	
Protein 25 g	**50 %**
Vitamin A	**20 %**
Vitamin C	**22 %**
Calcium	**4 %**
Iron	**8 %**

* 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

Chicken Marinade

Nutrition Facts

Servings 16.0

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 427 mg	**18 %**
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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Greek Vinaigrette

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 126	
	% 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 0 mg	**0 %**
Potassium 2 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	**0 %**

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Meal 2: *Lemon-Caper Salmon w/ Parmesan Roasted Cauliflower & Broccoli*

Salmon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 130	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	**20 %**
Sodium 240 mg	**10 %**
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	**0 %**
Calcium	**0 %**
Iron	**4 %**

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Lemon-Caper Sauce

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 67	
	% 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 101 mg	**4 %**
Potassium 20 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**12 %**
Calcium	**0 %**
Iron	**0 %**

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Cauli & Broccoli

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 132	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 10 mg	**3 %**
Sodium 143 mg	**6 %**
Potassium 436 mg	**12 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 6 g	**22 %**
Sugars 4 g	
Protein 9 g	**18 %**
Vitamin A	**10 %**
Vitamin C	**171 %**
Calcium	**17 %**
Iron	**6 %**

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Meal 3: *Asian Turkey Lettuce Wraps*

Lettuce Wraps

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 226	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 26 mg	**9 %**
Sodium 205 mg	**9 %**
Potassium 126 mg	**4 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 3 g	**11 %**
Sugars 4 g	
Protein 34 g	**68 %**
Vitamin A	**57 %**
Vitamin C	**93 %**
Calcium	**3 %**
Iron	**3 %**

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Dipping Sauce

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 11	
	% 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 104 mg	**4 %**
Potassium 0 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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Meal 4: *Garlic Roasted Pork Chops w/ 3 Bean Salad*

Pork Chop

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 136	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 74 mg	**25 %**
Sodium 117 mg	**5 %**
Potassium 415 mg	**12 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 24 g	**48 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**1 %**
Iron	**8 %**

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3-Bean Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 190	
	% 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 628 mg	**26 %**
Potassium 315 mg	**9 %**
Total Carbohydrate 37 g	**12 %**
Dietary Fiber 13 g	**52 %**
Sugars 2 g	
Protein 12 g	**24 %**
Vitamin A	**5 %**
Vitamin C	**6 %**
Calcium	**7 %**
Iron	**23 %**

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Greek Vinaigrette

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 126	
	% 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 0 mg	**0 %**
Potassium 2 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	**0 %**

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Salad: *Spinach, Pine Nut, Golden Raisin & Parmesan*

Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 228	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 7 mg	**2 %**
Sodium 202 mg	**8 %**
Potassium 461 mg	**13 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 2 g	**10 %**
Sugars 16 g	
Protein 7 g	**15 %**
Vitamin A	**68 %**
Vitamin C	**17 %**
Calcium	**17 %**
Iron	**15 %**

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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: *Almond Butter, Strawberry & Banana Smoothie*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 186	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 31 mg	**1 %**
Potassium 651 mg	**19 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 7 g	**28 %**
Sugars 12 g	
Protein 5 g	**11 %**
Vitamin A	**14 %**
Vitamin C	**56 %**
Calcium	**11 %**
Iron	**11 %**

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Snack: *Grapes & Cashews*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 222	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 7 mg	**0 %**
Potassium 176 mg	**5 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 2 g	**7 %**
Sugars 17 g	
Protein 6 g	**11 %**
Vitamin A	**2 %**
Vitamin C	**6 %**
Calcium	**3 %**
Iron	**11 %**

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Dessert: *Peanut Butter Cups*

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 395	
	% Daily Value *
Total Fat 36 g	**55 %**
Saturated Fat 28 g	**138 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 31 mg	**1 %**
Potassium 147 mg	**4 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 4 g	**14 %**
Sugars 9 g	
Protein 5 g	**10 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**4 %**

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