March Gluten-Free
Week 1

Meal 1: *Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower*

Salmon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 340	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 7 g	**35 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 80 mg	**27 %**
Sodium 318 mg	**13 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 37 g	**74 %**
Vitamin A	**0 %**
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 on your calorie needs. The values here may not be 100% accurate because the recipes have not been

Marinade

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 23	
	% 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 189 mg	**8 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 1 g	**2 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Curried Veggies

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 190	
	% 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 455 mg	**19 %**
Potassium 698 mg	**20 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 8 g	**30 %**
Sugars 8 g	
Protein 4 g	**8 %**
Vitamin A	**1 %**
Vitamin C	**115 %**
Calcium	**5 %**
Iron	**5 %**

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Meal 2: *Apricot-Glazed Chicken Thighs w/ Green Beans & Sweet Potatoes*

Apricot Glaze

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 25	
	% 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 1 mg	**0 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 0 g	**0 %**
Sugars 6 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Chicken Thighs

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 120	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	**25 %**
Sodium 190 mg	**8 %**
Potassium 210 mg	**6 %**
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	**2 %**

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Sweet Potatoes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 45	
	% 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 9 g	**3 %**
Dietary Fiber 5 g	**18 %**
Sugars 3 g	
Protein 3 g	**6 %**
Vitamin A	**12 %**
Vitamin C	**23 %**
Calcium	**9 %**
Iron	**3 %**

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Green Beans

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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Meal 3: *Grassfed Beef & Mushroom Spaghetti*

Gluten-Free Spaghetti

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 300	
	% Daily Value *
Total Fat 2 g	**2 %**
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 66 g	**22 %**
Dietary Fiber 2 g	**6 %**
Sugars 0 g	
Protein 6 g	**12 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Tomato Sauce

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 313	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 35 g	**175 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 70 mg	**23 %**
Sodium 241 mg	**10 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 2 g	**9 %**
Sugars 8 g	
Protein 27 g	**55 %**
Vitamin A	**30 %**
Vitamin C	**17 %**
Calcium	**4 %**
Iron	**9 %**

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Meal 4: *Fat Tuesday Gumbo*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 216	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 206 mg	**69 %**
Sodium 474 mg	**20 %**
Potassium 375 mg	**11 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 4 g	**16 %**
Sugars 4 g	
Protein 27 g	**55 %**
Vitamin A	**39 %**
Vitamin C	**90 %**
Calcium	**8 %**
Iron	**6 %**

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Salad: *Mixed Greens w/ Raspberry, Feta & Pistachios*

Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 182	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 20 mg	**7 %**
Sodium 363 mg	**15 %**
Potassium 445 mg	**13 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 5 g	**20 %**
Sugars 3 g	
Protein 10 g	**20 %**
Vitamin A	**5 %**
Vitamin C	**39 %**
Calcium	**21 %**
Iron	**9 %**

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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: *Leek, Mushroom & Goat Cheese Frittata*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 227	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 7 g	**35 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 400 mg	**133 %**
Sodium 271 mg	**11 %**
Potassium 230 mg	**7 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**5 %**
Sugars 2 g	
Protein 18 g	**37 %**
Vitamin A	**39 %**
Vitamin C	**11 %**
Calcium	**11 %**
Iron	**25 %**

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Snack: *Apples & Sunflower Seed Butter*

Apples

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 80	
	% 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 170 mg	**5 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 5 g	**20 %**
Sugars 16 g	
Protein 0 g	**0 %**
Vitamin A	**2 %**
Vitamin C	**8 %**
Calcium	**8 %**
Iron	**2 %**

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Butter

Sunflower Seed

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 200	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 120 mg	**5 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 4 g	**16 %**
Sugars 3 g	
Protein 7 g	**14 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**8 %**

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Dessert: *Lemon Poppyseed Cake*

Cake

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 225	
	% Daily Value *
Total Fat 19 g	**30 %**
Saturated Fat 15 g	**73 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 122 mg	**41 %**
Sodium 285 mg	**12 %**
Potassium 76 mg	**2 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 4 g	**17 %**
Sugars 18 g	
Protein 6 g	**11 %**
Vitamin A	**6 %**
Vitamin C	**4 %**
Calcium	**4 %**
Iron	**13 %**

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Glaze

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 19	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 20 mg	**1 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 3 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**11 %**
Calcium	**0 %**
Iron	**0 %**

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