March Week 4
Gluten-Free

Meal 1: *Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, White Beans, Olives & Feta*

Pecan Crust

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 303	
	% Daily Value *
Total Fat 30 g	**46 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 17 g	
Polyunsaturated Fat 9 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 54 mg	**2 %**
Potassium 204 mg	**6 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 5 g	**18 %**
Sugars 2 g	
Protein 4 g	**8 %**
Vitamin A	**31 %**
Vitamin C	**1 %**
Calcium	**3 %**
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 because the recipes have not been

Chicken Tenders

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 120	
	% 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 60 mg	**20 %**
Sodium 0 mg	**0 %**
Potassium 240 mg	**7 %**
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	**6 %**

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Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 295	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 8 mg	**3 %**
Sodium 701 mg	**29 %**
Potassium 324 mg	**9 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 6 g	**23 %**
Sugars 3 g	
Protein 10 g	**19 %**
Vitamin A	**2 %**
Vitamin C	**3 %**
Calcium	**12 %**
Iron	**10 %**

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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 3 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**0 %**
Iron	**0 %**

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Meal 2: *Salmon, Green Bean, Almond & Strawberry Salad w/ Lemon-Basil Vinaigrette*

Salmon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 100	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 45 mg	**15 %**
Sodium 240 mg	**10 %**
Potassium 365 mg	**10 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**4 %**
Sugars 0 g	
Protein 21 g	**42 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**0 %**
Iron	**4 %**

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Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 161	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 8 mg	**3 %**
Sodium 187 mg	**8 %**
Potassium 227 mg	**6 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 3 g	**14 %**
Sugars 3 g	
Protein 7 g	**15 %**
Vitamin A	**7 %**
Vitamin C	**42 %**
Calcium	**11 %**
Iron	**5 %**

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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 3 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**0 %**
Iron	**0 %**

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Meal 3: *Chicken Sausage, Broccoli & Chickpeas over Zucchini Pesto "Pasta"*

"Pasta"

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 250	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 90 mg	**30 %**
Sodium 808 mg	**34 %**
Potassium 98 mg	**3 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 9 g	**34 %**
Sugars 2 g	
Protein 29 g	**58 %**
Vitamin A	**10 %**
Vitamin C	**60 %**
Calcium	**9 %**
Iron	**8 %**

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Pesto

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 141	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 1 mg	**0 %**
Sodium 26 mg	**1 %**
Potassium 75 mg	**2 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**3 %**
Sugars 0 g	
Protein 2 g	**4 %**
Vitamin A	**3 %**
Vitamin C	**6 %**
Calcium	**3 %**
Iron	**2 %**

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Meal 4: *Zucchini, Corn & Potato Soup*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 126	
	% Daily Value *
Total Fat 2 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 125 mg	**5 %**
Potassium 819 mg	**23 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 4 g	**18 %**
Sugars 9 g	
Protein 5 g	**10 %**
Vitamin A	**5 %**
Vitamin C	**55 %**
Calcium	**8 %**
Iron	**9 %**

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Salad: *Romaine w/ Carrot, Tomato, Avocado & Sunflower Seeds*

Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 221	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 107 mg	**4 %**
Potassium 657 mg	**19 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 10 g	**39 %**
Sugars 11 g	
Protein 5 g	**11 %**
Vitamin A	**181 %**
Vitamin C	**48 %**
Calcium	**4 %**
Iron	**9 %**

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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: *Eggs over Zoodles w/ Sausages*

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 155	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 215 mg	**72 %**
Sodium 186 mg	**8 %**
Potassium 103 mg	**3 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 1 g	
Protein 9 g	**19 %**
Vitamin A	**10 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**7 %**

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Snack: *Carrots w/Pesto*

Pesto

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 141	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 1 mg	**0 %**
Sodium 26 mg	**1 %**
Potassium 75 mg	**2 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**3 %**
Sugars 0 g	
Protein 2 g	**4 %**
Vitamin A	**3 %**
Vitamin C	**6 %**
Calcium	**3 %**
Iron	**2 %**

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Carrots

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 22	
	% 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 44 mg	**2 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 1 g	**6 %**
Sugars 4 g	
Protein 1 g	**1 %**
Vitamin A	**80 %**
Vitamin C	**7 %**
Calcium	**1 %**
Iron	**1 %**

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Dessert: *Coconut Milk Ice Cream Topped w/ Balsamic Marinated Strawberries*

Ice Cream

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 100	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 7 g	**35 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 70 mg	**3 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 10 g	**40 %**
Sugars 1 g	
Protein 4 g	**8 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**6 %**

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Strawberries

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 48	
	% 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 1 mg	**0 %**
Potassium 150 mg	**4 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 2 g	**8 %**
Sugars 9 g	
Protein 1 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**93 %**
Calcium	**2 %**
Iron	**2 %**

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