

April Week 1 Gluten-Free Nutrition Facts

Meal 1: *BBQ Shrimp w/ Mashed Sweet Potatoes & Snap Peas*

BBQ Shrimp

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 220	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 171 mg	57 %
Sodium 395 mg	16 %
Potassium 207 mg	6 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 3 g	12 %
Sugars 22 g	
Protein 25 g	51 %
Vitamin A	31 %
Vitamin C	13 %
Calcium	3 %
Iron	9 %
* 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	

Mashed Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 57	
% 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 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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Snap Peas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 40	
% 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 110 mg	5 %
Potassium 110 mg	3 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 2 g	4 %
Vitamin A	15 %
Vitamin C	25 %
Calcium	6 %
Iron	6 %
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Meal 2: *Italian Chicken w/ Roasted Carrots, Parsnips & Fennel*

Italian Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 403	
% Daily Value *	
Total Fat 35 g	54 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 85 mg	4 %
Potassium 5 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 21 g	42 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	3 %
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Roasted Veggies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 90	
% 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 0 mg	0 %
Sodium 146 mg	6 %
Potassium 393 mg	11 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	17 %
Sugars 6 g	
Protein 1 g	3 %
Vitamin A	59 %
Vitamin C	23 %
Calcium	4 %
Iron	3 %
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Meal 3: *BBQ Ribs w/ Potato Salad & Steamed Broccoli*

BBQ Ribs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 505	
% Daily Value *	
Total Fat 34 g	52 %
Saturated Fat 12 g	60 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 98 mg	33 %
Sodium 224 mg	9 %
Potassium 84 mg	2 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 3 g	12 %
Sugars 22 g	
Protein 31 g	61 %
Vitamin A	31 %
Vitamin C	16 %
Calcium	6 %
Iron	18 %
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Potato Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 298	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 142 mg	6 %
Potassium 1123 mg	32 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 5 g	18 %
Sugars 3 g	
Protein 5 g	10 %
Vitamin A	6 %
Vitamin C	40 %
Calcium	4 %
Iron	10 %
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Steamed Broccoli

Nutrition Facts	
Servings 4.0	
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 20 mg	1 %
Potassium 0 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 2 g	4 %
Vitamin A	10 %
Vitamin C	60 %
Calcium	2 %
Iron	2 %
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Meal 4: *California Veggie Salad*

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 400	
% Daily Value *	
Total Fat 24 g	38 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 195 mg	65 %
Sodium 189 mg	8 %
Potassium 624 mg	18 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 14 g	57 %
Sugars 1 g	
Protein 18 g	36 %
Vitamin A	15 %
Vitamin C	21 %
Calcium	8 %
Iron	18 %
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Italian Dressing

Nutrition Facts	
Servings 8.0	
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 w/ Mango, Avocado & Walnuts*

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 33 mg	1 %
Potassium 376 mg	11 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	13 %
Sugars 12 g	
Protein 4 g	7 %
Vitamin A	98 %
Vitamin C	71 %
Calcium	6 %
Iron	10 %
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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 Baked in Avocado w/ Oranges*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 239	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 98 mg	33 %
Sodium 38 mg	2 %
Potassium 722 mg	21 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 9 g	38 %
Sugars 18 g	
Protein 6 g	12 %
Vitamin A	15 %
Vitamin C	162 %
Calcium	9 %
Iron	6 %
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Snack: *Cauliflower w/ Olive Dip*

Olive Dip

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 173 mg	7 %
Potassium 60 mg	2 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	1 %
Sugars 2 g	
Protein 5 g	9 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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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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Dessert: *Cherry Cobbler*

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 380

% Daily Value *

Total Fat 33 g 51 %

Saturated Fat 13 g 66 %

Monounsaturated Fat 9 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

Cholesterol 31 mg 10 %

Sodium 4 mg 0 %

Potassium 111 mg 3 %

Total Carbohydrate 22 g 7 %

Dietary Fiber 6 g 24 %

Sugars 13 g

Protein 5 g 11 %

Vitamin A 7 %

Vitamin C 2 %

Calcium 6 %

Iron 7 %

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