

April Week 4  
Gluten-Free Nutrition Facts

**Meal 1:** *Roasted Garlic & Mushroom Marinara over Gluten-Free Pasta*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 450	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 243 mg	10 %
Potassium 16 mg	0 %
Total Carbohydrate 80 g	27 %
Dietary Fiber 6 g	22 %
Sugars 9 g	
Protein 11 g	22 %
Vitamin A	30 %
Vitamin C	19 %
Calcium	4 %
Iron	12 %
* 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	

**Meal 2:** *Lamb Burgers w/ Greek Salad*

**Lamb Burgers w/Gluten-Free Bun**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 400	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
Cholesterol 75 mg	25 %
Sodium 55 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 4 g	16 %
Sugars 4 g	
Protein 27 g	54 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	14 %
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**Greek Salad**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 102	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 348 mg	15 %
Potassium 52 mg	1 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	11 %
Sugars 2 g	
Protein 4 g	7 %
Vitamin A	7 %
Vitamin C	13 %
Calcium	5 %
Iron	9 %
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**Meal 3:** *Lemon Baked Cod w/ Dill Roasted Carrots & Broccoli*

**Lemon-Baked Cod**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 85	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 52 mg	17 %
Sodium 80 mg	3 %
Potassium 288 mg	8 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 18 g	35 %
Vitamin A	0 %
Vitamin C	15 %
Calcium	2 %
Iron	2 %
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**Dill Roasted Veggies**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 93	
% 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 94 mg	4 %
Potassium 288 mg	8 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 4 g	17 %
Sugars 7 g	
Protein 4 g	7 %
Vitamin A	121 %
Vitamin C	145 %
Calcium	6 %
Iron	6 %
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**Meal 4:** *Thai Coconut Chicken & Veggie Soup*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 278	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 53 mg	18 %
Sodium 357 mg	15 %
Potassium 199 mg	6 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 3 g	14 %
Sugars 9 g	
Protein 29 g	59 %
Vitamin A	47 %
Vitamin C	137 %
Calcium	7 %
Iron	9 %
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**Salad:** *Spinach, Blueberry, Pecans & White Cheddar*

**Salad**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 153	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 86 mg	4 %
Potassium 351 mg	10 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	12 %
Sugars 8 g	
Protein 5 g	9 %
Vitamin A	2 %
Vitamin C	37 %
Calcium	10 %
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:** *Bison, Sweet Potato, Spinach & Mushroom Hash*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 322	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 236 mg	79 %
Sodium 246 mg	10 %
Potassium 564 mg	16 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 32 g	65 %
Vitamin A	111 %
Vitamin C	30 %
Calcium	11 %
Iron	34 %
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**Snack:** *Blueberries & Pistachios*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 215	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 372 mg	11 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	20 %
Sugars 10 g	
Protein 7 g	14 %
Vitamin A	3 %
Vitamin C	15 %
Calcium	3 %
Iron	8 %
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**Dessert:** *Strawberry Soup*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 215	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 372 mg	11 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	20 %
Sugars 10 g	
Protein 7 g	14 %
Vitamin A	3 %
Vitamin C	15 %
Calcium	3 %
Iron	8 %
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