

## April Week 2 Gluten-Free Nutrition Facts

### Meal 1: *Mustard-Dill Salmon, Asparagus & Purple Potatoes*

#### Mustard-Dill Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 223	
% 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 244 mg	10 %
Potassium 365 mg	10 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	5 %
Sugars 0 g	
Protein 21 g	42 %
Vitamin A	11 %
Vitamin C	12 %
Calcium	2 %
Iron	6 %
* 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	

#### Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 15	
% 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 2 g	1 %
Dietary Fiber 1 g	3 %
Sugars 2 g	
Protein 2 g	3 %
Vitamin A	5 %
Vitamin C	9 %
Calcium	2 %
Iron	2 %
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#### Purple Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 121	
% 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 6 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 2 g	6 %
Sugars 0 g	
Protein 3 g	5 %
Vitamin A	0 %
Vitamin C	10 %
Calcium	8 %
Iron	1 %
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## Meal 2: *Bison Strip Steaks, Green Beans & Mashed Cauliflower*

### Steak

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 204	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 305 mg	13 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 31 g	61 %
Vitamin A	2 %
Vitamin C	1 %
Calcium	0 %
Iron	0 %
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### Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 20	
% 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 6 mg	0 %
Potassium 100 mg	3 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	6 %
Vitamin C	4 %
Calcium	2 %
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	

### Mashed 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 %
* 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 3:** *Chicken & Bell Pepper Tacos w/ Jicama & Guacamole*

**Tacos**

**Nutrition Facts**

Servings 6.0

Amount Per Serving

calories 159

% Daily Value \*

Total Fat 2 g 4 %

Saturated Fat 1 g 3 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 40 mg 13 %

Sodium 523 mg 22 %

Potassium 115 mg 3 %

Total Carbohydrate 18 g 6 %

Dietary Fiber 3 g 11 %

Sugars 4 g

Protein 16 g 31 %

Vitamin A 13 %

Vitamin C 55 %

Calcium 7 %

Iron 12 %

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**Guacamole**

**Nutrition Facts**

Servings 12.0

Amount Per Serving

calories 42

% Daily Value \*

Total Fat 4 g 5 %

Saturated Fat 1 g 3 %

Monounsaturated Fat 2 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 2 mg 0 %

Potassium 150 mg 4 %

Total Carbohydrate 3 g 1 %

Dietary Fiber 2 g 7 %

Sugars 1 g

Protein 1 g 1 %

Vitamin A 2 %

Vitamin C 9 %

Calcium 0 %

Iron 1 %

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**Meal 4:** *Ratatouille Pasta*

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 237	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 10 mg	0 %
Potassium 297 mg	8 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 7 g	28 %
Sugars 5 g	
Protein 5 g	11 %
Vitamin A	6 %
Vitamin C	54 %
Calcium	2 %
Iron	11 %
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**Salad:** *Arugula w/ Roasted Beets & Pumpkin Seeds*

**Salad**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 177	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 102 mg	4 %
Potassium 638 mg	18 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 6 g	22 %
Sugars 10 g	
Protein 9 g	17 %
Vitamin A	12 %
Vitamin C	12 %
Calcium	5 %
Iron	15 %
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**Balsamic Dressing**

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: Veggie Breakfast Tacos

Veggie Breakfast Taco

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 126	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 185 mg	62 %
Sodium 68 mg	3 %
Potassium 217 mg	6 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	9 %
Sugars 1 g	
Protein 7 g	14 %
Vitamin A	10 %
Vitamin C	38 %
Calcium	9 %
Iron	14 %
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Guacamole

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 42	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 150 mg	4 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 1 g	
Protein 1 g	1 %
Vitamin A	2 %
Vitamin C	9 %
Calcium	0 %
Iron	1 %
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**Snack:** *Kiwis w/ Brazil Nuts*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 284	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 629 mg	18 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 6 g	25 %
Sugars 13 g	
Protein 6 g	11 %
Vitamin A	2 %
Vitamin C	212 %
Calcium	8 %
Iron	6 %
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**Dessert:** *Coconut Macaroons*

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 123	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 30 mg	1 %
Potassium 8 mg	0 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	10 %
Sugars 6 g	
Protein 2 g	3 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %
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