

## April Week 3 Gluten-Free Nutrition Facts

**Meal 1:** *Slow Cooker Spring Lamb Roast w/ Roasted Potatoes & Brussels' Sprouts*

### Lamb

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 316	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 9 g	44 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 91 mg	4 %
Potassium 600 mg	17 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	15 %
Sugars 9 g	
Protein 21 g	42 %
Vitamin A	140 %
Vitamin C	41 %
Calcium	6 %
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	

### Roasted Potatoes & Brussels Sprouts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 176	
% 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 40 mg	2 %
Potassium 607 mg	17 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 7 g	28 %
Sugars 1 g	
Protein 5 g	9 %
Vitamin A	16 %
Vitamin C	79 %
Calcium	11 %
Iron	5 %
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**Meal 2:** *Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies*

**Ginger-Sesame  
Roasted Pork Chops**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 191	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 231 mg	10 %
Potassium 0 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 22 g	45 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	0 %
Iron	0 %
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**Stir Fried Veggies**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 88	
% 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 83 mg	3 %
Potassium 104 mg	3 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 7 g	26 %
Sugars 9 g	
Protein 5 g	10 %
Vitamin A	125 %
Vitamin C	186 %
Calcium	7 %
Iron	11 %
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**Stir Fry Sauce**

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 34	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 356 mg	15 %
Potassium 3 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	0 %
Iron	2 %
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**Meal 3:** *Left-Over Lamb Roast w/ Polenta & Sautéed Kale*

**Left-Over Lamb Roast w/Polenta**

<b>Nutrition Facts</b>	
Servings 6.0	
Amount Per Serving	
calories 175	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 67 mg	3 %
Potassium 0 mg	0 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 1 g	3 %
Sugars 0 g	
Protein 8 g	16 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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**Sautéed Kale**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 21	
% 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 9 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	103 %
Vitamin C	68 %
Calcium	5 %
Iron	3 %
* 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 4:** *Carrot & Zucchini Frittata with Strawberries*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 266	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 471 mg	157 %
Sodium 314 mg	13 %
Potassium 471 mg	13 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	16 %
Sugars 9 g	
Protein 20 g	40 %
Vitamin A	72 %
Vitamin C	108 %
Calcium	20 %
Iron	18 %
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**Salad:** *Mixed Greens, Grapes, Avocado & Sunflower Seeds*

**Salad**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 135	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 32 mg	1 %
Potassium 417 mg	12 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	18 %
Sugars 4 g	
Protein 3 g	7 %
Vitamin A	3 %
Vitamin C	9 %
Calcium	2 %
Iron	4 %
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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: *Shakshuka*

## Nutrition Facts

Servings 4.0

Amount Per Serving

calories 214

% Daily Value \*

Total Fat 11 g 17 %

Saturated Fat 3 g 16 %

Monounsaturated Fat 4 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 372 mg 124 %

Sodium 326 mg 14 %

Potassium 384 mg 11 %

Total Carbohydrate 13 g 4 %

Dietary Fiber 3 g 10 %

Sugars 8 g

Protein 15 g 30 %

Vitamin A 100 %

Vitamin C 36 %

Calcium 13 %

Iron 30 %

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**Snack:** *Turkey + Mustard + Avocado Roll-Ups*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 106	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 23 mg	8 %
Sodium 513 mg	21 %
Potassium 177 mg	5 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 3 g	10 %
Sugars 2 g	
Protein 6 g	13 %
Vitamin A	1 %
Vitamin C	6 %
Calcium	1 %
Iron	6 %
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**Dessert:** *Chocolate Cashew Milk*

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 117	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 108 mg	3 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	9 %
Sugars 8 g	
Protein 3 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	7 %
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