

May 2017 Week 1 Gluten-Free
Nutrition Facts

Meal 1: Shrimp Cobb Salad

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 412	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 8 g	42 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 349 mg	116 %
Sodium 794 mg	33 %
Potassium 751 mg	21 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 7 g	28 %
Sugars 5 g	
Protein 37 g	73 %
Vitamin A	40 %
Vitamin C	46 %
Calcium	19 %
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	

Red Wine Vinaigrette

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 128	
% 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 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	1 %
Iron	1 %
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Meal 2: Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus

Honey Mustard Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	175
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 399 mg	17 %
Potassium 6 mg	0 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 0 g	0 %
Sugars 9 g	
Protein 23 g	46 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	2 %
Iron	4 %
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Tarragon Roasted Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	120
% 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 55 mg	2 %
Potassium 372 mg	11 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 2 g	4 %
Vitamin A	284 %
Vitamin C	5 %
Calcium	4 %
Iron	5 %
* 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	40
% 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 0 mg	0 %
Potassium 96 mg	3 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	6 %
Vitamin C	3 %
Calcium	0 %
Iron	3 %
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Meal 3: Grassfed Steaks w/ Baked Potatoes & Green Beans

Steak

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 160	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 80 mg	27 %
Sodium 587 mg	24 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 29 g	59 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	13 %
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Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 217	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 310 mg	9 %
Total Carbohydrate 48 g	16 %
Dietary Fiber 4 g	17 %
Sugars 2 g	
Protein 5 g	10 %
Vitamin A	0 %
Vitamin C	23 %
Calcium	1 %
Iron	3 %
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Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 49	
% 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 5 mg	0 %
Potassium 88 mg	3 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	5 %
Vitamin C	4 %
Calcium	2 %
Iron	2 %
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Meal 4: Mediterranean Frittata
(with strawberries)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 217	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 1198 mg	50 %
Potassium 256 mg	7 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 4 g	16 %
Sugars 5 g	
Protein 10 g	21 %
Vitamin A	77 %
Vitamin C	66 %
Calcium	17 %
Iron	13 %
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Salad: Spinach, Oranges, Fennel & Avocado

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 145	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 61 mg	3 %
Potassium 704 mg	20 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 8 g	32 %
Sugars 9 g	
Protein 3 g	6 %
Vitamin A	82 %
Vitamin C	95 %
Calcium	9 %
Iron	11 %
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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: Grain-Free Cranberry-Pecan Granola
(not including milk or yogurt)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 380	
% Daily Value *	
Total Fat 36 g	56 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 13 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 205 mg	6 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 4 g	17 %
Sugars 11 g	
Protein 5 g	10 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	3 %
Iron	6 %
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Snack: Hard Boiled Eggs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 47	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 130 mg	43 %
Sodium 43 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 4 g	8 %
Vitamin A	7 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %
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Dessert: Banana Cookies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 148	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 228 mg	7 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 4 g	17 %
Sugars 8 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	9 %
Calcium	2 %
Iron	6 %
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