

May 2017 Week 2 Gluten-Free  
Nutrition Facts

**Meal 1:** Roasted Sea Bass w/ Mango Salsa, Forbidden Rice & Cucumber

Roasted Sea Bass w/ Mango Salsa

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 288	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 70 mg	23 %
Sodium 81 mg	3 %
Potassium 15 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	3 %
Sugars 5 g	
Protein 19 g	38 %
Vitamin A	13 %
Vitamin C	18 %
Calcium	0 %
Iron	0 %
* 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	

Forbidden Rice

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 150	
% 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 6 mg	0 %
Potassium 88 mg	3 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
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 2:** Cajun Turkey Burgers w/ Roasted Carrots & Parsnips

Cajun Turkey Burgers (w/avocado, no bun)

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 246	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 1509 mg	63 %
Potassium 236 mg	7 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	12 %
Sugars 2 g	
Protein 21 g	42 %
Vitamin A	1 %
Vitamin C	6 %
Calcium	2 %
Iron	10 %
* 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 Carrots & Parsnips

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 108	
% 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 53 mg	2 %
Potassium 279 mg	8 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 4 g	17 %
Sugars 40 g	
Protein 2 g	4 %
Vitamin A	83 %
Vitamin C	25 %
Calcium	4 %
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:** Pan-Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Oranges

**Moroccan Pork Chop**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 288	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 70 mg	23 %
Sodium 99 mg	4 %
Potassium 232 mg	7 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	10 %
Sugars 0 g	
Protein 24 g	48 %
Vitamin A	23 %
Vitamin C	1 %
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 Veggies w/ Oranges**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 189 mg	8 %
Potassium 492 mg	14 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 6 g	26 %
Sugars 17 g	
Protein 4 g	8 %
Vitamin A	43 %
Vitamin C	159 %
Calcium	10 %
Iron	7 %
* 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:** Slow Cooker Curried Chicken & Veggies Over Rice  
(Includes 1 C black rice)

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 359	
% Daily Value *	
<b>Total Fat</b> 7 g	<b>11 %</b>
Saturated Fat 2 g	<b>11 %</b>
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 130 mg	<b>43 %</b>
<b>Sodium</b> 871 mg	<b>36 %</b>
<b>Potassium</b> 324 mg	<b>9 %</b>
<b>Total Carbohydrate</b> 26 g	<b>9 %</b>
<b>Dietary Fiber</b> 6 g	<b>23 %</b>
Sugars 7 g	
<b>Protein</b> 50 g	<b>99 %</b>
Vitamin A	<b>42 %</b>
Vitamin C	<b>112 %</b>
Calcium	<b>7 %</b>
Iron	<b>15 %</b>
* 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	

**Salad:** Mango, Avocado & Macadamia Nut Salad

**Salad (includes 1 avocado)**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 200	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 310 mg	9 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 5 g	18 %
Sugars 5 g	
Protein 2 g	5 %
Vitamin A	7 %
Vitamin C	19 %
Calcium	2 %
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	

**Dressing**

<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
calories 66	
% 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 7 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	0 %
Iron	0 %
* 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	

**Breakfast:** Moroccan Hash

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 508	
% Daily Value *	
<b>Total Fat</b> 33 g	<b>51 %</b>
Saturated Fat 13 g	66 %
Monounsaturated Fat 14 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 269 mg	<b>90 %</b>
<b>Sodium</b> 238 mg	<b>10 %</b>
<b>Potassium</b> 846 mg	<b>24 %</b>
<b>Total Carbohydrate</b> 23 g	<b>8 %</b>
Dietary Fiber 5 g	21 %
Sugars 6 g	
<b>Protein</b> 28 g	<b>57 %</b>
Vitamin A	228 %
Vitamin C	11 %
Calcium	14 %
Iron	22 %
* 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	

**Snack:** Snap Peas

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 40	
% Daily Value *	
<b>Total Fat</b> 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 10 mg	0 %
<b>Potassium</b> 110 mg	3 %
<b>Total Carbohydrate</b> 7 g	2 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
<b>Protein</b> 2 g	4 %
Vitamin A	15 %
Vitamin C	25 %
Calcium	6 %
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	

**Dessert:** Peanut Butter Brownies

<b>Nutrition Facts</b>	
Servings 24.0	
Amount Per Serving	
<b>calories</b> 350	
% Daily Value *	
<b>Total Fat</b> 25 g	<b>39 %</b>
Saturated Fat 5 g	<b>24 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 16 mg	<b>5 %</b>
<b>Sodium</b> 264 mg	<b>11 %</b>
<b>Potassium</b> 61 mg	<b>2 %</b>
<b>Total Carbohydrate</b> 25 g	<b>8 %</b>
Dietary Fiber 4 g	<b>16 %</b>
Sugars 15 g	
<b>Protein</b> 11 g	<b>23 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>1 %</b>
Iron	<b>11 %</b>
* 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	