

May 2017 Week 4 Gluten-Free Nutrition Facts

Meal 1: Fish Tacos w/ Cabbage & Not Fried Black Beans

Fish Tacos w/Cabbage

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 369	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 416 mg	17 %
Potassium 365 mg	10 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 7 g	28 %
Sugars 1 g	
Protein 34 g	69 %
Vitamin A	9 %
Vitamin C	21 %
Calcium	11 %
Iron	17 %
* 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	

Not Fried Black Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 245	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 333 mg	14 %
Potassium 0 mg	0 %
Total Carbohydrate 39 g	13 %
Dietary Fiber 11 g	42 %
Sugars 2 g	
Protein 12 g	25 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	11 %
Iron	26 %
* 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: Slow Cooker BBQ Pulled Pork w/ Corn Muffins & Coleslaw

Pulled Pork

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 282	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 96 mg	32 %
Sodium 769 mg	32 %
Potassium 37 mg	1 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	2 %
Sugars 3 g	
Protein 29 g	58 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	1 %
Iron	7 %
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Honey BBQ Sauce

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 86	
% 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 60 mg	2 %
Potassium 48 mg	1 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 2 g	7 %
Sugars 20 g	
Protein 1 g	2 %
Vitamin A	19 %
Vitamin C	20 %
Calcium	1 %
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	

Corn Muffins

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 94	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 142 mg	6 %
Potassium 15 mg	0 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 0 g	1 %
Sugars 6 g	
Protein 1 g	3 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	5 %
Iron	1 %
* 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	

Coleslaw

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 143	
% 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 13 mg	1 %
Potassium 0 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	5 %
Sugars 3 g	
Protein 1 g	1 %
Vitamin A	22 %
Vitamin C	25 %
Calcium	3 %
Iron	1 %
* 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: Bacon-Avocado Grassfed Burgers w/ Roasted Zucchini & Sweet Potato

Burger (includes avocado & bun)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 537	
% Daily Value *	
Total Fat 29 g	44 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 260 mg	11 %
Potassium 354 mg	10 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 9 g	36 %
Sugars 5 g	
Protein 31 g	63 %
Vitamin A	2 %
Vitamin C	12 %
Calcium	3 %
Iron	21 %
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Roasted Zucchini & Sweet Potato

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 97	
% 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 41 mg	2 %
Potassium 355 mg	10 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 2 g	3 %
Vitamin A	192 %
Vitamin C	18 %
Calcium	3 %
Iron	3 %
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Meal 4: BBQ Pork Stuffed Baked Potatoes w/ Steamed Broccoli

Honey BBQ Sauce

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 86	
% 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 60 mg	2 %
Potassium 48 mg	1 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 2 g	7 %
Sugars 20 g	
Protein 1 g	2 %
Vitamin A	19 %
Vitamin C	20 %
Calcium	1 %
Iron	3 %
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Pulled Pork

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 282	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 96 mg	32 %
Sodium 769 mg	32 %
Potassium 37 mg	1 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	2 %
Sugars 3 g	
Protein 29 g	58 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	1 %
Iron	7 %
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Baked Potato

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 110	
% 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 10 mg	0 %
Potassium 620 mg	18 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	45 %
Calcium	2 %
Iron	6 %
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Steamed Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 31	
% 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 0 mg	0 %
Sodium 30 mg	1 %
Potassium 288 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	9 %
Sugars 2 g	
Protein 3 g	5 %
Vitamin A	11 %
Vitamin C	135 %
Calcium	4 %
Iron	4 %
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Salad: Mixed Greens w/ Raspberries, Mint & Cucumber

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 43	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 14 mg	1 %
Potassium 219 mg	6 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 5 g	19 %
Sugars 3 g	
Protein 2 g	3 %
Vitamin A	2 %
Vitamin C	28 %
Calcium	2 %
Iron	3 %
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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: Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 247	
% Daily Value *	
Total Fat 13 g	21 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 428 mg	143 %
Sodium 617 mg	26 %
Potassium 348 mg	10 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 25 g	50 %
Vitamin A	78 %
Vitamin C	17 %
Calcium	10 %
Iron	16 %
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Snack: Cranberry Almond Energy Bites

Nutrition Facts	
Servings 18.0	
Amount Per Serving	
calories 77	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 35 mg	1 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	6 %
Sugars 4 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	3 %
Iron	3 %
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Dessert: Minted Strawberry & Orange Fruit Salad
(Includes dressing)

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 1 mg	0 %
Potassium 161 mg	5 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 4 g	17 %
Sugars 16 g	
Protein 2 g	3 %
Vitamin A	5 %
Vitamin C	180 %
Calcium	5 %
Iron	3 %
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