

June Week 4
Gluten-Free Nutrition Facts

Meal 1: Nicoise Salad

Salad | Balsamic Vinaigrette

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 143 mg	48 %
Sodium 366 mg	15 %
Potassium 841 mg	24 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 4 g	14 %
Sugars 4 g	
Protein 33 g	65 %
Vitamin A	19 %
Vitamin C	33 %
Calcium	4 %
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	

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 %
* 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: Pork, Pineapple & Veggie Kabobs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 256	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 354 mg	15 %
Potassium 400 mg	11 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	9 %
Sugars 11 g	
Protein 24 g	48 %
Vitamin A	8 %
Vitamin C	159 %
Calcium	1 %
Iron	12 %
* 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: Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw

Bison Burgers (includes bun) | Sweet Potato Wedges | Green Apple Coleslaw

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 380	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 60 mg	3 %
Potassium 0 mg	0 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 4 g	16 %
Sugars 4 g	
Protein 28 g	56 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	14 %
* 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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 98	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 90 mg	4 %
Potassium 289 mg	8 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	11 %
Sugars 3 g	
Protein 2 g	3 %
Vitamin A	200 %
Vitamin C	3 %
Calcium	4 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 309	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 31 mg	1 %
Potassium 7 mg	0 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	20 %
Sugars 14 g	
Protein 1 g	3 %
Vitamin A	32 %
Vitamin C	66 %
Calcium	6 %
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	

Meal 4: Walnut Crusted Chicken w/ Sautéed Spinach & Honey-Glazed Carrots

Walnut-Crusted Chicken | Sautéed Spinach | Honey-Glazed Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 542	
% Daily Value *	
Total Fat 43 g	66 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 28 g	
Trans Fat 0 g	
Cholesterol 114 mg	38 %
Sodium 94 mg	4 %
Potassium 277 mg	8 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	16 %
Sugars 2 g	
Protein 38 g	75 %
Vitamin A	2 %
Vitamin C	2 %
Calcium	5 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 28	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 33 mg	1 %
Potassium 238 mg	7 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	20 %
Calcium	4 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 68	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 44 mg	2 %
Potassium 11 mg	0 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 1 g	6 %
Sugars 8 g	
Protein 1 g	2 %
Vitamin A	80 %
Vitamin C	8 %
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	

Salad: Mixed Greens w/ Grapes, Walnuts & Avocado

Salad | Balsamic Vinaigrette

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 242	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 9 mg	0 %
Potassium 510 mg	15 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 6 g	26 %
Sugars 7 g	
Protein 4 g	9 %
Vitamin A	11 %
Vitamin C	17 %
Calcium	2 %
Iron	5 %
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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 %
* 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: Hard Boiled Eggs w/ Oranges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 227	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 370 mg	123 %
Sodium 140 mg	6 %
Potassium 473 mg	14 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 4 g	18 %
Sugars 17 g	
Protein 14 g	27 %
Vitamin A	20 %
Vitamin C	150 %
Calcium	11 %
Iron	9 %
* 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: Curried Cashews & Raisins

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 202	
% Daily Value *	
Total Fat 13 g	20 %
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 106 mg	3 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 2 g	6 %
Sugars 9 g	
Protein 5 g	11 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	1 %
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	

Dessert: Chocolate Dipped Bananas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 223	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 13 g	63 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 444 mg	13 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 5 g	18 %
Sugars 12 g	
Protein 2 g	4 %
Vitamin A	1 %
Vitamin C	15 %
Calcium	1 %
Iron	6 %
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