

June Week 1 Gluten-Free Nutrition Facts

Meal 1: Baked Halibut w/ Cauliflower Steaks & Quinoa

Baked Halibut | Cauliflower Steaks | Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 126	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 60 mg	3 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	47 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 176	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 52 mg	2 %
Potassium 682 mg	19 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 5 g	21 %
Sugars 18 g	
Protein 5 g	9 %
Vitamin A	13 %
Vitamin C	128 %
Calcium	5 %
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	

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 157	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	11 %
* 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: Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini

Grilled Chicken | Pineapple Salsa | Grilled Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 130	
% Daily Value *	
Total Fat 4 g	7 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 242 mg	10 %
Potassium 356 mg	10 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	3 %
Sugars 1 g	
Protein 23 g	45 %
Vitamin A	34 %
Vitamin C	21 %
Calcium	4 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 28	
% 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 4 mg	0 %
Potassium 106 mg	3 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	4 %
Sugars 5 g	
Protein 0 g	1 %
Vitamin A	9 %
Vitamin C	41 %
Calcium	1 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 32	
% 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 8 mg	0 %
Potassium 256 mg	7 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 1 g	2 %
Vitamin A	4 %
Vitamin C	29 %
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	

Meal 3: Gingered Beef & Veggie Stir Fry w/ Sesame Quinoa**Stir Fry | Quinoa**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 324	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 88 mg	29 %
Sodium 453 mg	19 %
Potassium 189 mg	5 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 30 g	59 %
Vitamin A	6 %
Vitamin C	122 %
Calcium	1 %
Iron	16 %
* 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 8.0	
Amount Per Serving	
calories 157	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	11 %
* 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: Frittata w/ Arugula, Tomato, Mushrooms, Olives & Feta w/ Dilled Cucumbers

Frittata | Dilled Cucumbers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 289	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 495 mg	165 %
Sodium 620 mg	26 %
Potassium 511 mg	15 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 2 g	10 %
Sugars 5 g	
Protein 20 g	41 %
Vitamin A	49 %
Vitamin C	38 %
Calcium	12 %
Iron	20 %

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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 26	
% 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 9 mg	0 %
Potassium 143 mg	4 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	2 %
Sugars 4 g	
Protein 0 g	1 %
Vitamin A	22 %
Vitamin C	21 %
Calcium	3 %
Iron	6 %

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Salad: Blueberry, Walnut & Goat Cheese Salad

Salad | Balsamic Vinaigrette

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 148	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 9 mg	3 %
Sodium 47 mg	2 %
Potassium 181 mg	5 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	11 %
Sugars 4 g	
Protein 5 g	9 %
Vitamin A	0 %
Vitamin C	7 %
Calcium	2 %
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	

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: Tropical Breakfast Smoothie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 36	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 42 mg	2 %
Potassium 294 mg	8 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	8 %
Sugars 4 g	
Protein 1 g	3 %
Vitamin A	100 %
Vitamin C	64 %
Calcium	6 %
Iron	11 %
* 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: Carrots Dipped in Dilled Yogurt

Carrots | Dilled Yogurt

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 38	
% 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 63 mg	3 %
Potassium 288 mg	8 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 1 g	2 %
Vitamin A	300 %
Vitamin C	9 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 39	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 4 mg	1 %
Sodium 23 mg	1 %
Potassium 107 mg	3 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	1 %
Sugars 1 g	
Protein 5 g	9 %
Vitamin A	21 %
Vitamin C	20 %
Calcium	3 %
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	

Dessert: Pineapple & Raspberry Popsicles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 94	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 390 mg	11 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	8 %
Sugars 9 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	4 %
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	