

June Week 5
Gluten-Free Nutrition Facts

Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts

Salad | Balsamic Vinaigrette

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 291	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 507 mg	21 %
Potassium 544 mg	16 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	13 %
Sugars 3 g	
Protein 29 g	59 %
Vitamin A	13 %
Vitamin C	47 %
Calcium	14 %
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 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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Meal 2: Grilled Lemon Tenders w/ Grilled Asparagus & Corn

Grilled Lemon Tenders | Grilled Asparagus | Corn

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 59 mg	20 %
Sodium 67 mg	3 %
Potassium 176 mg	5 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 27 g	53 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 40	
% 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 0 mg	0 %
Potassium 113 mg	3 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	9 %
Vitamin C	5 %
Calcium	1 %
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 80	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 220 mg	6 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	7 %
Vitamin C	5 %
Calcium	0 %
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	

Meal 3: Steaks, Baked Potatoes & Green Beans

Steak | Baked Potato | Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	183
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 660 mg	28 %
Potassium 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 24 g	48 %
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	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 0 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 %
* 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	34
% 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 7 mg	0 %
Potassium 230 mg	7 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	15 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	15 %
Vitamin C	30 %
Calcium	4 %
Iron	6 %
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Meal 4: Mexican Zucchini Stuffed w/ Pinto Beans, Mushrooms, Bell Peppers & Tomato Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 270	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 603 mg	25 %
Potassium 475 mg	14 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 10 g	41 %
Sugars 10 g	
Protein 16 g	32 %
Vitamin A	37 %
Vitamin C	134 %
Calcium	29 %
Iron	23 %
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Salad: Arugula w/ Peaches, Sliced Almonds & Goat Cheese

Salad | Balsamic Vinaigrette

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 10 mg	3 %
Sodium 138 mg	6 %
Potassium 286 mg	8 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	10 %
Sugars 4 g	
Protein 10 g	19 %
Vitamin A	18 %
Vitamin C	11 %
Calcium	13 %
Iron	13 %
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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: Strawberry Chia Jam w/ Rice Cakes

Strawberry Chia Jam | Rice Cakes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 163	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 404 mg	12 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 8 g	34 %
Sugars 19 g	
Protein 3 g	6 %
Vitamin A	2 %
Vitamin C	152 %
Calcium	11 %
Iron	15 %
* 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 123	
% 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 53 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 4 g	7 %
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	

Snack: Seaweed Snack

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 25	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	0 %
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 1 g	2 %
Vitamin A	8 %
Vitamin C	4 %
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	

Dessert: Berry Peachy Fruit Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 206	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 552 mg	16 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 11 g	44 %
Sugars 16 g	
Protein 7 g	13 %
Vitamin A	13 %
Vitamin C	74 %
Calcium	9 %
Iron	10 %
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