

June Week 2 Gluten-Free Nutrition Facts

Meal 1: Grilled Balsamic Pork Chops w/ Asparagus & Honeydew Slices

Pork Chop | Asparagus | Honeydew

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 173	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 269 mg	11 %
Potassium 5 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 22 g	44 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 47	
% Daily Value *	
Total Fat 4 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 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	5 %
Vitamin C	11 %
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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 16	
% 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 8 mg	0 %
Potassium 101 mg	3 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	1 %
Sugars 4 g	
Protein 0 g	1 %
Vitamin A	1 %
Vitamin C	13 %
Calcium	0 %
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 2: BLTA Salad w/ "Ranch" Dressing

Salad | "Ranch"

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 243	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 220 mg	73 %
Sodium 174 mg	7 %
Potassium 792 mg	23 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 8 g	31 %
Sugars 4 g	
Protein 11 g	23 %
Vitamin A	22 %
Vitamin C	32 %
Calcium	3 %
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 8.0	
Amount Per Serving	
calories 285	
% Daily Value *	
Total Fat 32 g	48 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 42 mg	2 %
Potassium 13 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	13 %
Vitamin C	4 %
Calcium	45 %
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: Cod Picatta w/ Pancetta & Lentils

Cod Picatta | Pancetta & Lentils

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 261	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 375 mg	16 %
Potassium 5 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 30 g	60 %
Vitamin A	0 %
Vitamin C	7 %
Calcium	1 %
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 333	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 548 mg	23 %
Potassium 110 mg	3 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 19 g	75 %
Sugars 1 g	
Protein 27 g	54 %
Vitamin A	25 %
Vitamin C	36 %
Calcium	2 %
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	

Meal 4: Grilled Chicken w/ Thai Roasted Eggplant & Cauliflower w/ Dipping Sauce

Chicken | Eggplant & Cauliflower| Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 115	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 110 mg	5 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 24 g	48 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 105	
% 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 133 mg	6 %
Potassium 749 mg	21 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 8 g	32 %
Sugars 9 g	
Protein 4 g	9 %
Vitamin A	4 %
Vitamin C	116 %
Calcium	4 %
Iron	6 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 64	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 73 mg	3 %
Potassium 124 mg	4 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	3 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	5 %
Iron	3 %
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Salad: Arugula, Raspberries, Sliced Almonds & Goat Cheese

Salad | Balsamic Vinaigrette

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 198	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 10 mg	3 %
Sodium 131 mg	5 %
Potassium 542 mg	15 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 6 g	22 %
Sugars 3 g	
Protein 9 g	17 %
Vitamin A	4 %
Vitamin C	13 %
Calcium	17 %
Iron	10 %
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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 %
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Breakfast: Chocolate Cherry Decadence Smoothie Bowl

(includes chia seeds, mini chocolate chips, & unsweetened coconut flakes per ingredient list)

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 274	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 3 mg	1 %
Sodium 53 mg	2 %
Potassium 489 mg	14 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 8 g	30 %
Sugars 21 g	
Protein 6 g	12 %
Vitamin A	3 %
Vitamin C	16 %
Calcium	12 %
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	

Snack: Broccoli w/ "Ranch" Dressing

Broccoli | Ranch

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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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 285	
% Daily Value *	
Total Fat 32 g	48 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 42 mg	2 %
Potassium 13 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	13 %
Vitamin C	4 %
Calcium	45 %
Iron	4 %

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Dessert: Gluten-Free Cookie Dough Bites

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 3 mg	0 %
Potassium 11 mg	0 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	6 %
Sugars 6 g	
Protein 3 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	3 %
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