

## June Week 3 Gluten-Free Nutrition Facts

**Meal 1:** Grilled Ginger-Lime Flank Steak, Bell Pepper & Plums

**Steak | Bell Pepper & Plum**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 41 mg	14 %
Sodium 110 mg	5 %
Potassium 12 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 29 g	57 %
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 64	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 312 mg	9 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	12 %
Sugars 10 g	
Protein 2 g	3 %
Vitamin A	12 %
Vitamin C	169 %
Calcium	1 %
Iron	2 %
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**Meal 2:** BBQ Shrimp w/ Polenta & Green Beans

Shrimp | BBQ Sauce | Polenta | Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 100	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 180 mg	60 %
Sodium 130 mg	5 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	46 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	9 %
Iron	4 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 53	
% 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 303 mg	13 %
Potassium 359 mg	10 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 2 g	4 %
Vitamin A	22 %
Vitamin C	21 %
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 140	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
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 66	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 175 mg	5 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	11 %
Vitamin C	7 %
Calcium	4 %
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: Summer Pasta Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 263	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 24 mg	1 %
Potassium 382 mg	11 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 7 g	27 %
Sugars 5 g	
Protein 7 g	14 %
Vitamin A	15 %
Vitamin C	37 %
Calcium	1 %
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	

**Meal 4:** Turkey & Carrot BBQ Meatballs w/ Japanese Sweet Potatoes

**Meatballs | BBQ Sauce| Sweet Potatoes**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 377	
% Daily Value *	
Total Fat 25 g	39 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 171 mg	57 %
Sodium 170 mg	7 %
Potassium 340 mg	10 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 4 g	17 %
Sugars 2 g	
Protein 32 g	64 %
Vitamin A	43 %
Vitamin C	3 %
Calcium	11 %
Iron	18 %
* 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 53	
% 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 303 mg	13 %
Potassium 359 mg	10 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 2 g	4 %
Vitamin A	22 %
Vitamin C	21 %
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 118	
% 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 55 mg	2 %
Potassium 350 mg	10 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 2 g	3 %
Vitamin A	283 %
Vitamin C	4 %
Calcium	4 %
Iron	4 %
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**Salad:** Arugula, Watermelon & Feta Salad

**Salad | Balsamic Vinaigrette**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 154	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 183 mg	8 %
Potassium 161 mg	5 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	9 %
Sugars 4 g	
Protein 8 g	16 %
Vitamin A	25 %
Vitamin C	15 %
Calcium	17 %
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 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:** Lemon Blueberry Muffins

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 183	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 10 g	48 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 78 mg	26 %
Sodium 192 mg	8 %
Potassium 37 mg	1 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 3 g	10 %
Sugars 12 g	
Protein 4 g	7 %
Vitamin A	2 %
Vitamin C	1 %
Calcium	1 %
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	

**Snack:** Watermelon

## Nutrition Facts

Servings 4.0

Amount Per Serving

**calories** 31

% 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** 1 mg 0 %

**Potassium** 116 mg 3 %

**Total Carbohydrate** 8 g 3 %

Dietary Fiber 0 g 2 %

Sugars 6 g

**Protein** 1 g 1 %

Vitamin A 12 %

Vitamin C 14 %

Calcium 1 %

Iron 1 %

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**Dessert:** Dark Chocolate & Macadamia Nuts

## Nutrition Facts

Servings 4.0

Amount Per Serving

calories 392

% Daily Value \*

Total Fat 38 g 58 %

Saturated Fat 12 g 58 %

Monounsaturated Fat 20 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 16 mg 1 %

Potassium 123 mg 4 %

Total Carbohydrate 13 g 4 %

Dietary Fiber 6 g 23 %

Sugars 8 g

Protein 5 g 11 %

Vitamin A 0 %

Vitamin C 1 %

Calcium 5 %

Iron 26 %

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