July Week 3 - Gluten-Free

Meal 1: Superfood Salad w/ Crispy Chickpeas

Salad | Cashew Dressing

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 194	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 340 mg	**14 %**
Potassium 67 mg	**2 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 7 g	**27 %**
Sugars 2 g	
Protein 7 g	**14 %**
Vitamin A	**0 %**
Vitamin C	**5 %**
Calcium	**10 %**
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 113	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 3 mg	**0 %**
Potassium 17 mg	**0 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 1 g	**2 %**
Sugars 1 g	
Protein 3 g	**5 %**
Vitamin A	**2 %**
Vitamin C	**10 %**
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

Meal 2: Lemon-Parsley Salmon w/ Tomato & Cucumber Quinoa Pilaf

Lemon-Parsley Salmon | Tomato & Cucumber Quinoa Pilaf

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 112	
	% 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 45 mg	**15 %**
Sodium 152 mg	**6 %**
Potassium 2 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 24 g	**48 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 194	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 5 mg	**0 %**
Potassium 206 mg	**6 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 4 g	**16 %**
Sugars 3 g	
Protein 6 g	**12 %**
Vitamin A	**5 %**
Vitamin C	**14 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Meal 3: Chicken Stirfry w/ Portabella Mushrooms & Snow Pea & Sesame Quinoa

Stir Fry | Sesame Quinoa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 201	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	**22 %**
Sodium 214 mg	**9 %**
Potassium 443 mg	**13 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 3 g	**13 %**
Sugars 4 g	
Protein 28 g	**56 %**
Vitamin A	**1 %**
Vitamin C	**35 %**
Calcium	**2 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 243	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 9 mg	**0 %**
Potassium 315 mg	**9 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 3 g	**10 %**
Sugars 0 g	
Protein 6 g	**11 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**22 %**

* 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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Meal 4: Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper

Bison Strip Steaks | Grilled Zucchini, Onion, & Bell Pepper

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 269	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 6 g	**28 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
Cholesterol 45 mg	**15 %**
Sodium 139 mg	**6 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 40 g	**80 %**
Vitamin A	**2 %**
Vitamin C	**0 %**
Calcium	**0 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 291	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 20 mg	**1 %**
Potassium 1122 mg	**32 %**
Total Carbohydrate 58 g	**19 %**
Dietary Fiber 33 g	**131 %**
Sugars 7 g	
Protein 8 g	**16 %**
Vitamin A	**29 %**
Vitamin C	**125 %**
Calcium	**121 %**
Iron	**155 %**

* 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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella

Salad | Dressing

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 161	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 40 mg	**13 %**
Sodium 102 mg	**4 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**3 %**
Sugars 2 g	
Protein 11 g	**21 %**
Vitamin A	**25 %**
Vitamin C	**7 %**
Calcium	**31 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 126	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 9 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	**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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Breakfast: Hard Boiled Eggs + Peaches

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 181	
	% Daily Value *
Total Fat 10 g	**15 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 372 mg	**124 %**
Sodium 142 mg	**6 %**
Potassium 324 mg	**9 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 1 g	**6 %**
Sugars 9 g	
Protein 13 g	**27 %**
Vitamin A	**17 %**
Vitamin C	**11 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Snack: Prosciutto w/ Melon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 120	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 545 mg	**23 %**
Potassium 427 mg	**12 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 1 g	**4 %**
Sugars 11 g	
Protein 9 g	**18 %**
Vitamin A	**100 %**
Vitamin C	**80 %**
Calcium	**2 %**
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

Dessert: Fresh Cherries

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 70	
	% 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 5 mg	**0 %**
Potassium 268 mg	**8 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 3 g	**10 %**
Sugars 13 g	
Protein 2 g	**3 %**
Vitamin A	**39 %**
Vitamin C	**25 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.