August 2017 Week 4 - Gluten Free

Nutrition Facts

Meal 1: Brined Pork Chops

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 217	
	% Daily Value *
Total Fat 6 g	**10 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 117 mg	**39 %**
Sodium 541 mg	**23 %**
Potassium 3 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 38 g	**75 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Sautéed Cabbage and Apples

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 129	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 8 mg	**3 %**
Sodium 201 mg	**8 %**
Potassium 96 mg	**3 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 6 g	**25 %**
Sugars 13 g	
Protein 3 g	**6 %**
Vitamin A	**45 %**
Vitamin C	**186 %**
Calcium	**9 %**
Iron	**9 %**

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Nutrition Facts

Meal 2: Cilantro-Citrus Shrimp with Cucumber Slices

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 177	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 115 mg	**38 %**
Sodium 429 mg	**18 %**
Potassium 123 mg	**4 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 0 g	**2 %**
Sugars 2 g	
Protein 21 g	**41 %**
Vitamin A	**3 %**
Vitamin C	**13 %**
Calcium	**5 %**
Iron	**5 %**

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Brown Rice

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 54	
	% 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 2 mg	**0 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 1 g	**4 %**
Sugars 0 g	
Protein 1 g	**3 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**

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Meal 3: Summer Pasta (feta & pine nuts not included)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 558	
	% Daily Value *
Total Fat 24 g	**37 %**
Saturated Fat 3 g	**17 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 253 mg	**11 %**
Potassium 841 mg	**24 %**
Total Carbohydrate 70 g	**23 %**
Dietary Fiber 11 g	**45 %**
Sugars 13 g	
Protein 15 g	**30 %**
Vitamin A	**22 %**
Vitamin C	**41 %**
Calcium	**5 %**
Iron	**16 %**

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August 2017 Week 4 - Gluten Free

Nutrition Facts

Meal 4: Orange-Ginger Grilled Chicken Legs

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 275	
	% Daily Value *
Total Fat 20 g	**30 %**
Saturated Fat 3 g	**17 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 103 mg	**34 %**
Sodium 360 mg	**15 %**
Potassium 280 mg	**8 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 22 g	**44 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**6 %**

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Veggie Stir Fry

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 164	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 3 g	**17 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1279 mg	**53 %**
Potassium 635 mg	**18 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 3 g	**14 %**
Sugars 10 g	
Protein 7 g	**14 %**
Vitamin A	**9 %**
Vitamin C	**104 %**
Calcium	**4 %**
Iron	**8 %**

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Brown Rice

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 54	
	% 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 2 mg	**0 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 1 g	**4 %**
Sugars 0 g	
Protein 1 g	**3 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**

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August 2017 Week 4 - Gluten Free

Nutrition Facts

Salad: Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
	% Daily Value *
Total Fat 10 g	**15 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 20 mg	**7 %**
Sodium 296 mg	**12 %**
Potassium 167 mg	**5 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 2 g	**10 %**
Sugars 4 g	
Protein 7 g	**14 %**
Vitamin A	**27 %**
Vitamin C	**16 %**
Calcium	**24 %**
Iron	**6 %**

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Balsamic Dressing (makes 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 76 mg	**3 %**
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	**4 %**

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August 2017 Week 4 - Gluten Free

Nutrition Facts

Breakfast: Ponana Breakfast Cookies

Nutrition Facts

Servings 16.0

Amount Per Serving	
calories 38	
	% 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 23 mg	**8 %**
Sodium 14 mg	**1 %**
Potassium 73 mg	**2 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 1 g	**6 %**
Sugars 2 g	
Protein 1 g	**2 %**
Vitamin A	**24 %**
Vitamin C	**1 %**
Calcium	**2 %**
Iron	**2 %**

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Snack: Figgy Energy Bites

Nutrition Facts

Servings 24.0

Amount Per Serving	
calories 80	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 22 mg	**1 %**
Potassium 181 mg	**5 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 2 g	**7 %**
Sugars 11 g	
Protein 2 g	**3 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**5 %**
Iron	**3 %**

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Dessert: Watermelon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 127	
	% 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 6 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 33 g	**11 %**
Dietary Fiber 0 g	**0 %**
Sugars 28 g	
Protein 6 g	**11 %**
Vitamin A	**94 %**
Vitamin C	**116 %**
Calcium	**6 %**
Iron	**6 %**

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