August 2017 Week 3 - Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Pesto Salmon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 417	
	% Daily Value *
Total Fat 31 g	**47 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 67 mg	**22 %**
Sodium 149 mg	**6 %**
Potassium 604 mg	**17 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**4 %**
Sugars 1 g	
Protein 32 g	**65 %**
Vitamin A	**4 %**
Vitamin C	**8 %**
Calcium	**6 %**
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 professionally evaluated nor have they been evaluated by the U.S. FDA.

Purple Potatoes and Asparagus

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 191	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 149 mg	**6 %**
Potassium 968 mg	**28 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 5 g	**21 %**
Sugars 8 g	
Protein 5 g	**10 %**
Vitamin A	**12 %**
Vitamin C	**25 %**
Calcium	**2 %**
Iron	**33 %**

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August 2017 Week 3 - Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 2: Mustard Rosemary Lamb Chops

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 140	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 497 mg	**21 %**
Potassium 198 mg	**6 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 17 g	**34 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**2 %**
Iron	**7 %**

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Summer Vegetable Ribbon Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 184	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 2 g	**12 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 17 mg	**1 %**
Potassium 281 mg	**8 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 2 g	**6 %**
Sugars 2 g	
Protein 1 g	**2 %**
Vitamin A	**54 %**
Vitamin C	**27 %**
Calcium	**2 %**
Iron	**3 %**

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August 2017 Week 3 - Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 3: Balsamic Marinated Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 317	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 83 mg	**28 %**
Sodium 227 mg	**9 %**
Potassium 7 mg	**0 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 36 g	**72 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**

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Eggplant, Tomato & Mozzarella Stacks (using ¼ pesto recipe)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 239	
	% Daily Value *
Total Fat 18 g	**27 %**
Saturated Fat 5 g	**24 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 21 mg	**7 %**
Sodium 80 mg	**3 %**
Potassium 370 mg	**11 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 5 g	**21 %**
Sugars 7 g	
Protein 9 g	**17 %**
Vitamin A	**20 %**
Vitamin C	**29 %**
Calcium	**20 %**
Iron	**6 %**

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August 2017 Week 3 - Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 4: B.L.T.A. Burgers (not including GF buns)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 469	
	% Daily Value *
Total Fat 33 g	**51 %**
Saturated Fat 11 g	**57 %**
Monounsaturated Fat 15 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 106 mg	**35 %**
Sodium 673 mg	**28 %**
Potassium 763 mg	**22 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 4 g	**16 %**
Sugars 0 g	
Protein 35 g	**70 %**
Vitamin A	**11 %**
Vitamin C	**42 %**
Calcium	**3 %**
Iron	**20 %**

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Roasted Carrots & Parsnips

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 155	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 201 mg	**8 %**
Potassium 620 mg	**18 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 7 g	**29 %**
Sugars 8 g	
Protein 2 g	**4 %**
Vitamin A	**204 %**
Vitamin C	**38 %**
Calcium	**6 %**
Iron	**5 %**

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August 2017 Week 3 - Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Salad: Mixed Greens, Pear, Dried Cherries, Cucumber & Pecans
(bacon not included)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 294	
	% Daily Value *
Total Fat 11 g	**17 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 25 mg	**1 %**
Potassium 567 mg	**16 %**
Total Carbohydrate 49 g	**16 %**
Dietary Fiber 7 g	**27 %**
Sugars 38 g	
Protein 5 g	**11 %**
Vitamin A	**56 %**
Vitamin C	**22 %**
Calcium	**12 %**
Iron	**8 %**

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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 3 - Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Breakfast: GF Banana Bread Granola w/ 1 pint blueberries

Nutrition Facts

Servings 10.0

Amount Per Serving	
calories 304	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 6 g	**29 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 117 mg	**5 %**
Potassium 260 mg	**7 %**
Total Carbohydrate 36 g	**12 %**
Dietary Fiber 6 g	**25 %**
Sugars 13 g	
Protein 6 g	**12 %**
Vitamin A	**1 %**
Vitamin C	**8 %**
Calcium	**3 %**
Iron	**10 %**

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Snack: Plums

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 15	
	% 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 52 mg	**1 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 0 g	**2 %**
Sugars 3 g	
Protein 0 g	**0 %**
Vitamin A	**2 %**
Vitamin C	**5 %**
Calcium	**0 %**
Iron	**0 %**

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Dessert: Peach Cobbler (makes 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 376	
	% Daily Value *
Total Fat 33 g	**51 %**
Saturated Fat 15 g	**77 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 149 mg	**6 %**
Potassium 265 mg	**8 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 6 g	**23 %**
Sugars 14 g	
Protein 5 g	**11 %**
Vitamin A	**8 %**
Vitamin C	**13 %**
Calcium	**6 %**
Iron	**7 %**

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