August 2017 Week 2 - Gluten Free

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

Meal 1: Cajun Turkey Burgers (patties only)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 238	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 68 mg	**23 %**
Sodium 1884 mg	**79 %**
Potassium 263 mg	**8 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 4 g	**15 %**
Sugars 1 g	
Protein 25 g	**51 %**
Vitamin A	**3 %**
Vitamin C	**20 %**
Calcium	**1 %**
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.

White Sweet Potato Fries

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 161	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 211 mg	**9 %**
Potassium 422 mg	**12 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 4 g	**16 %**
Sugars 5 g	
Protein 2 g	**4 %**
Vitamin A	**338 %**
Vitamin C	**4 %**
Calcium	**4 %**
Iron	**6 %**

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August 2017 Week 2 - Gluten Free

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

Meal 2: Balsamic Roasted Pork Loin

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 236	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 92 mg	**31 %**
Sodium 72 mg	**3 %**
Potassium 523 mg	**15 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 30 g	**60 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**1 %**
Iron	**10 %**

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Zucchini Tian

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 72	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 299 mg	**12 %**
Potassium 87 mg	**2 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 2 g	**7 %**
Sugars 3 g	
Protein 2 g	**3 %**
Vitamin A	**1 %**
Vitamin C	**13 %**
Calcium	**2 %**
Iron	**1 %**

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Quinoa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 157	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 3 g	**12 %**
Sugars 0 g	
Protein 6 g	**12 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**11 %**

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August 2017 Week 2 - Gluten Free

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

Meal 3: Bison Steaks

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 300	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 113 mg	**38 %**
Sodium 790 mg	**33 %**
Potassium 498 mg	**14 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 45 g	**90 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**49 %**

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Baked Potatoes & Broccoli

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 183	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 532 mg	**22 %**
Potassium 684 mg	**20 %**
Total Carbohydrate 35 g	**12 %**
Dietary Fiber 3 g	**12 %**
Sugars 3 g	
Protein 4 g	**7 %**
Vitamin A	**3 %**
Vitamin C	**67 %**
Calcium	**2 %**
Iron	**4 %**

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August 2017 Week 2 - Gluten Free

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

Meal 4: Farmer's Market Tart

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 612	
	% Daily Value *
Total Fat 51 g	**78 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 82 mg	**27 %**
Sodium 198 mg	**8 %**
Potassium 263 mg	**8 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 13 g	**50 %**
Sugars 4 g	
Protein 28 g	**56 %**
Vitamin A	**23 %**
Vitamin C	**9 %**
Calcium	**26 %**
Iron	**26 %**

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August 2017 Week 2 - Gluten Free

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

Salad: Mixed Greens, Grapes, Celery, Pecans & Cheddar

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 132	
	% Daily Value *
Total Fat 10 g	**15 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 21 mg	**1 %**
Potassium 165 mg	**5 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 4 g	**14 %**
Sugars 5 g	
Protein 3 g	**5 %**
Vitamin A	**3 %**
Vitamin C	**3 %**
Calcium	**2 %**
Iron	**3 %**

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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 2 - Gluten Free

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

Breakfast: Purple Haze Smoothie

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 433	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 10 g	**48 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 55 mg	**2 %**
Potassium 988 mg	**28 %**
Total Carbohydrate 67 g	**22 %**
Dietary Fiber 19 g	**78 %**
Sugars 34 g	
Protein 11 g	**22 %**
Vitamin A	**3 %**
Vitamin C	**120 %**
Calcium	**19 %**
Iron	**20 %**

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Snack: Celery with Almond Butter

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 220	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 22 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 269 mg	**11 %**
Potassium 968 mg	**28 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 6 g	**24 %**
Sugars 6 g	
Protein 9 g	**19 %**
Vitamin A	**17 %**
Vitamin C	**10 %**
Calcium	**27 %**
Iron	**14 %**

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Dessert: Chocolate Brownie Brittle
(8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 253	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 9 g	**47 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 1 mg	**0 %**
Sodium 202 mg	**8 %**
Potassium 43 mg	**1 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 3 g	**10 %**
Sugars 24 g	
Protein 5 g	**9 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**8 %**

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