August 2017, Week 5 - Gluten Free

Nutrition Facts

Meal 1: Smokey Paprika Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 200	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 258 mg	**11 %**
Potassium 434 mg	**12 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 39 g	**79 %**
Vitamin A	**6 %**
Vitamin C	**3 %**
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.

Herb Roasted Trio Fall Veggies

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 137	
	% 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 704 mg	**29 %**
Potassium 818 mg	**23 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 8 g	**31 %**
Sugars 10 g	
Protein 2 g	**5 %**
Vitamin A	**393 %**
Vitamin C	**39 %**
Calcium	**9 %**
Iron	**6 %**

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August 2017, Week 5 - Gluten Free

Nutrition Facts

Meal 2: Bruschetta Salsa Topped Cod

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 262	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 11 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 60 mg	**20 %**
Sodium 737 mg	**31 %**
Potassium 166 mg	**5 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 1 g	**3 %**
Sugars 2 g	
Protein 15 g	**29 %**
Vitamin A	**13 %**
Vitamin C	**22 %**
Calcium	**7 %**
Iron	**11 %**

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Swiss Chard & Shiitakes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 61	
	% Daily Value *
Total Fat 2 g	**4 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 213 mg	**9 %**
Potassium 209 mg	**6 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 2 g	**7 %**
Sugars 3 g	
Protein 2 g	**3 %**
Vitamin A	**44 %**
Vitamin C	**19 %**
Calcium	**2 %**
Iron	**5 %**

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Meal 3: Pizza Soup

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 228	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 5 g	**24 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 30 mg	**10 %**
Sodium 1132 mg	**47 %**
Potassium 945 mg	**27 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 6 g	**25 %**
Sugars 15 g	
Protein 13 g	**25 %**
Vitamin A	**79 %**
Vitamin C	**327 %**
Calcium	**9 %**
Iron	**19 %**

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August 2017, Week 5 - Gluten Free

Nutrition Facts

Meal 4: Black Bean Burger Patties with Avocado (does not include cheese or GF bun)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 490	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 11 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 93 mg	**31 %**
Sodium 340 mg	**14 %**
Potassium 1125 mg	**32 %**
Total Carbohydrate 40 g	**13 %**
Dietary Fiber 22 g	**86 %**
Sugars 2 g	
Protein 22 g	**43 %**
Vitamin A	**25 %**
Vitamin C	**19 %**
Calcium	**8 %**
Iron	**41 %**

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Paprika Roasted Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 87	
	% 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 654 mg	**27 %**
Potassium 39 mg	**1 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 5 g	**19 %**
Sugars 4 g	
Protein 4 g	**8 %**
Vitamin A	**17 %**
Vitamin C	**169 %**
Calcium	**5 %**
Iron	**7 %**

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August 2017, Week 5 - Gluten Free

Nutrition Facts

Salad: Italian Side Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 78	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 26 mg	**1 %**
Potassium 533 mg	**15 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 3 g	**12 %**
Sugars 5 g	
Protein 4 g	**7 %**
Vitamin A	**91 %**
Vitamin C	**40 %**
Calcium	**5 %**
Iron	**11 %**

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Italian Dressing (makes 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 122	
	% 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 75 mg	**3 %**
Potassium 6 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**

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August 2017, Week 5 - Gluten Free

Nutrition Facts

Breakfast: Gluten Free Banana Pancakes (does not include maple syrup)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 301	
	% Daily Value *
Total Fat 15 g	**24 %**
Saturated Fat 2 g	**12 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 186 mg	**62 %**
Sodium 73 mg	**3 %**
Potassium 644 mg	**18 %**
Total Carbohydrate 35 g	**12 %**
Dietary Fiber 5 g	**22 %**
Sugars 17 g	
Protein 10 g	**21 %**
Vitamin A	**7 %**
Vitamin C	**20 %**
Calcium	**7 %**
Iron	**10 %**

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Snack: Apples with Pecan Butter

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 285	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 148 mg	**4 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 6 g	**25 %**
Sugars 14 g	
Protein 4 g	**9 %**
Vitamin A	**1 %**
Vitamin C	**11 %**
Calcium	**25 %**
Iron	**7 %**

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Dessert: Cranberry-Walnut Dark Chocolate Drops (makes 12 servings)

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 160	
	% Daily Value *
Total Fat 13 g	**19 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 7 mg	**0 %**
Potassium 47 mg	**1 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 2 g	**9 %**
Sugars 11 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**1 %**
Iron	**7 %**

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