August 2017, Week 1 - Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Italian Foil Packets w/ Roasted Broccoli & Cauliflower

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 280	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 45 mg	**15 %**
Sodium 299 mg	**12 %**
Potassium 1558 mg	**45 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 12 g	**48 %**
Sugars 12 g	
Protein 34 g	**68 %**
Vitamin A	**40 %**
Vitamin C	**417 %**
Calcium	**16 %**
Iron	**15 %**

* 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.

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

Meal 2: Spinach Salad with Balsamic Chicken, Raspberries, Snap Peas, Walnuts & Goat Cheese

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 444	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 7 g	**36 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 66 mg	**22 %**
Sodium 729 mg	**30 %**
Potassium 820 mg	**23 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 8 g	**30 %**
Sugars 4 g	
Protein 42 g	**84 %**
Vitamin A	**207 %**
Vitamin C	**77 %**
Calcium	**19 %**
Iron	**25 %**

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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 1 - Gluten Free

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

Meal 3: Black Bean and Mushroom Tacos

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 244	
	% Daily Value *
Total Fat 2 g	**4 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 682 mg	**28 %**
Potassium 1149 mg	**33 %**
Total Carbohydrate 47 g	**16 %**
Dietary Fiber 12 g	**46 %**
Sugars 6 g	
Protein 12 g	**25 %**
Vitamin A	**155 %**
Vitamin C	**62 %**
Calcium	**18 %**
Iron	**34 %**

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Meal 4: Beef Kabobs with Zucchini & Tomatoes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 427	
	% Daily Value *
Total Fat 13 g	**19 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 62 mg	**21 %**
Sodium 100 mg	**4 %**
Potassium 1206 mg	**34 %**
Total Carbohydrate 61 g	**20 %**
Dietary Fiber 36 g	**143 %**
Sugars 7 g	
Protein 35 g	**70 %**
Vitamin A	**55 %**
Vitamin C	**16 %**
Calcium	**124 %**
Iron	**186 %**

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August 2017, Week 1 - Gluten Free

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

Salad: Massage Kale Salad with Blueberries and pumpkin seeds

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 371	
	% Daily Value *
Total Fat 30 g	**46 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 19 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 674 mg	**28 %**
Potassium 1576 mg	**45 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 14 g	**55 %**
Sugars 6 g	
Protein 8 g	**16 %**
Vitamin A	**97 %**
Vitamin C	**85 %**
Calcium	**11 %**
Iron	**17 %**

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Citrus Vinaigrette
(makes 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 69	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 22 mg	**1 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**13 %**
Calcium	**0 %**
Iron	**0 %**

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August 2017, Week 1 - Gluten Free

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

Breakfast: Veggie Breakfast Tacos

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 275	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 2 g	**12 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 279 mg	**93 %**
Sodium 209 mg	**9 %**
Potassium 461 mg	**13 %**
Total Carbohydrate 33 g	**11 %**
Dietary Fiber 8 g	**32 %**
Sugars 6 g	
Protein 17 g	**34 %**
Vitamin A	**227 %**
Vitamin C	**160 %**
Calcium	**19 %**
Iron	**35 %**

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Snack: Spiced Popcorn Baggies

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 257	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 8 mg	**0 %**
Potassium 305 mg	**9 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 8 g	**33 %**
Sugars 1 g	
Protein 8 g	**15 %**
Vitamin A	**18 %**
Vitamin C	**1 %**
Calcium	**7 %**
Iron	**26 %**

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Dessert: Mango & Blueberry Popsicles

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 63	
	% 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 1 mg	**0 %**
Potassium 147 mg	**4 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 2 g	**8 %**
Sugars 13 g	
Protein 1 g	**2 %**
Vitamin A	**16 %**
Vitamin C	**49 %**
Calcium	**1 %**
Iron	**1 %**

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