

September Gluten Free Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Goat Cheese,
Artichoke and Pinenut
Stuffed Chicken

Roasted Butternut
Squash

Meal 2: Spinach,
Mushroom and Beef Taco
“Lettuce Wraps” with
Avocado and Jicama Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 283	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 109 mg	36 %
Sodium 498 mg	21 %
Potassium 417 mg	12 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 40 g	80 %
Vitamin A	9 %
Vitamin C	9 %
Calcium	8 %
Iron	18 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 280	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 199 mg	8 %
Potassium 2379 mg	68 %
Total Carbohydrate 58 g	19 %
Dietary Fiber 25 g	102 %
Sugars 7 g	
Protein 15 g	30 %
Vitamin A	611 %
Vitamin C	100 %
Calcium	131 %
Iron	273 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 490	
% Daily Value *	
Total Fat 29 g	45 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 94 mg	31 %
Sodium 290 mg	12 %
Potassium 1439 mg	41 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 13 g	51 %
Sugars 5 g	
Protein 36 g	71 %
Vitamin A	175 %
Vitamin C	55 %
Calcium	11 %
Iron	42 %
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Meal 3: Cod in Marinara
over Zoodles or GF
Pasta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 256	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 88 mg	29 %
Sodium 2009 mg	84 %
Potassium 148 mg	4 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	22 %
Sugars 12 g	
Protein 24 g	49 %
Vitamin A	17 %
Vitamin C	23 %
Calcium	10 %
Iron	15 %
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Meal 4: Potato and Bacon
Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 339	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 9 mg	3 %
Sodium 391 mg	16 %
Potassium 1900 mg	54 %
Total Carbohydrate 67 g	22 %
Dietary Fiber 8 g	33 %
Sugars 10 g	
Protein 11 g	22 %
Vitamin A	51 %
Vitamin C	59 %
Calcium	7 %
Iron	20 %
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Salad: Mixed Greens
with Roasted Beets,
Walnuts and Goat
Cheese

Balsamic
Dressing (makes
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 251	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 345 mg	14 %
Potassium 456 mg	13 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	18 %
Sugars 6 g	
Protein 10 g	19 %
Vitamin A	39 %
Vitamin C	18 %
Calcium	6 %
Iron	8 %
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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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Nutrition Facts

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Breakfast: Broccoli
Cheddar Frittata
(includes cheese)

Snack: Cinnamon
Raisin Energy Bites

Dessert: Banana
Cherry Nice
Cream

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 314	
% Daily Value *	
Total Fat 21 g	33 %
Saturated Fat 9 g	47 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 494 mg	165 %
Sodium 456 mg	19 %
Potassium 362 mg	10 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 2 g	9 %
Sugars 2 g	
Protein 24 g	48 %
Vitamin A	48 %
Vitamin C	41 %
Calcium	29 %
Iron	15 %
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Nutrition Facts	
Servings 30.0	
Amount Per Serving	
calories 120	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 43 mg	2 %
Potassium 187 mg	5 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	8 %
Sugars 4 g	
Protein 3 g	7 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	6 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 269	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 1057 mg	30 %
Total Carbohydrate 69 g	23 %
Dietary Fiber 8 g	32 %
Sugars 40 g	
Protein 3 g	6 %
Vitamin A	4 %
Vitamin C	44 %
Calcium	2 %
Iron	5 %
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