

September Gluten Free Week One

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Bacon
Stuffed Chicken
(does not include
goat cheese)

Potatoes and
Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 235	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 106 mg	35 %
Sodium 272 mg	11 %
Potassium 613 mg	18 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 43 g	86 %
Vitamin A	44 %
Vitamin C	22 %
Calcium	4 %
Iron	10 %
* 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 174	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 184 mg	8 %
Potassium 1037 mg	30 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 4 g	17 %
Sugars 4 g	
Protein 5 g	11 %
Vitamin A	0 %
Vitamin C	28 %
Calcium	4 %
Iron	11 %
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Meal 2: Cajun Shrimp with Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 325	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 173 mg	58 %
Sodium 1361 mg	57 %
Potassium 209 mg	6 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 30 g	60 %
Vitamin A	21 %
Vitamin C	15 %
Calcium	10 %
Iron	26 %
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Polenta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 295 mg	12 %
Potassium 0 mg	0 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	20 %
Sugars 0 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	6 %
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Meal 3: Vietnamese Steak bowl

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 935	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 7 g	34 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 113 mg	38 %
Sodium 3195 mg	133 %
Potassium 659 mg	19 %
Total Carbohydrate 150 g	50 %
Dietary Fiber 6 g	22 %
Sugars 88 g	
Protein 47 g	93 %
Vitamin A	255 %
Vitamin C	49 %
Calcium	16 %
Iron	30 %
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Meal 3: Cilantro-Lime Dressing
(makes 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 129	
% 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 18 mg	1 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	3 %
Vitamin C	3 %
Calcium	0 %
Iron	1 %
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Meal 4: Turkey Eggplant Lasagna (does not include Greek yogurt or parm cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 321	
% Daily Value *	
Total Fat 8 g	9 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 1220 mg	51 %
Potassium 479 mg	14 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 9 g	36 %
Sugars 21 g	
Protein 34 g	68 %
Vitamin A	33 %
Vitamin C	11 %
Calcium	14 %
Iron	14 %
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Nutrition Facts

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Salad: Spinach,
Blackberry, Hemp,
Avocado

Balsamic
Dressing(makes
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 209	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 298 mg	12 %
Potassium 518 mg	15 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 9 g	37 %
Sugars 4 g	
Protein 6 g	12 %
Vitamin A	11 %
Vitamin C	41 %
Calcium	3 %
Iron	12 %
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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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Breakfast:
Gingered Mango
Smoothie

Snack: Blackberry,
Oranges & Kiwi

Dessert: Almond
Butter Brownies
(makes 12
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 255	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 14 g	69 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 69 mg	3 %
Potassium 419 mg	12 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 3 g	14 %
Sugars 15 g	
Protein 4 g	9 %
Vitamin A	29 %
Vitamin C	176 %
Calcium	5 %
Iron	7 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 96	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 294 mg	8 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 7 g	28 %
Sugars 15 g	
Protein 2 g	4 %
Vitamin A	7 %
Vitamin C	124 %
Calcium	7 %
Iron	4 %
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Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 313	
% Daily Value *	
Total Fat 21 g	33 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 120 mg	5 %
Potassium 122 mg	3 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 5 g	20 %
Sugars 18 g	
Protein 11 g	22 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	15 %
Iron	12 %
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