

September Gluten Free Week Three

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Balsamic
Chicken

Butternut Squash,
Cherry & Walnut
Quinoa Pilaf

Meal 2: Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 317	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 83 mg	28 %
Sodium 227 mg	9 %
Potassium 7 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 36 g	72 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
* 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 487	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 181 mg	8 %
Potassium 491 mg	14 %
Total Carbohydrate 81 g	27 %
Dietary Fiber 9 g	37 %
Sugars 12 g	
Protein 14 g	29 %
Vitamin A	150 %
Vitamin C	25 %
Calcium	9 %
Iron	39 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 216	
% Daily Value *	
Total Fat 7 g	12 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 78 mg	26 %
Sodium 127 mg	5 %
Potassium 622 mg	18 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 35 g	70 %
Vitamin A	4 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Pesto (makes 16 servings)

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 166	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 11 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	2 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	0 %
Iron	1 %
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Roasted Mushrooms & Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 103	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 188 mg	8 %
Potassium 914 mg	26 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
Protein 6 g	12 %
Vitamin A	8 %
Vitamin C	59 %
Calcium	3 %
Iron	7 %
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Meal 3: Spaghetti Squash with Bison (does not include pesto)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 393	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 8 g	41 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 79 mg	26 %
Sodium 152 mg	6 %
Potassium 838 mg	24 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 7 g	27 %
Sugars 13 g	
Protein 24 g	48 %
Vitamin A	11 %
Vitamin C	16 %
Calcium	12 %
Iron	24 %
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September Gluten Free Week Three

Nutrition Facts

(per serving, based on yield of 4 servings)

Pesto (makes 16 servings)

Meal 4: Chicken and Artichoke Spezzatino

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 166	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 11 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	2 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	0 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 575	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 26 mg	9 %
Sodium 678 mg	28 %
Potassium 2129 mg	61 %
Total Carbohydrate 70 g	23 %
Dietary Fiber 14 g	55 %
Sugars 17 g	
Protein 42 g	83 %
Vitamin A	139 %
Vitamin C	101 %
Calcium	20 %
Iron	40 %
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Nutrition Facts

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Salad: Arugula with
Cherry Tomatoes,
Avocado and Pine
Nuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 257	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 17 mg	1 %
Potassium 746 mg	21 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 7 g	28 %
Sugars 3 g	
Protein 5 g	11 %
Vitamin A	18 %
Vitamin C	35 %
Calcium	7 %
Iron	12 %
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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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September Gluten Free Week Three

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Apple
Breakfast Bread

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 429	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 18 mg	1 %
Potassium 865 mg	25 %
Total Carbohydrate 88 g	29 %
Dietary Fiber 13 g	51 %
Sugars 14 g	
Protein 13 g	25 %
Vitamin A	1 %
Vitamin C	39 %
Calcium	12 %
Iron	50 %
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Snack: Popcorn
with Dried Figs and
Pecans(12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 217	
% Daily Value *	
Total Fat 13 g	21 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 270 mg	8 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 5 g	21 %
Sugars 13 g	
Protein 3 g	7 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	6 %
Iron	12 %
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Dessert: Dates
Stuffed w/
Cashew Butter &
Cacao Nibs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 424	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 108 mg	4 %
Potassium 501 mg	14 %
Total Carbohydrate 65 g	22 %
Dietary Fiber 6 g	26 %
Sugars 51 g	
Protein 6 g	11 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	7 %
Iron	14 %
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