

Prep Dish November 2017 Wk 3 - Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Asian Salmon

Pouches w/ Spinach,
Mushroom & Bell
Pepper

Meal 2: Chicken Stir

Fry w/ Broccoli &
Carrots

Meal 3: Pork &

Collards Stew

Nutrition Facts

Servings: 4

Amount per serving

Calories **397**

% Daily Value*

Total Fat 13.7g	18%
Saturated Fat 2g	10%
Cholesterol 50mg	17%
Sodium 382mg	17%
Total Carbohydrate 41.8g	15%
Dietary Fiber 3.4g	12%
Total Sugars 1.7g	
Protein 28.4g	
Vitamin D 128mcg	638%
Calcium 93mg	7%
Iron 5mg	27%
Potassium 950mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Nutrition Facts

Servings: 4

Amount per serving

Calories **411**

% Daily Value*

Total Fat 9.6g	12%
Saturated Fat 1g	5%
Cholesterol 73mg	24%
Sodium 432mg	19%
Total Carbohydrate 49.8g	18%
Dietary Fiber 5.6g	20%
Total Sugars 4.8g	
Protein 31.3g	
Vitamin D 0mcg	0%
Calcium 89mg	7%
Iron 2mg	13%
Potassium 1060mg	23%

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Nutrition Facts

Servings: 4

Amount per serving

Calories **745**

% Daily Value*

Total Fat 22.3g	29%
Saturated Fat 4.6g	23%
Cholesterol 163mg	54%
Sodium 898mg	39%
Total Carbohydrate 75.1g	27%
Dietary Fiber 12.7g	45%
Total Sugars 7.9g	
Protein 61.6g	
Vitamin D 0mcg	0%
Calcium 172mg	13%
Iron 7mg	39%
Potassium 1684mg	36%

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Meal 4: Turkey
Zucchini Lasagna

Nutrition Facts

Servings: 4

Amount per serving

Calories **574**

% Daily Value*

Total Fat 22.9g 29%

Saturated Fat 8.7g 43%

Cholesterol 114mg 38%

Sodium 1043mg 45%

Total Carbohydrate 40.8g 15%

Dietary Fiber 6.4g 23%

Total Sugars 28.6g

Protein 50.8g

Vitamin D 128mcg 638%

Calcium 382mg 29%

Iron 4mg 24%

Potassium 1559mg 33%

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Salad: Mixed Greens
w/ Apple, Walnuts &
Goat Cheese

Nutrition Facts

Servings: 4

Amount per serving

Calories **373**

% Daily Value*

Total Fat 29g 37%

Saturated Fat 6.8g 34%

Cholesterol 30mg 10%

Sodium 383mg 17%

Total Carbohydrate 21.8g 8%

Dietary Fiber 5g 18%

Total Sugars 11.8g

Protein 11.3g

Vitamin D 0mcg 0%

Calcium 236mg 18%

Iron 4mg 24%

Potassium 207mg 4%

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Breakfast: Oatmeal w/
Apricots & Pistachios

Nutrition Facts

Servings: 4

Amount per serving

Calories **102**

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 41mg 2%

Total Carbohydrate 13.7g 5%

Dietary Fiber 2.8g 10%

Total Sugars 2.4g

Protein 3.6g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 1mg 5%

Potassium 179mg 4%

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Snack: Carrot Chips

Nutrition Facts

Servings: 4

Amount per serving

Calories **95**

% Daily Value*

Total Fat 7.1g 9%

Saturated Fat 5.9g 30%

Cholesterol 0mg 0%

Sodium 54mg 2%

Total Carbohydrate 8.1g 3%

Dietary Fiber 2.1g 7%

Total Sugars 3.8g

Protein 0.9g

Vitamin D 0mcg 0%

Calcium 35mg 3%

Iron 1mg 5%

Potassium 269mg 6%

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Dessert: Dark
Chocolate Dipped
Orange Slices (per
serving, based on 8
servings)

Nutrition Facts

Servings: 8

Amount per serving

Calories **113**

% Daily Value*

Total Fat 4.1g 5%

Saturated Fat 2.5g 13%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 20.8g 8%

Dietary Fiber 2.2g 8%

Total Sugars 16.6g

Protein 1.9g

Vitamin D 0mcg 0%

Calcium 37mg 3%

Iron 0mg 3%

Potassium 167mg 4%

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