

Prep Dish November 2017 Wk 1 - Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Cucumber Dill
Salmon with
Cauliflower Couscous

Meal 2: Herb Roasted
Chicken Thighs

Meal 3: Italian Turkey
Meatballs

Nutrition Facts

Servings: 4

Amount per serving

Calories **566**

% Daily Value*

Total Fat 34.5g **44%**

Saturated Fat 3.8g **19%**

Cholesterol 82mg **27%**

Sodium 302mg **13%**

Total Carbohydrate 20.8g **8%**

Dietary Fiber 5.6g **20%**

Total Sugars 10g

Protein 46.4g

Vitamin D 0mcg 0%

Calcium 248mg 19%

Iron 4mg 21%

Potassium 1380mg 29%

*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 **392**

% Daily Value*

Total Fat 34.2g **44%**

Saturated Fat 10g **50%**

Cholesterol 110mg **37%**

Sodium 508mg **22%**

Total Carbohydrate 3.2g **1%**

Dietary Fiber 0.7g **2%**

Total Sugars 1.2g

Protein 17.8g

Vitamin D 0mcg 0%

Calcium 33mg 3%

Iron 2mg 11%

Potassium 116mg 2%

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Nutrition Facts

Servings: 4

Amount per serving

Calories **336**

% Daily Value*

Total Fat 19.2g **25%**

Saturated Fat 5.5g **28%**

Cholesterol 145mg **48%**

Sodium 451mg **20%**

Total Carbohydrate 12.5g **5%**

Dietary Fiber 3g **11%**

Total Sugars 6.7g

Protein 29.6g

Vitamin D 4mcg 19%

Calcium 169mg 13%

Iron 3mg 17%

Potassium 842mg 18%

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Brussels Sprouts w/
Bacon

Sautéed Swiss Chard

Nutrition Facts

Servings: 4

Amount per serving

Calories **106**

% Daily Value*

Total Fat 4.6g **6%**

Saturated Fat 0.8g **4%**

Cholesterol 13mg **4%**

Sodium 231mg **10%**

Total Carbohydrate 10.1g **4%**

Dietary Fiber 4.2g **15%**

Total Sugars 2.4g

Protein 6g

Vitamin D 0mcg 0%

Calcium 38mg 3%

Iron 2mg 9%

Potassium 429mg 9%

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Nutrition Facts

Servings: 4

Amount per serving

Calories **36**

% Daily Value*

Total Fat 3.6g **5%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 199mg **9%**

Total Carbohydrate 1.2g **0%**

Dietary Fiber 0.5g **2%**

Total Sugars 0.3g

Protein 0.5g

Vitamin D 0mcg 0%

Calcium 14mg 1%

Iron 0mg 3%

Potassium 96mg 2%

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Nutrition Facts

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Meal 4: Butternut
Squash, Caramelized
Onion, & Blue Cheese
Tart (8 Servings)

Nutrition Facts

Servings: 8

Amount per serving

Calories **263**

% Daily Value*

Total Fat 21.4g 27%

Saturated Fat 5.1g 25%

Cholesterol 43mg 14%

Sodium 374mg 16%

Total Carbohydrate 12.9g 5%

Dietary Fiber 2.5g 9%

Total Sugars 1.8g

Protein 8.1g

Vitamin D 2mcg 10%

Calcium 134mg 10%

Iron 1mg 7%

Potassium 252mg 5%

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Salad: Pear,
Pomegranate,
Hazelnut, Celery, Blue
Cheese & Balsamic
Vinaigrette

Nutrition Facts

Servings: 4

Amount per serving

Calories **322**

% Daily Value*

Total Fat 19.3g 25%

Saturated Fat 5.9g 30%

Cholesterol 35mg 12%

Sodium 490mg 21%

Total Carbohydrate 31.8g 12%

Dietary Fiber 6.5g 23%

Total Sugars 16.8g

Protein 9.5g

Vitamin D 0mcg 0%

Calcium 258mg 20%

Iron 5mg 27%

Potassium 359mg 8%

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Snack: Celery, Peanut
Butter, &
Pomegranate

Nutrition Facts

Servings: 4

Amount per serving

Calories **188**

% Daily Value*

Total Fat 15.1g 19%

Saturated Fat 1.5g 8%

Cholesterol 0mg 0%

Sodium 64mg 3%

Total Carbohydrate 11.9g 4%

Dietary Fiber 3g 11%

Total Sugars 6.3g

Protein 4.6g

Vitamin D 0mcg 0%

Calcium 62mg 5%

Iron 1mg 6%

Potassium 308mg 7%

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Nutrition Facts

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Breakfast: Fried Eggs
w/ Butternut Squash,
Bacon & Roasted
Mushrooms

Dessert: Cranberry
Orange Cookies
(8 servings)

Nutrition Facts

Servings: 4

Amount per serving

Calories 369

% Daily Value*

Total Fat 23.9g 31%

Saturated Fat 5.6g 28%

Cholesterol 20mg 7%

Sodium 453mg 20%

Total Carbohydrate 28.7g 10%

Dietary Fiber 5.1g 18%

Total Sugars 6.2g

Protein 13.7g

Vitamin D 204mcg 1021%

Calcium 112mg 9%

Iron 3mg 18%

Potassium 1034mg 22%

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Nutrition Facts

Servings: 8

Amount per serving

Calories 209

% Daily Value*

Total Fat 16.8g 22%

Saturated Fat 12.3g 61%

Cholesterol 41mg 14%

Sodium 126mg 5%

Total Carbohydrate 12.8g 5%

Dietary Fiber 2.4g 9%

Total Sugars 9.3g

Protein 3.5g

Vitamin D 4mcg 19%

Calcium 23mg 2%

Iron 1mg 3%

Potassium 17mg 0%

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