

December Week One, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Slow Cooker Beef
in Red Wine w/ Carrots,
Celery & Potatoes

Meal 2: Lemon Caper
Cod w/ Butternut Squash
Halves & Sautéed
Spinach

Meal 3: Mediterranean
Turkey Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 560	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 150 mg	50 %
Sodium 414 mg	17 %
Potassium 1305 mg	37 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 8 g	31 %
Sugars 7 g	
Protein 55 g	110 %
Vitamin A	128 %
Vitamin C	30 %
Calcium	15 %
Iron	22 %
* 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 343	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 734 mg	31 %
Potassium 896 mg	26 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 5 g	20 %
Sugars 4 g	
Protein 17 g	35 %
Vitamin A	431 %
Vitamin C	88 %
Calcium	18 %
Iron	24 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 250	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 337 mg	14 %
Potassium 281 mg	8 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	7 %
Sugars 3 g	
Protein 25 g	51 %
Vitamin A	23 %
Vitamin C	10 %
Calcium	15 %
Iron	7 %
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Rosemary Fries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 111	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 21 mg	1 %
Potassium 521 mg	15 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	16 %
Calcium	1 %
Iron	5 %
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Meal 4: Beef Fajitas w/ Sautéed Peppers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 308	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 62 mg	21 %
Sodium 156 mg	7 %
Potassium 675 mg	19 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 4 g	15 %
Sugars 3 g	
Protein 32 g	63 %
Vitamin A	38 %
Vitamin C	96 %
Calcium	33 %
Iron	19 %
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Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 67	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 213 mg	6 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 4 g	17 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	5 %
Vitamin C	17 %
Calcium	4 %
Iron	2 %
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Refried Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 210	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 585 mg	24 %
Potassium 0 mg	0 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 9 g	36 %
Sugars 2 g	
Protein 11 g	21 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	6 %
Iron	15 %
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Salad: Arugula w/ Butternut Squash, Pomegranate & Pumpkin Seeds (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 211	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 946 mg	39 %
Potassium 277 mg	8 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	7 %
Sugars 3 g	
Protein 10 g	21 %
Vitamin A	95 %
Vitamin C	22 %
Calcium	21 %
Iron	18 %
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Dressing

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 126	
% 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 3 mg	0 %
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	1 %
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Breakfast: Bell Pepper &
Mushroom Breakfast
Tacos

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 384	
% Daily Value *	
Total Fat 17 g	27 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 382 mg	127 %
Sodium 316 mg	13 %
Potassium 341 mg	10 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 6 g	22 %
Sugars 7 g	
Protein 23 g	45 %
Vitamin A	77 %
Vitamin C	17 %
Calcium	21 %
Iron	30 %
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Snack: Pork Rinds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 123	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 403 mg	17 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 12 g	25 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Note: made w/ goat
cheese

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Guacamole

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Servings 4.0	
Amount Per Serving	
calories 67	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 213 mg	6 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 4 g	17 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	5 %
Vitamin C	17 %
Calcium	4 %
Iron	2 %
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Dessert: Clementine Oranges (1 Clementine)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 10	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 33 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	1 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	15 %
Calcium	1 %
Iron	0 %
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