

## December Week Two, Gluten Free

### Nutrition Facts

(per serving, based on yield of 4 servings)

#### Meal 1: Pecan Crusted Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 477	
% Daily Value *	
Total Fat 38 g	59 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 18 g	
Polyunsaturated Fat 10 g	
Trans Fat 0 g	
Cholesterol 146 mg	49 %
Sodium 332 mg	14 %
Potassium 310 mg	9 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 6 g	23 %
Sugars 2 g	
Protein 29 g	59 %
Vitamin A	31 %
Vitamin C	0 %
Calcium	5 %
Iron	12 %
* 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.	

#### Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 55	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 375 mg	16 %
Potassium 119 mg	3 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 3 g	10 %
Sugars 1 g	
Protein 1 g	3 %
Vitamin A	5 %
Vitamin C	3 %
Calcium	8 %
Iron	8 %
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#### Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 113	
% 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 217 mg	9 %
Potassium 438 mg	13 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	16 %
Sugars 5 g	
Protein 2 g	4 %
Vitamin A	369 %
Vitamin C	5 %
Calcium	4 %
Iron	5 %
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### Nutrition Facts

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**Meal 2:** Bacon &  
Chard Stuffed  
Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 404	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 159 mg	53 %
Sodium 390 mg	16 %
Potassium 542 mg	15 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 61 g	123 %
Vitamin A	29 %
Vitamin C	9 %
Calcium	8 %
Iron	15 %
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Broccoli, Tomato, &  
Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 169	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 76 mg	3 %
Potassium 973 mg	28 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	25 %
Sugars 6 g	
Protein 8 g	16 %
Vitamin A	33 %
Vitamin C	247 %
Calcium	9 %
Iron	13 %
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**Meal 3:** Potato &  
Onion Frittata w/  
Grapes  
(2 cups of grapes)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 316	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 423 mg	141 %
Sodium 149 mg	6 %
Potassium 672 mg	19 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 3 g	10 %
Sugars 11 g	
Protein 16 g	32 %
Vitamin A	11 %
Vitamin C	20 %
Calcium	9 %
Iron	17 %
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### Nutrition Facts

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**Meal 4:** Beef  
Minestrone Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 386	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 34 mg	11 %
Sodium 717 mg	30 %
Potassium 926 mg	26 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 11 g	45 %
Sugars 8 g	
Protein 27 g	53 %
Vitamin A	31 %
Vitamin C	66 %
Calcium	12 %
Iron	28 %
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**Salad:** Mixed Greens w/  
Blueberries, Walnuts, &  
Feta (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 149	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 371 mg	15 %
Potassium 282 mg	8 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	6 %
Sugars 4 g	
Protein 7 g	14 %
Vitamin A	4 %
Vitamin C	6 %
Calcium	7 %
Iron	2 %
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Dressing

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 128	
% 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:** Sweet Potato  
Waffles

Bacon

**Snack:** Pumpkin  
Seed Trail Mix

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 488	
% Daily Value *	
Total Fat 35 g	54 %
Saturated Fat 11 g	53 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 370 mg	123 %
Sodium 212 mg	9 %
Potassium 547 mg	16 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 7 g	26 %
Sugars 6 g	
Protein 16 g	33 %
Vitamin A	381 %
Vitamin C	6 %
Calcium	10 %
Iron	17 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 180	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 34 mg	11 %
Sodium 383 mg	16 %
Potassium 180 mg	5 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 11 g	23 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
* 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 8.0	
Amount Per Serving	
calories 178	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 99 mg	4 %
Potassium 139 mg	4 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
Protein 4 g	9 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	1 %
Iron	6 %
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### Nutrition Facts

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**Dessert:** Dark  
Chocolate w/  
Brazil Nuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 370	
% Daily Value *	
Total Fat 33 g	50 %
Saturated Fat 10 g	49 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	8 %
Sugars 9 g	
Protein 7 g	13 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
Iron	28 %
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