

# December Week Two, Gluten Free

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Orange-Basil Turkey Breast

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 304	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 1860 mg	78 %
Potassium 865 mg	19 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 40 g	80 %
Vitamin A	3 %
Vitamin C	7 %
Calcium	3 %
Iron	15 %
* 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.	

### Fingerling Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 171	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 10 mg	0 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 3 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	2 %
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### Brussels Sprouts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 93	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 33 mg	1 %
Potassium 10 mg	0 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	17 %
Sugars 3 g	
Protein 4 g	8 %
Vitamin A	11 %
Vitamin C	158 %
Calcium	4 %
Iron	2 %
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### Nutrition Facts

(per serving, based on yield of 4 servings)

#### Meal 2: Slow Baked Brisket

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 317	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 98 mg	32 %
Sodium 111 mg	5 %
Potassium 16 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 29 g	58 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	2 %
Iron	26 %
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#### Creamy Cauliflower and Leek Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 121	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 627 mg	26 %
Potassium 762 mg	22 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 7 g	27 %
Sugars 8 g	
Protein 6 g	11 %
Vitamin A	23 %
Vitamin C	178 %
Calcium	9 %
Iron	13 %
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#### Meal 3: Italian Sausage Pizza Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 247	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 993 mg	41 %
Potassium 307 mg	9 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 6 g	23 %
Sugars 6 g	
Protein 20 g	41 %
Vitamin A	17 %
Vitamin C	41 %
Calcium	14 %
Iron	24 %
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**Meal 4:** Fiesta Brisket Bowl

**Salad:** Spinach w/  
Apples, Cherries,  
Walnuts & Goat  
Cheese (w/o dressing)

Dressing

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 647	
% Daily Value *	
Total Fat 26 g	40 %
Saturated Fat 7 g	34 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 144 mg	48 %
Sodium 305 mg	13 %
Potassium 1105 mg	32 %
Total Carbohydrate 47 g	16 %
Dietary Fiber 16 g	63 %
Sugars 15 g	
Protein 68 g	137 %
Vitamin A	45 %
Vitamin C	170 %
Calcium	7 %
Iron	44 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 289	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 174 mg	7 %
Potassium 456 mg	13 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 6 g	25 %
Sugars 17 g	
Protein 8 g	17 %
Vitamin A	68 %
Vitamin C	21 %
Calcium	10 %
Iron	11 %
* 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 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:** Brown Rice  
Cake w/ Almond  
Butter & Banana

**Snack:** Celery &  
Almond Butter &  
Cherries

**Dessert:** Pumpkin  
Pie Pudding

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 253	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 30 mg	1 %
Potassium 615 mg	18 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 6 g	22 %
Sugars 24 g	
Protein 5 g	9 %
Vitamin A	3 %
Vitamin C	19 %
Calcium	3 %
Iron	7 %
* 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 248	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 145 mg	6 %
Potassium 773 mg	22 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 4 g	17 %
Sugars 9 g	
Protein 6 g	12 %
Vitamin A	14 %
Vitamin C	9 %
Calcium	15 %
Iron	9 %
* 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 217	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 98 mg	4 %
Potassium 583 mg	17 %
Total Carbohydrate 49 g	16 %
Dietary Fiber 7 g	28 %
Sugars 26 g	
Protein 3 g	7 %
Vitamin A	766 %
Vitamin C	17 %
Calcium	22 %
Iron	21 %
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