

January Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Beef & Butternut Squash Tagine

Quinoa

Meal 2: Spinach Pesto Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 468	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 192 mg	8 %
Potassium 2019 mg	58 %
Total Carbohydrate 59 g	20 %
Dietary Fiber 14 g	56 %
Sugars 15 g	
Protein 33 g	65 %
Vitamin A	513 %
Vitamin C	93 %
Calcium	18 %
Iron	53 %
* 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 160	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 12 mg	1 %
Potassium 240 mg	7 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	20 %
* 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 427	
% Daily Value *	
Total Fat 37 g	56 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 15 g	
Trans Fat 0 g	
Cholesterol 43 mg	14 %
Sodium 245 mg	10 %
Potassium 535 mg	15 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	12 %
Sugars 1 g	
Protein 24 g	48 %
Vitamin A	78 %
Vitamin C	30 %
Calcium	12 %
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.	

January Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Zucchini Noodles

Meal 3: Orange Cilantro
Shrimp & Broccoli

Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 45	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 16 mg	1 %
Potassium 518 mg	15 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	8 %
Sugars 5 g	
Protein 2 g	5 %
Vitamin A	7 %
Vitamin C	59 %
Calcium	3 %
Iron	3 %
* 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 436	
% Daily Value *	
Total Fat 29 g	45 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 248 mg	83 %
Sodium 1021 mg	43 %
Potassium 618 mg	18 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	23 %
Sugars 7 g	
Protein 27 g	55 %
Vitamin A	35 %
Vitamin C	269 %
Calcium	18 %
Iron	10 %
* 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 160	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 12 mg	1 %
Potassium 240 mg	7 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	20 %
* 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.	

January Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Pesto Rotini Pasta
w/ Roasted Tomatoes &
Mushrooms

Salad: Mixed Greens w/
Raspberries, Feta &
Pistachios (w/o dressing)

Dressing

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 638	
% Daily Value *	
Total Fat 42 g	65 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 17 g	
Polyunsaturated Fat 16 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 58 mg	2 %
Potassium 1015 mg	29 %
Total Carbohydrate 57 g	19 %
Dietary Fiber 8 g	30 %
Sugars 5 g	
Protein 15 g	30 %
Vitamin A	96 %
Vitamin C	55 %
Calcium	10 %
Iron	19 %
* 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 190	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 297 mg	12 %
Potassium 394 mg	11 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	22 %
Sugars 4 g	
Protein 10 g	20 %
Vitamin A	44 %
Vitamin C	28 %
Calcium	19 %
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 8.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 10 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 %
* 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.	

*Made without parmesan
or goat cheese

January Week Four, Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Breakfast: Baked Apples
w/ Walnuts & Cherries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 321	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 13 g	63 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 292 mg	8 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 7 g	28 %
Sugars 31 g	
Protein 2 g	3 %
Vitamin A	11 %
Vitamin C	8 %
Calcium	11 %
Iron	5 %
* 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.	

Snack: Roasted Mini Peppers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 92	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 159 mg	5 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 1 g	2 %
Vitamin A	30 %
Vitamin C	199 %
Calcium	4 %
Iron	4 %
* 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.	

Dessert: Dark Chocolate + Almonds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 267	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	23 %
Sugars 1 g	
Protein 8 g	16 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
Iron	6 %
* 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.	