

January Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Cider Cream Scallops over Gluten Free Pasta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 452	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 8 g	41 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 54 mg	18 %
Sodium 912 mg	38 %
Potassium 509 mg	15 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 2 g	9 %
Sugars 2 g	
Protein 32 g	64 %
Vitamin A	6 %
Vitamin C	3 %
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.	

Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 198	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 85 mg	28 %
Sodium 197 mg	8 %
Potassium 0 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	7 %
Sugars 1 g	
Protein 29 g	58 %
Vitamin A	69 %
Vitamin C	27 %
Calcium	4 %
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.	

Roasted Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 74 mg	3 %
Potassium 450 mg	13 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 2 g	4 %
Vitamin A	377 %
Vitamin C	5 %
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.	

January Week Two, Gluten Free
Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 3: Spaghetti Squash
w/ Beef & Mushroom
Marinara Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 467	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 147 mg	6 %
Potassium 232 mg	7 %
Total Carbohydrate 45 g	15 %
Dietary Fiber 3 g	14 %
Sugars 4 g	
Protein 30 g	60 %
Vitamin A	13 %
Vitamin C	18 %
Calcium	14 %
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.	

Meal 4: Chipotle 3-Bean
Veggie Chili

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 254	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 528 mg	22 %
Potassium 287 mg	8 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 14 g	56 %
Sugars 6 g	
Protein 14 g	29 %
Vitamin A	21 %
Vitamin C	80 %
Calcium	19 %
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.	

Corn Muffins

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 183	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 30 mg	10 %
Sodium 29 mg	1 %
Potassium 0 mg	0 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 1 g	3 %
Sugars 11 g	
Protein 3 g	6 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	1 %
Iron	2 %
* 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.	

*Note: Not made w/ Parmesan Cheese

January Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Mixed Greens w/
Beets, Goat Cheese &
Walnuts (w/o dressing)

Dressing

Breakfast: Pumpkin
“Donuts”

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 276	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 10 mg	3 %
Sodium 237 mg	10 %
Potassium 338 mg	10 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 4 g	15 %
Sugars 7 g	
Protein 8 g	17 %
Vitamin A	35 %
Vitamin C	27 %
Calcium	7 %
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.	

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.	

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 171	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 8 g	41 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 993 mg	41 %
Potassium 65 mg	2 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	10 %
Sugars 11 g	
Protein 3 g	6 %
Vitamin A	19 %
Vitamin C	1 %
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.	

January Week Two, Gluten Free
Nutrition Facts
(per serving, based on yield of 4 servings)

Snack: Bananas w/ Spiced
Peanut Butter

Dessert: Honey Broiled
Grapefruit

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 137 mg	6 %
Potassium 434 mg	12 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 5 g	21 %
Sugars 17 g	
Protein 8 g	16 %
Vitamin A	2 %
Vitamin C	18 %
Calcium	4 %
Iron	8 %
* 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 168	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 343 mg	10 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 4 g	16 %
Sugars 33 g	
Protein 2 g	4 %
Vitamin A	56 %
Vitamin C	128 %
Calcium	6 %
Iron	2 %
* 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.	