

January Week Three, Gluten Free

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

Meal 1: Almond Crusted
Salmon

Steamed Broccoli

Roasted Butternut Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 441	
% Daily Value *	
Total Fat 31 g	47 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 150 mg	50 %
Sodium 140 mg	6 %
Potassium 440 mg	13 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 6 g	24 %
Sugars 2 g	
Protein 35 g	69 %
Vitamin A	32 %
Vitamin C	1 %
Calcium	17 %
Iron	25 %
* 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 20	
% 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 20 mg	1 %
Potassium 181 mg	5 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	6 %
Sugars 1 g	
Protein 2 g	3 %
Vitamin A	7 %
Vitamin C	84 %
Calcium	3 %
Iron	2 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 165	
% 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 12 mg	0 %
Potassium 830 mg	24 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 5 g	20 %
Sugars 5 g	
Protein 3 g	5 %
Vitamin A	134 %
Vitamin C	53 %
Calcium	13 %
Iron	26 %
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*Made w/ a 2# butternut squash

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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 2: Maple Mustard
Pork

Roasted Carrots &
Parsnips

Meal 3: Shepherd's Pie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 201	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 406 mg	17 %
Potassium 21 mg	1 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 0 g	0 %
Sugars 6 g	
Protein 22 g	44 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	1 %
Iron	7 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 186	
% 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 60 mg	3 %
Potassium 758 mg	22 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 9 g	35 %
Sugars 9 g	
Protein 3 g	5 %
Vitamin A	178 %
Vitamin C	75 %
Calcium	11 %
Iron	16 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 464	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 9 g	46 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 193 mg	8 %
Potassium 1383 mg	40 %
Total Carbohydrate 47 g	16 %
Dietary Fiber 10 g	38 %
Sugars 11 g	
Protein 27 g	54 %
Vitamin A	170 %
Vitamin C	184 %
Calcium	9 %
Iron	18 %
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Meal 4: Tom Kha Gai Soup

Salad: Mixed Greens w/
Grapes, Avocado,
Cucumber & Sunflower
Seeds (w/o dressing)

Dressing

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 293	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 15 g	75 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 16 mg	5 %
Sodium 583 mg	24 %
Potassium 370 mg	11 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 4 g	17 %
Sugars 6 g	
Protein 16 g	32 %
Vitamin A	71 %
Vitamin C	88 %
Calcium	5 %
Iron	7 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 242	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 113 mg	5 %
Potassium 678 mg	19 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 7 g	28 %
Sugars 5 g	
Protein 6 g	11 %
Vitamin A	54 %
Vitamin C	26 %
Calcium	5 %
Iron	9 %
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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 %
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Nutrition Facts

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Breakfast: Lumberjack Muffins (based on serving size of 1 muffin)

Snack: Kiwi & Pistachios

Dessert: Cherry Berry Cobbler

Nutrition Facts	
Servings 26.0	
Amount Per Serving	
calories 78	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 96 mg	32 %
Sodium 178 mg	7 %
Potassium 41 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	1 %
Sugars 1 g	
Protein 7 g	14 %
Vitamin A	6 %
Vitamin C	13 %
Calcium	1 %
Iron	4 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 250	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 770 mg	22 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 7 g	28 %
Sugars 15 g	
Protein 8 g	16 %
Vitamin A	2 %
Vitamin C	230 %
Calcium	10 %
Iron	8 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 365	
% Daily Value *	
Total Fat 26 g	40 %
Saturated Fat 11 g	54 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 6 mg	0 %
Potassium 295 mg	8 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 12 g	46 %
Sugars 20 g	
Protein 3 g	7 %
Vitamin A	9 %
Vitamin C	4 %
Calcium	16 %
Iron	11 %
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