

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

**Meal 1:** Honey Ginger  
Salmon

Roasted Mushrooms &  
Acorn Squash

**Meal 2:** Salt & Pepper  
Roasted Drumsticks

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 312</b>	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 62 mg	21 %
Sodium 991 mg	41 %
Potassium 576 mg	16 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	0 %
Sugars 5 g	
Protein 25 g	49 %
Vitamin A	1 %
Vitamin C	8 %
Calcium	2 %
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.	

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 204</b>	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 17 mg	1 %
Potassium 1101 mg	31 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	20 %
Sugars 0 g	
Protein 5 g	11 %
Vitamin A	16 %
Vitamin C	40 %
Calcium	7 %
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.	

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 180</b>	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 96 mg	4 %
Potassium 2 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 22 g	44 %
Vitamin A	2 %
Vitamin C	6 %
Calcium	2 %
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.	

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

**Sweet Potato & Pear Soup**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 170	
% Daily Value *	
<b>Total Fat</b> 1 g	<b>2 %</b>
Saturated Fat 0 g	<b>1 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	<b>0 %</b>
Sodium 146 mg	<b>6 %</b>
Potassium 432 mg	<b>12 %</b>
<b>Total Carbohydrate</b> 31 g	<b>10 %</b>
Dietary Fiber 5 g	<b>20 %</b>
Sugars 11 g	
<b>Protein</b> 10 g	<b>19 %</b>
Vitamin A	<b>277 %</b>
Vitamin C	<b>11 %</b>
Calcium	<b>4 %</b>
Iron	<b>4 %</b>
* 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 3: Lamb Kofta w/ Tahini Sauce**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 669	
% Daily Value *	
<b>Total Fat</b> 57 g	<b>87 %</b>
Saturated Fat 15 g	<b>73 %</b>
Monounsaturated Fat 15 g	
Polyunsaturated Fat 14 g	
Trans Fat 1 g	
Cholesterol 0 mg	<b>0 %</b>
Sodium 24 mg	<b>1 %</b>
Potassium 350 mg	<b>10 %</b>
<b>Total Carbohydrate</b> 16 g	<b>5 %</b>
Dietary Fiber 5 g	<b>19 %</b>
Sugars 0 g	
<b>Protein</b> 30 g	<b>61 %</b>
Vitamin A	<b>2 %</b>
Vitamin C	<b>14 %</b>
Calcium	<b>9 %</b>
Iron	<b>19 %</b>
* 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.	

**Mediterranean Quinoa**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 208	
% Daily Value *	
<b>Total Fat</b> 3 g	<b>4 %</b>
Saturated Fat 0 g	<b>1 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	<b>0 %</b>
Sodium 58 mg	<b>2 %</b>
Potassium 320 mg	<b>9 %</b>
<b>Total Carbohydrate</b> 39 g	<b>13 %</b>
Dietary Fiber 5 g	<b>21 %</b>
Sugars 2 g	
<b>Protein</b> 7 g	<b>14 %</b>
Vitamin A	<b>2 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>3 %</b>
Iron	<b>31 %</b>
* 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 One, Gluten Free**  
**Nutrition Facts**  
(per serving, based on yield of 4 servings)

**Meal 4:** Potato & Bacon  
Soup

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 530	
% Daily Value *	
<b>Total Fat</b> 25 g	38 %
Saturated Fat 10 g	51 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 1235 mg	51 %
Potassium 1069 mg	31 %
<b>Total Carbohydrate</b> 40 g	13 %
Dietary Fiber 5 g	19 %
Sugars 6 g	
<b>Protein</b> 28 g	56 %
Vitamin A	60 %
Vitamin C	36 %
Calcium	3 %
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.	

**Salad:** Mixed Greens w/  
Pomegranate, Avocado,  
Cucumber & Walnuts (w/o  
dressing)

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 262	
% Daily Value *	
<b>Total Fat</b> 21 g	32 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 19 mg	1 %
Potassium 695 mg	20 %
<b>Total Carbohydrate</b> 17 g	6 %
Dietary Fiber 8 g	34 %
Sugars 6 g	
<b>Protein</b> 6 g	12 %
Vitamin A	42 %
Vitamin C	30 %
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.	

Dressing

<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
<b>calories</b> 127	
% Daily Value *	
<b>Total Fat</b> 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 %
<b>Total Carbohydrate</b> 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
<b>Protein</b> 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.	

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

**Breakfast:** "Good Luck"  
Scramble

**Snack:** Popcorn Baggies  
w/ Coconut Chips

**Dessert:** Snickerdoodles

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 495</b>	
% Daily Value *	
Total Fat 32 g	50 %
Saturated Fat 13 g	66 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 399 mg	133 %
Sodium 1289 mg	54 %
Potassium 45 mg	1 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	17 %
Sugars 0 g	
Protein 32 g	64 %
Vitamin A	30 %
Vitamin C	15 %
Calcium	10 %
Iron	13 %
* 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.	

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 77</b>	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 26 mg	1 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	10 %
Sugars 1 g	
Protein 2 g	3 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
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.	

<b>Nutrition Facts</b>	
Servings 12.0	
Amount Per Serving	
<b>calories 233</b>	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 8 g	42 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 30 mg	10 %
Sodium 65 mg	3 %
Potassium 20 mg	1 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 1 g	3 %
Sugars 6 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	0 %
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.	