

## February Week One, Gluten Free

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

**Meal 1:** Paprika Roasted Chicken

Trio of Roasted Veggies

**Meal 2:** Cauliflower Chowder

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 380	
% Daily Value *	
Total Fat 32 g	49 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 685 mg	29 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 18 g	36 %
Vitamin A	38 %
Vitamin C	0 %
Calcium	2 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 103	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 63 mg	3 %
Potassium 553 mg	16 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 5 g	22 %
Sugars 6 g	
Protein 2 g	3 %
Vitamin A	113 %
Vitamin C	31 %
Calcium	6 %
Iron	5 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 280	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 15 g	76 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 369 mg	15 %
Potassium 433 mg	12 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 6 g	25 %
Sugars 12 g	
Protein 8 g	16 %
Vitamin A	143 %
Vitamin C	254 %
Calcium	9 %
Iron	11 %
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### Meal 3: Slow Cooker Curried Short Ribs

### Polenta

### Meal 4: Turkey Taco Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 481	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 15 g	76 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 160 mg	53 %
Sodium 1308 mg	55 %
Potassium 39 mg	1 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	8 %
Sugars 5 g	
Protein 45 g	89 %
Vitamin A	1 %
Vitamin C	11 %
Calcium	5 %
Iron	32 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
Iron	2 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 540	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 64 mg	21 %
Sodium 1520 mg	63 %
Potassium 1127 mg	32 %
Total Carbohydrate 77 g	26 %
Dietary Fiber 19 g	76 %
Sugars 13 g	
Protein 35 g	70 %
Vitamin A	43 %
Vitamin C	115 %
Calcium	11 %
Iron	32 %
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\*Note: not made w/ avocado  
or dairy

## February Week One, Gluten Free

Nutrition Facts  
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**Salad:** Classic Side Salad  
(w/o dressing)

Dressing (per serving,  
based on 8 servings)

**Breakfast:** Pear Muffins  
(per serving, based on 20  
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 85	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 18 mg	1 %
Potassium 496 mg	14 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 4 g	15 %
Sugars 2 g	
Protein 2 g	5 %
Vitamin A	47 %
Vitamin C	28 %
Calcium	2 %
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.	

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 129	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 2 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 77	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 37 mg	12 %
Sodium 204 mg	8 %
Potassium 93 mg	3 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	10 %
Sugars 7 g	
Protein 2 g	5 %
Vitamin A	1 %
Vitamin C	4 %
Calcium	2 %
Iron	3 %
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## Nutrition Facts

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**Snack:** Olives & Cheese

**Dessert:** Cinnamon Honey  
Coconut "Ice Cream" (per  
serving, based on 8  
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 115	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 340 mg	14 %
Potassium 150 mg	4 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	4 %
Vitamin C	0 %
Calcium	11 %
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 8.0	
Amount Per Serving	
calories 313	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 21 g	103 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 58 mg	2 %
Potassium 47 mg	1 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	16 %
Sugars 19 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
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.	

\*Note: Made w/o walnuts