

February Week One, Gluten Free

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

Meal 1: Beef Stir Fry w/
Broccoli

Sesame Quinoa

Meal 2: Chili Roasted Sea
Bass

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 340	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 836 mg	35 %
Potassium 489 mg	14 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 27 g	55 %
Vitamin A	19 %
Vitamin C	235 %
Calcium	10 %
Iron	21 %
* 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 219	
% Daily Value *	
Total Fat 9 g	15 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 9 mg	0 %
Potassium 315 mg	9 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 3 g	10 %
Sugars 0 g	
Protein 6 g	11 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	22 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 236	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 145 mg	6 %
Potassium 290 mg	8 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 1 g	3 %
Sugars 0 g	
Protein 23 g	47 %
Vitamin A	6 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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Nutrition Facts
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Mexican Quinoa Pilaf

Meal 3: Lemon-Parsley
Pork Chops

Cabbage & Apples

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 560	
% Daily Value *	
Total Fat 30 g	46 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 16 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 127 mg	5 %
Potassium 845 mg	24 %
Total Carbohydrate 59 g	20 %
Dietary Fiber 17 g	67 %
Sugars 6 g	
Protein 19 g	38 %
Vitamin A	38 %
Vitamin C	71 %
Calcium	12 %
Iron	23 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 243	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 39 mg	13 %
Sodium 188 mg	8 %
Potassium 244 mg	7 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 13 g	27 %
Vitamin A	13 %
Vitamin C	24 %
Calcium	2 %
Iron	5 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 145	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 100 mg	4 %
Potassium 113 mg	3 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 7 g	28 %
Sugars 19 g	
Protein 3 g	7 %
Vitamin A	49 %
Vitamin C	206 %
Calcium	10 %
Iron	10 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Pinto Bean, Kale & Sweet Potato Soup

Salad: Mixed Greens w/ Strawberries, Pecans & Goat Cheese (w/o dressing)

Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 177	
% Daily Value *	
Total Fat 2 g	4 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 370 mg	15 %
Potassium 423 mg	12 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 10 g	41 %
Sugars 5 g	
Protein 8 g	17 %
Vitamin A	182 %
Vitamin C	73 %
Calcium	15 %
Iron	23 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 179	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 150 mg	6 %
Potassium 248 mg	7 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 3 g	10 %
Sugars 3 g	
Protein 8 g	15 %
Vitamin A	39 %
Vitamin C	50 %
Calcium	4 %
Iron	3 %
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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

(per serving, based on yield of 4 servings)

Breakfast: Sweet Potato Bird's Nest (per serving, based on 8 servings)

Snack: Pear w/ Sunflower Seed Butter

Dessert: Strawberries & Dark Chocolate

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 164	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 205 mg	68 %
Sodium 454 mg	19 %
Potassium 161 mg	5 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 12 g	25 %
Vitamin A	52 %
Vitamin C	3 %
Calcium	4 %
Iron	10 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 296	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 333 mg	10 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 13 g	52 %
Sugars 20 g	
Protein 7 g	15 %
Vitamin A	0 %
Vitamin C	19 %
Calcium	3 %
Iron	6 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 46	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 14 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	1 %
Sugars 5 g	
Protein 1 g	1 %
Vitamin A	0 %
Vitamin C	8 %
Calcium	1 %
Iron	4 %
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