

February Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Shrimp, Mushroom & Feta in Tomato Sauce Brown Rice

Meal 2: Sausage, White Bean, Potato & Chard Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 244	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 193 mg	64 %
Sodium 1263 mg	53 %
Potassium 80 mg	2 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 4 g	16 %
Sugars 10 g	
Protein 38 g	76 %
Vitamin A	36 %
Vitamin C	17 %
Calcium	28 %
Iron	26 %
* 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 62	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 20 mg	1 %
Potassium 61 mg	2 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	1 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 370	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 1614 mg	67 %
Potassium 642 mg	18 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 9 g	35 %
Sugars 9 g	
Protein 27 g	55 %
Vitamin A	78 %
Vitamin C	49 %
Calcium	12 %
Iron	28 %
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(per serving, based on yield of 4 servings)

Meal 3: Chicken w/ Peanut Sesame Broccoli
Dipping Sauce

Brown Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 283	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 364 mg	15 %
Potassium 225 mg	6 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 26 g	51 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	2 %
Iron	7 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 117	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 51 mg	2 %
Potassium 38 mg	1 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 4 g	9 %
Vitamin A	20 %
Vitamin C	223 %
Calcium	7 %
Iron	7 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 62	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 20 mg	1 %
Potassium 61 mg	2 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	1 %
Iron	1 %
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Meal 4: Turkey Zucchini Lasagna (per serving, based on 8 servings)

Salad: Grapefruit & Avocado (w/o dressing)

Champagne Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 347	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 57 mg	19 %
Sodium 592 mg	25 %
Potassium 382 mg	11 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 5 g	21 %
Sugars 8 g	
Protein 28 g	56 %
Vitamin A	19 %
Vitamin C	137 %
Calcium	36 %
Iron	14 %
* 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 218	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 17 mg	1 %
Potassium 677 mg	19 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	19 %
Sugars 2 g	
Protein 6 g	12 %
Vitamin A	51 %
Vitamin C	97 %
Calcium	7 %
Iron	8 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 41	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 8 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 3 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	0 %
Iron	0 %
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*Note: Made w/ dairy

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Nutrition Facts
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Breakfast: Oatmeal w/ PB
& Bananas

Snack: Bell Pepper Slices
w/ Peanut Butter Dipping
Sauce

Dessert: PB-Cocoa
Oatmeal Cookies (per
serving, based on 20
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 437	
% Daily Value *	
Total Fat 19 g	28 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 3 mg	1 %
Sodium 3 mg	0 %
Potassium 362 mg	10 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 8 g	32 %
Sugars 13 g	
Protein 16 g	32 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	29 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 156	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 138 mg	6 %
Potassium 343 mg	10 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 5 g	20 %
Sugars 8 g	
Protein 5 g	10 %
Vitamin A	50 %
Vitamin C	347 %
Calcium	1 %
Iron	6 %
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Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 2 mg	0 %
Potassium 5 mg	0 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	7 %
Sugars 7 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	6 %
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