

February Week One, Gluten Free

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

Meal 1: Ginger-Lime
Salmon Pouches

Red Pepper & Sweet
Potato Soup

Meal 2: Oriental Cashew
Chicken

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 228 | |
| % Daily Value * | |
| Total Fat 15 g | 24 % |
| Saturated Fat 2 g | 8 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 68 mg | 23 % |
| Sodium 208 mg | 9 % |
| Potassium 47 mg | 1 % |
| Total Carbohydrate 5 g | 2 % |
| Dietary Fiber 1 g | 4 % |
| Sugars 1 g | |
| Protein 19 g | 37 % |
| Vitamin A | 7 % |
| Vitamin C | 23 % |
| Calcium | 3 % |
| 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 130 | |
| % 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 197 mg | 8 % |
| Potassium 535 mg | 15 % |
| Total Carbohydrate 30 g | 10 % |
| Dietary Fiber 5 g | 20 % |
| Sugars 10 g | |
| Protein 3 g | 5 % |
| Vitamin A | 337 % |
| Vitamin C | 62 % |
| Calcium | 4 % |
| 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 4.0 | |
| Amount Per Serving | |
| calories 331 | |
| % Daily Value * | |
| Total Fat 22 g | 33 % |
| Saturated Fat 4 g | 18 % |
| Monounsaturated Fat 8 g | |
| Polyunsaturated Fat 5 g | |
| Trans Fat 0 g | |
| Cholesterol 92 mg | 31 % |
| Sodium 419 mg | 17 % |
| Potassium 371 mg | 11 % |
| Total Carbohydrate 6 g | 2 % |
| Dietary Fiber 1 g | 4 % |
| Sugars 1 g | |
| Protein 30 g | 60 % |
| Vitamin A | 1 % |
| Vitamin C | 2 % |
| Calcium | 4 % |
| Iron | 4 % |
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Nutrition Facts
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Rice Noodles

Meal 3: Roasted Pork w/
Apples & Rutabaga

Meal 4: Slow Cooker
Classic Beef & Root
Veggie Stew

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 218 | |
| % 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 0 mg | 0 % |
| Potassium 0 mg | 0 % |
| Total Carbohydrate 51 g | 17 % |
| Dietary Fiber 0 g | 0 % |
| Sugars 0 g | |
| Protein 3 g | 7 % |
| Vitamin A | 0 % |
| Vitamin C | 0 % |
| Calcium | 0 % |
| Iron | 0 % |
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| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 312 | |
| % Daily Value * | |
| Total Fat 15 g | 23 % |
| Saturated Fat 8 g | 38 % |
| Monounsaturated Fat 3 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 89 mg | 30 % |
| Sodium 188 mg | 8 % |
| Potassium 963 mg | 28 % |
| Total Carbohydrate 18 g | 6 % |
| Dietary Fiber 5 g | 18 % |
| Sugars 9 g | |
| Protein 26 g | 52 % |
| Vitamin A | 8 % |
| Vitamin C | 88 % |
| Calcium | 8 % |
| 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 4.0 | |
| Amount Per Serving | |
| calories 376 | |
| % Daily Value * | |
| Total Fat 8 g | 12 % |
| Saturated Fat 3 g | 17 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 109 mg | 36 % |
| Sodium 484 mg | 20 % |
| Potassium 1504 mg | 43 % |
| Total Carbohydrate 23 g | 8 % |
| Dietary Fiber 5 g | 21 % |
| Sugars 10 g | |
| Protein 43 g | 86 % |
| Vitamin A | 115 % |
| Vitamin C | 39 % |
| Calcium | 15 % |
| Iron | 33 % |
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Nutrition Facts
(per serving, based on yield of 4 servings)

Salad: Spinach w/
Blueberries, Sliced
Almonds & Goat Cheese
(w/o dressing)

Dressing (per serving,
based on 8 servings)

Breakfast: Peanut Butter &
Cherry Breakfast Cookies
(per serving, based on 8
servings)

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 205 | |
| % Daily Value * | |
| Total Fat 16 g | 24 % |
| Saturated Fat 5 g | 25 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 35 mg | 12 % |
| Sodium 165 mg | 7 % |
| Potassium 397 mg | 11 % |
| Total Carbohydrate 12 g | 4 % |
| Dietary Fiber 7 g | 28 % |
| Sugars 5 g | |
| Protein 11 g | 21 % |
| Vitamin A | 2 % |
| Vitamin C | 6 % |
| Calcium | 8 % |
| 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 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 % |
| * 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 300 | |
| % Daily Value * | |
| Total Fat 17 g | 26 % |
| Saturated Fat 3 g | 14 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 29 mg | 10 % |
| Sodium 161 mg | 7 % |
| Potassium 258 mg | 7 % |
| Total Carbohydrate 33 g | 11 % |
| Dietary Fiber 4 g | 16 % |
| Sugars 22 g | |
| Protein 9 g | 17 % |
| Vitamin A | 0 % |
| Vitamin C | 0 % |
| Calcium | 1 % |
| 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. | |

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Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Plantain Chips w/
Avocado

Dessert: Cookie Dough
Bites (per serving, based
on 8 servings)

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 262 | |
| % Daily Value * | |
| Total Fat 17 g | 26 % |
| Saturated Fat 5 g | 23 % |
| Monounsaturated Fat 7 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 57 mg | 2 % |
| Potassium 571 mg | 16 % |
| Total Carbohydrate 28 g | 9 % |
| Dietary Fiber 6 g | 26 % |
| Sugars 2 g | |
| Protein 3 g | 5 % |
| Vitamin A | 6 % |
| Vitamin C | 35 % |
| Calcium | 1 % |
| 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 168 | |
| % Daily Value * | |
| Total Fat 13 g | 19 % |
| Saturated Fat 8 g | 39 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 3 mg | 1 % |
| Sodium 6 mg | 0 % |
| Potassium 21 mg | 1 % |
| Total Carbohydrate 13 g | 4 % |
| Dietary Fiber 1 g | 3 % |
| Sugars 10 g | |
| Protein 2 g | 4 % |
| Vitamin A | 0 % |
| Vitamin C | 0 % |
| Calcium | 3 % |
| Iron | 2 % |
| * 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. | |