

March Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Pecan-Crusted Chicken

Collard Green Salad w/
Tomato, White Bean,
Olives & Feta (w/o
dressing)

Lemon-Basil Vinaigrette
(per serving, based on 8
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 487	
% Daily Value *	
Total Fat 38 g	59 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 18 g	
Polyunsaturated Fat 10 g	
Trans Fat 0 g	
Cholesterol 138 mg	46 %
Sodium 318 mg	13 %
Potassium 340 mg	10 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 5 g	19 %
Sugars 3 g	
Protein 35 g	69 %
Vitamin A	15 %
Vitamin C	1 %
Calcium	6 %
Iron	17 %
* 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 318	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 739 mg	31 %
Potassium 457 mg	13 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 8 g	31 %
Sugars 3 g	
Protein 11 g	23 %
Vitamin A	12 %
Vitamin C	4 %
Calcium	23 %
Iron	13 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 62	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 7 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	2 %
Vitamin C	2 %
Calcium	0 %
Iron	1 %
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(per serving, based on yield of 4 servings)

Meal 2: Salmon, Green Bean, Almond & Strawberry Salad (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 401	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 10 g	48 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 805 mg	34 %
Potassium 647 mg	18 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 6 g	23 %
Sugars 6 g	
Protein 35 g	70 %
Vitamin A	10 %
Vitamin C	98 %
Calcium	35 %
Iron	13 %
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Lemon-Basil Vinaigrette
(per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 62	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 7 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	2 %
Vitamin C	2 %
Calcium	0 %
Iron	1 %
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Meal 3: Grassfed Beef Tostadas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 605	
% Daily Value *	
Total Fat 32 g	49 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 484 mg	20 %
Potassium 419 mg	12 %
Total Carbohydrate 49 g	16 %
Dietary Fiber 15 g	59 %
Sugars 6 g	
Protein 33 g	65 %
Vitamin A	23 %
Vitamin C	23 %
Calcium	7 %
Iron	17 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Broccoli & Potato Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 239	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 228 mg	9 %
Potassium 1452 mg	41 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 8 g	31 %
Sugars 7 g	
Protein 8 g	15 %
Vitamin A	34 %
Vitamin C	202 %
Calcium	29 %
Iron	19 %
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Salad: Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 220	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 187 mg	8 %
Potassium 729 mg	21 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 9 g	36 %
Sugars 7 g	
Protein 6 g	12 %
Vitamin A	389 %
Vitamin C	29 %
Calcium	6 %
Iron	9 %
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Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 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	2 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Eggs over Zoodles w/ Sausages

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 221	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 211 mg	70 %
Sodium 552 mg	23 %
Potassium 469 mg	13 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 20 g	41 %
Vitamin A	25 %
Vitamin C	7 %
Calcium	5 %
Iron	10 %
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Snack: Tropical Green Smoothie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 254	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 31 mg	1 %
Potassium 1110 mg	32 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 10 g	39 %
Sugars 34 g	
Protein 5 g	10 %
Vitamin A	89 %
Vitamin C	383 %
Calcium	12 %
Iron	11 %
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Dessert: Coconut Ice Cream Topped w/ Balsamic Marinated Strawberries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 184	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 59 mg	2 %
Potassium 128 mg	4 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 1 g	5 %
Sugars 22 g	
Protein 4 g	7 %
Vitamin A	6 %
Vitamin C	92 %
Calcium	12 %
Iron	6 %
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