

March Week One, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Sesame-Ginger
Salmon

Curried Eggplant &
Cauliflower

Meal 2: Apricot-Glazed
Chicken Thighs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 268	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 97 mg	32 %
Sodium 341 mg	14 %
Potassium 4 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 32 g	63 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	0 %
Iron	0 %
* 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 196	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 176 mg	7 %
Potassium 314 mg	9 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 8 g	30 %
Sugars 8 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	123 %
Calcium	7 %
Iron	7 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 161	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 166 mg	7 %
Potassium 25 mg	1 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 0 g	0 %
Sugars 5 g	
Protein 18 g	36 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	1 %
Iron	7 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Green Beans

Sweet Potatoes

Meal 3: Grassfed Beef & Mushroom Spaghetti

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 25	
% 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 1 mg	0 %
Potassium 2 mg	0 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 3 g	12 %
Sugars 2 g	
Protein 1 g	2 %
Vitamin A	4 %
Vitamin C	10 %
Calcium	4 %
Iron	2 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 86	
% 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 37 mg	2 %
Potassium 221 mg	6 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	184 %
Vitamin C	3 %
Calcium	2 %
Iron	2 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 625	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 1248 mg	52 %
Potassium 933 mg	27 %
Total Carbohydrate 85 g	28 %
Dietary Fiber 6 g	22 %
Sugars 11 g	
Protein 32 g	64 %
Vitamin A	16 %
Vitamin C	28 %
Calcium	3 %
Iron	15 %
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Nutrition Facts
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Meal 4: Sausage, Shrimp
& Veggie Gumbo

Salad: Mixed Greens w/
Raspberry, Feta &
Pistachios (w/o dressing)

Balsamic Vinaigrette (per
serving, based on 8
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 313	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 137 mg	46 %
Sodium 978 mg	41 %
Potassium 774 mg	22 %
Total Carbohydrate 48 g	16 %
Dietary Fiber 6 g	25 %
Sugars 8 g	
Protein 26 g	52 %
Vitamin A	19 %
Vitamin C	241 %
Calcium	14 %
Iron	18 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 143	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 370 mg	15 %
Potassium 93 mg	3 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 5 g	22 %
Sugars 4 g	
Protein 9 g	18 %
Vitamin A	4 %
Vitamin C	27 %
Calcium	12 %
Iron	2 %
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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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March Week One, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Asparagus, Mushroom & Goat Cheese Frittata

Snack: Baba Ganoush w/ Carrots

Dessert: Cherry Parfaits (per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 261	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 393 mg	131 %
Sodium 287 mg	12 %
Potassium 164 mg	5 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	14 %
Sugars 2 g	
Protein 20 g	40 %
Vitamin A	24 %
Vitamin C	13 %
Calcium	8 %
Iron	19 %
* 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 279	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 82 mg	3 %
Potassium 699 mg	20 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 10 g	38 %
Sugars 11 g	
Protein 9 g	19 %
Vitamin A	380 %
Vitamin C	25 %
Calcium	8 %
Iron	12 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 175	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 66 mg	3 %
Potassium 251 mg	7 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 1 g	5 %
Sugars 13 g	
Protein 12 g	24 %
Vitamin A	12 %
Vitamin C	6 %
Calcium	15 %
Iron	2 %
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