

March Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Roasted Sweet Potato, Caramelized Onion & Goat Cheese Tart

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 416	
% Daily Value *	
Total Fat 33 g	51 %
Saturated Fat 13 g	66 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 112 mg	37 %
Sodium 292 mg	12 %
Potassium 268 mg	8 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 6 g	22 %
Sugars 5 g	
Protein 12 g	25 %
Vitamin A	196 %
Vitamin C	3 %
Calcium	9 %
Iron	9 %
* 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.	

Meal 2: Whole Baked Chicken (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 263	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 100 mg	33 %
Sodium 82 mg	3 %
Potassium 55 mg	2 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	6 %
Sugars 0 g	
Protein 21 g	43 %
Vitamin A	17 %
Vitamin C	45 %
Calcium	5 %
Iron	11 %
* 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.	

Roasted Fennel & Fingerling Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 227	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 62 mg	3 %
Potassium 1199 mg	34 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 7 g	28 %
Sugars 8 g	
Protein 6 g	12 %
Vitamin A	23 %
Vitamin C	75 %
Calcium	8 %
Iron	12 %
* 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.	

*Note: made with a 2# chicken

March Week Two, Gluten Free
Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 3: Beef Fajitas

Not Fried Beans

Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 376	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 303 mg	13 %
Potassium 195 mg	6 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 4 g	14 %
Sugars 5 g	
Protein 24 g	48 %
Vitamin A	9 %
Vitamin C	207 %
Calcium	13 %
Iron	34 %
* 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 123	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 341 mg	14 %
Potassium 0 mg	0 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	21 %
Sugars 1 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	4 %
Iron	9 %
* 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 133	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 510 mg	15 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 6 g	24 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	11 %
Vitamin C	38 %
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.	

March Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Turkey Minestrone

Salad: Italian Side Salad
(w/o dressing)

Basil Vinaigrette (per
serving, based on 8
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 305	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 53 mg	18 %
Sodium 326 mg	14 %
Potassium 833 mg	24 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 9 g	37 %
Sugars 10 g	
Protein 28 g	57 %
Vitamin A	104 %
Vitamin C	57 %
Calcium	12 %
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 97	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 548 mg	23 %
Potassium 289 mg	9 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	6 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	11 %
Vitamin C	28 %
Calcium	2 %
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.	

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 121	
% 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 7 mg	0 %
Potassium 21 mg	1 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
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.	

March Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Homemade Sausage Patties (per serving, based on 8 servings)

Poached Eggs

Roasted Sweet Potatoes

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 155	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 41 mg	14 %
Sodium 143 mg	6 %
Potassium 197 mg	6 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	2 %
Sugars 0 g	
Protein 10 g	20 %
Vitamin A	1 %
Vitamin C	2 %
Calcium	3 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 60	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 179 mg	60 %
Sodium 73 mg	3 %
Potassium 3 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	6 %
Vitamin C	2 %
Calcium	2 %
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 56	
% 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 36 mg	1 %
Potassium 219 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 %
* 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.	

March Week Two, Gluten Free **Nutrition Facts** (per serving, based on yield of 4 servings)

Snack: Apple “Nachos”

Dessert: Almond Butter
Rice Crispies (per serving,
based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 173	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 171 mg	5 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 6 g	24 %
Sugars 13 g	
Protein 4 g	8 %
Vitamin A	2 %
Vitamin C	6 %
Calcium	11 %
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 168	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 25 mg	1 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 3 g	10 %
Sugars 10 g	
Protein 4 g	8 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
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.	