

February Week One, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Slow Cooker Pork Garlic Mojo Sauce Mashed Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 522	
% Daily Value *	
Total Fat 39 g	61 %
Saturated Fat 14 g	72 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 140 mg	47 %
Sodium 224 mg	9 %
Potassium 38 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 2 g	
Protein 39 g	77 %
Vitamin A	0 %
Vitamin C	7 %
Calcium	1 %
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 265	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 105 mg	3 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	1 %
Sugars 3 g	
Protein 0 g	1 %
Vitamin A	1 %
Vitamin C	45 %
Calcium	1 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 112	
% 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 72 mg	3 %
Potassium 438 mg	13 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	16 %
Sugars 5 g	
Protein 2 g	4 %
Vitamin A	369 %
Vitamin C	5 %
Calcium	4 %
Iron	4 %
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Nutrition Facts
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Meal 2: Marinated Flank Steak

Grilled Pineapple,
Zucchini, Peppers &
Onions

Meal 3: Mexican Pork Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 316	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 85 mg	28 %
Sodium 346 mg	14 %
Potassium 25 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 23 g	47 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	5 %
Iron	16 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 125	
% 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 7 mg	0 %
Potassium 420 mg	12 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 4 g	15 %
Sugars 9 g	
Protein 2 g	4 %
Vitamin A	29 %
Vitamin C	226 %
Calcium	4 %
Iron	6 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 681	
% Daily Value *	
Total Fat 48 g	74 %
Saturated Fat 16 g	78 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 140 mg	47 %
Sodium 1066 mg	44 %
Potassium 421 mg	12 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 5 g	21 %
Sugars 9 g	
Protein 40 g	81 %
Vitamin A	17 %
Vitamin C	52 %
Calcium	12 %
Iron	31 %
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Nutrition Facts
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Meal 4: Trout

Rice

Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 259	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 56 mg	19 %
Sodium 295 mg	12 %
Potassium 35 mg	1 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 1 g	6 %
Sugars 2 g	
Protein 20 g	40 %
Vitamin A	8 %
Vitamin C	26 %
Calcium	12 %
Iron	12 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% Daily Value *	
Total Fat 1 g	2 %
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 100 mg	3 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 30	
% 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 435 mg	18 %
Potassium 150 mg	4 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 2 g	3 %
Vitamin A	6 %
Vitamin C	6 %
Calcium	3 %
Iron	3 %
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Salad: Arugula w/
Tomatoes, Basil &
Mozzarella (w/o dressing)

Balsamic Vinaigrette (per
serving, based on 8
servings)

Breakfast: Sweet Potato w/
Prosciutto & Pears

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 129	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 14 mg	1 %
Potassium 264 mg	8 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	6 %
Sugars 2 g	
Protein 3 g	7 %
Vitamin A	22 %
Vitamin C	16 %
Calcium	4 %
Iron	7 %
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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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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 334	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 1394 mg	58 %
Potassium 644 mg	18 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 10 g	40 %
Sugars 22 g	
Protein 19 g	37 %
Vitamin A	369 %
Vitamin C	17 %
Calcium	5 %
Iron	9 %
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Nutrition Facts

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Snack: Peppers & Guac

Dessert: Tropical Fruit Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 122	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 812 mg	34 %
Potassium 341 mg	10 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 4 g	18 %
Sugars 7 g	
Protein 1 g	3 %
Vitamin A	34 %
Vitamin C	196 %
Calcium	9 %
Iron	12 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 176	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 7 g	34 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 120 mg	5 %
Potassium 147 mg	4 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 7 g	29 %
Sugars 15 g	
Protein 2 g	5 %
Vitamin A	1 %
Vitamin C	66 %
Calcium	2 %
Iron	7 %
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