

March Week Three, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Greek Chicken Salad (w/o dressing)

Greek Vinaigrette (per serving, based on 8 servings)

Meal 2: Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 284	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 70 mg	23 %
Sodium 707 mg	29 %
Potassium 513 mg	15 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	10 %
Sugars 4 g	
Protein 29 g	58 %
Vitamin A	113 %
Vitamin C	18 %
Calcium	15 %
Iron	8 %
* 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 123	
% 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 2 mg	0 %
Potassium 9 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 163	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 242 mg	10 %
Potassium 379 mg	11 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 21 g	42 %
Vitamin A	0 %
Vitamin C	8 %
Calcium	0 %
Iron	4 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Sautéed Spinach w/
Mushrooms & Feta

Meal 3: Asian Turkey
Lettuce Wraps

Asian Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 176	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 399 mg	17 %
Potassium 336 mg	10 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	11 %
Sugars 3 g	
Protein 10 g	20 %
Vitamin A	111 %
Vitamin C	38 %
Calcium	16 %
Iron	13 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 308	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 100 mg	33 %
Sodium 221 mg	9 %
Potassium 364 mg	10 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 4 g	15 %
Sugars 6 g	
Protein 30 g	60 %
Vitamin A	111 %
Vitamin C	83 %
Calcium	9 %
Iron	21 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 63	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 71 mg	3 %
Potassium 38 mg	1 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	3 %
Sugars 1 g	
Protein 1 g	3 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	0 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Garlic Roasted
Pork Chops

3 Bean Salad

Salad: Spinach, Pine Nut,
Golden Raisin & Parmesan
(w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 193	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 78 mg	26 %
Sodium 794 mg	33 %
Potassium 476 mg	14 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 32 g	64 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 463	
% 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 264 mg	11 %
Potassium 75 mg	2 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 18 g	70 %
Sugars 3 g	
Protein 14 g	28 %
Vitamin A	6 %
Vitamin C	10 %
Calcium	12 %
Iron	20 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 244	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 13 mg	4 %
Sodium 247 mg	10 %
Potassium 453 mg	13 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 2 g	10 %
Sugars 16 g	
Protein 8 g	16 %
Vitamin A	70 %
Vitamin C	17 %
Calcium	19 %
Iron	15 %
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Nutrition Facts

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Balsamic Vinaigrette (per serving, based on 8 servings)

Breakfast: GF Banana Bread Granola w/ Berries (per serving, based on 10 servings)

Snack: Grapes & Cashews

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 10.0	
Amount Per Serving	
calories 279	
% Daily Value *	
Total Fat 17 g	27 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 270 mg	8 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 6 g	23 %
Sugars 9 g	
Protein 6 g	11 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	4 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 222	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 7 mg	0 %
Potassium 176 mg	5 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 2 g	7 %
Sugars 17 g	
Protein 6 g	11 %
Vitamin A	2 %
Vitamin C	6 %
Calcium	3 %
Iron	11 %
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Nutrition Facts
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Dessert: Peanut Butter
Cups (per serving, based
on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 251	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 17 g	85 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 28 mg	1 %
Potassium 117 mg	3 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 3 g	12 %
Sugars 12 g	
Protein 3 g	5 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	7 %
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