

April Week One, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Slow-Cooker Spring Lamb Roast

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 377	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 125 mg	42 %
Sodium 253 mg	11 %
Potassium 1025 mg	29 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	10 %
Sugars 4 g	
Protein 41 g	82 %
Vitamin A	58 %
Vitamin C	16 %
Calcium	5 %
Iron	1 %
* 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 Potatoes & Brussels' Sprouts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 199	
% Daily Value *	
Total Fat 7 g	12 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 35 mg	1 %
Potassium 915 mg	26 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 6 g	23 %
Sugars 3 g	
Protein 6 g	13 %
Vitamin A	17 %
Vitamin C	171 %
Calcium	5 %
Iron	13 %
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Meal 2: Ginger-Sesame Roasted Pork Chops

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 282	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 54 mg	2 %
Potassium 6 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 29 g	59 %
Vitamin A	0 %
Vitamin C	5 %
Calcium	0 %
Iron	3 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Stir Fried Veggies

Meal 3: Slow Cooker
Spring Lamb Roast

Sautéed Kale

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 180	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 352 mg	15 %
Potassium 849 mg	24 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 7 g	30 %
Sugars 12 g	
Protein 7 g	14 %
Vitamin A	128 %
Vitamin C	483 %
Calcium	10 %
Iron	12 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 377	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 125 mg	42 %
Sodium 253 mg	11 %
Potassium 1025 mg	29 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	10 %
Sugars 4 g	
Protein 41 g	82 %
Vitamin A	58 %
Vitamin C	16 %
Calcium	5 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 83	
% Daily Value *	
Total Fat 4 g	7 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 35 mg	1 %
Potassium 461 mg	13 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	15 %
Sugars 2 g	
Protein 4 g	8 %
Vitamin A	170 %
Vitamin C	171 %
Calcium	14 %
Iron	9 %
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April Week One, Gluten Free **Nutrition Facts** (per serving, based on yield of 4 servings)

Polenta

Meal 4: Carrot & Zucchini
Frittata (per serving, based
on 8 servings)

Strawberries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 260	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 50 g	17 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 105	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 233 mg	78 %
Sodium 102 mg	4 %
Potassium 236 mg	7 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 1 g	
Protein 9 g	17 %
Vitamin A	60 %
Vitamin C	8 %
Calcium	5 %
Iron	8 %
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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 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	4 %
Sugars 4 g	
Protein 1 g	1 %
Vitamin A	0 %
Vitamin C	80 %
Calcium	1 %
Iron	1 %
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Salad: Mixed Greens,
Grapes, Avocado &
Sunflower Seeds

Balsamic Vinaigrette (per
serving, based on 8
servings)

Breakfast: Lemon
Raspberry Muffins (per
serving, based on 12
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 161	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 122 mg	5 %
Potassium 379 mg	11 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 6 g	23 %
Sugars 6 g	
Protein 4 g	9 %
Vitamin A	6 %
Vitamin C	15 %
Calcium	3 %
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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Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 196	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 10 g	50 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 78 mg	26 %
Sodium 101 mg	4 %
Potassium 52 mg	1 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 4 g	16 %
Sugars 13 g	
Protein 4 g	9 %
Vitamin A	2 %
Vitamin C	8 %
Calcium	2 %
Iron	9 %
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Snack: Turkey + Avocado
+ Mustard Roll Ups

Dessert: Poached Pears

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 130	
% 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 21 mg	1 %
Potassium 177 mg	5 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 3 g	10 %
Sugars 0 g	
Protein 1 g	1 %
Vitamin A	1 %
Vitamin C	6 %
Calcium	0 %
Iron	1 %
* 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 134	
% 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 2 mg	0 %
Potassium 257 mg	7 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 6 g	25 %
Sugars 23 g	
Protein 1 g	1 %
Vitamin A	1 %
Vitamin C	15 %
Calcium	1 %
Iron	2 %
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