

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

Meal 1: BBQ Shrimp

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 188	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 227 mg	76 %
Sodium 662 mg	28 %
Potassium 450 mg	13 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 1 g	3 %
Sugars 13 g	
Protein 29 g	57 %
Vitamin A	11 %
Vitamin C	5 %
Calcium	8 %
Iron	14 %
* 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.	

Mashed Sweet Potatoes

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 %
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Steamed Snap Peas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 26	
% 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 128 mg	4 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 2 g	6 %
Sugars 2 g	
Protein 2 g	3 %
Vitamin A	15 %
Vitamin C	68 %
Calcium	3 %
Iron	8 %
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April Week Three, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 2: Italian Chicken
Legs w/ Carrots, Parsnips
& Fennel

Meal 3: Slow Cooker BBQ Potato Salad
Ribs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 503	
% Daily Value *	
Total Fat 29 g	45 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 113 mg	38 %
Sodium 728 mg	30 %
Potassium 845 mg	24 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 9 g	37 %
Sugars 10 g	
Protein 28 g	55 %
Vitamin A	113 %
Vitamin C	52 %
Calcium	9 %
Iron	18 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 345	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 120 mg	40 %
Sodium 784 mg	33 %
Potassium 48 mg	1 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	7 %
Sugars 14 g	
Protein 37 g	74 %
Vitamin A	20 %
Vitamin C	23 %
Calcium	1 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 300	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 299 mg	12 %
Potassium 1228 mg	35 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 5 g	22 %
Sugars 4 g	
Protein 5 g	10 %
Vitamin A	6 %
Vitamin C	41 %
Calcium	6 %
Iron	12 %
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April Week Three, Gluten Free **Nutrition Facts** (per serving, based on yield of 4 servings)

Steamed Broccoli

Meal 4: California Veggie Salad (w/o dressing)

Italian Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 52	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 52 mg	2 %
Potassium 482 mg	14 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 4 g	9 %
Vitamin A	19 %
Vitamin C	226 %
Calcium	7 %
Iron	6 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 413 mg	17 %
Potassium 189 mg	5 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 6 g	24 %
Sugars 3 g	
Protein 15 g	30 %
Vitamin A	14 %
Vitamin C	12 %
Calcium	5 %
Iron	9 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 122	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 5 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %
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April Week Three, Gluten Free **Nutrition Facts** (per serving, based on yield of 4 servings)

Salad: Spinach w/ Mango, Avocado & Walnuts (w/o dressing)

Balsamic Vinaigrette (per serving, based on 8 servings)

Breakfast: Eggs Baked in Avocado

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 268	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 10 mg	0 %
Potassium 521 mg	15 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 7 g	30 %
Sugars 12 g	
Protein 5 g	10 %
Vitamin A	29 %
Vitamin C	65 %
Calcium	3 %
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 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 189	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 77 mg	3 %
Potassium 425 mg	12 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 5 g	20 %
Sugars 1 g	
Protein 8 g	15 %
Vitamin A	7 %
Vitamin C	12 %
Calcium	3 %
Iron	7 %
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April Week Three, Gluten Free **Nutrition Facts** (per serving, based on yield of 4 servings)

Oranges

Snack: Celery w/ Olive Dip

Dessert: Cherry Cobbler
(per serving, based on 9 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 50	
% 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 12 g	4 %
Dietary Fiber 2 g	8 %
Sugars 9 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	92 %
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 249	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 9 mg	3 %
Sodium 1273 mg	53 %
Potassium 489 mg	14 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 6 g	13 %
Vitamin A	18 %
Vitamin C	34 %
Calcium	14 %
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 9.0	
Amount Per Serving	
calories 340	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 10 g	48 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 27 mg	9 %
Sodium 9 mg	0 %
Potassium 133 mg	4 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 5 g	22 %
Sugars 16 g	
Protein 5 g	10 %
Vitamin A	7 %
Vitamin C	7 %
Calcium	6 %
Iron	7 %
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