

March Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Lemon Baked Cod

Dill Roasted Carrots & Broccoli

Meal 2: Gluten Free Lamb Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 115	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 472 mg	20 %
Potassium 26 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 14 g	28 %
Vitamin A	0 %
Vitamin C	15 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 109	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 97 mg	4 %
Potassium 714 mg	20 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 6 g	23 %
Sugars 5 g	
Protein 5 g	10 %
Vitamin A	230 %
Vitamin C	239 %
Calcium	10 %
Iron	9 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 440	
% Daily Value *	
Total Fat 30 g	46 %
Saturated Fat 10 g	48 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 27 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 2 mg	0 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 4 g	16 %
Sugars 4 g	
Protein 23 g	46 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	4 %
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(per serving, based on yield of 4 servings)

Greek Salad

Meal 3: Slow Cooker Beef
Ragu over Spaghetti
Squash

Meal 4: Thai Coconut
Chicken & Veggie Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 197	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1092 mg	45 %
Potassium 300 mg	9 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 6 g	25 %
Sugars 4 g	
Protein 4 g	8 %
Vitamin A	18 %
Vitamin C	36 %
Calcium	9 %
Iron	20 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 357	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 9 g	45 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
Cholesterol 110 mg	37 %
Sodium 138 mg	6 %
Potassium 568 mg	16 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 3 g	14 %
Sugars 7 g	
Protein 34 g	68 %
Vitamin A	202 %
Vitamin C	43 %
Calcium	3 %
Iron	38 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 332	
% Daily Value *	
Total Fat 13 g	21 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 66 mg	22 %
Sodium 302 mg	13 %
Potassium 639 mg	18 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 5 g	20 %
Sugars 8 g	
Protein 34 g	68 %
Vitamin A	133 %
Vitamin C	225 %
Calcium	17 %
Iron	12 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Spinach, Blueberry, Pecans & White Cheddar (w/o dressing)

Balsamic Vinaigrette (per serving, based on 8 servings)

Breakfast: Bison, Sweet Potato, Spinach & Mushroom Hash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 258	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 7 g	34 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 28 mg	1 %
Potassium 115 mg	3 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	17 %
Sugars 8 g	
Protein 10 g	19 %
Vitamin A	30 %
Vitamin C	23 %
Calcium	4 %
Iron	9 %
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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 258	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 168 mg	7 %
Potassium 413 mg	12 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 4 g	14 %
Sugars 4 g	
Protein 26 g	52 %
Vitamin A	170 %
Vitamin C	23 %
Calcium	7 %
Iron	26 %
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*Note: made w/o eggs

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Snack: Blueberries & Pistachios (per serving, based on 8 servings)

Dessert: Chocolate Dipped Strawberries (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 128	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 81 mg	3 %
Potassium 202 mg	6 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	13 %
Sugars 9 g	
Protein 4 g	7 %
Vitamin A	2 %
Vitamin C	13 %
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 8.0	
Amount Per Serving	
calories 152	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 10 mg	0 %
Potassium 55 mg	2 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 3 g	11 %
Sugars 14 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	35 %
Calcium	1 %
Iron	9 %
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