

March Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Mustard-Dill
Salmon

Asparagus

Purple Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 189	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 62 mg	21 %
Sodium 506 mg	21 %
Potassium 563 mg	16 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	45 %
Vitamin A	2 %
Vitamin C	1 %
Calcium	2 %
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 4.0	
Amount Per Serving	
calories 47	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 166 mg	5 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	12 %
Vitamin C	8 %
Calcium	2 %
Iron	10 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 154	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 2 mg	0 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	21 %
Calcium	0 %
Iron	2 %
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March Week Two, Gluten Free **Nutrition Facts** (per serving, based on yield of 4 servings)

Meal 2: Bison Strip Steaks Green Beans Mashed Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 172	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 100 mg	33 %
Sodium 183 mg	8 %
Potassium 475 mg	14 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 30 g	60 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 63	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 1 g	3 %
Vitamin A	5 %
Vitamin C	13 %
Calcium	5 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 37	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 2 mg	0 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	118 %
Calcium	5 %
Iron	5 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 3: Chicken Bell Pepper Tacos

Jicama

Guacamole

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 261	
% Daily Value *	
Total Fat 4 g	7 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 739 mg	31 %
Potassium 452 mg	13 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 4 g	18 %
Sugars 9 g	
Protein 25 g	51 %
Vitamin A	7 %
Vitamin C	257 %
Calcium	14 %
Iron	22 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 63	
% 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 7 mg	0 %
Potassium 247 mg	7 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 8 g	32 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	1 %
Vitamin C	55 %
Calcium	2 %
Iron	5 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 122	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 7 mg	0 %
Potassium 395 mg	11 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 5 g	21 %
Sugars 1 g	
Protein 2 g	3 %
Vitamin A	4 %
Vitamin C	20 %
Calcium	1 %
Iron	2 %
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March Week Two, Gluten Free **Nutrition Facts** (per serving, based on yield of 4 servings)

Meal 4: Shrimp Stir Fry w/ Brown Rice
Broccoli & Carrots

Salad: Romaine w/
Roasted Beets & Pumpkin
Seeds (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 223	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 173 mg	58 %
Sodium 937 mg	39 %
Potassium 858 mg	25 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 7 g	29 %
Sugars 8 g	
Protein 34 g	69 %
Vitamin A	403 %
Vitamin C	243 %
Calcium	19 %
Iron	23 %
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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 151	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 68 mg	3 %
Potassium 466 mg	13 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 6 g	13 %
Vitamin A	1 %
Vitamin C	7 %
Calcium	1 %
Iron	12 %
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March Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Balsamic Vinaigrette (per serving, based on 8 servings)

Breakfast: Veggie Breakfast Tacos

Guacamole

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 %
* 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 210	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 269 mg	90 %
Sodium 124 mg	5 %
Potassium 305 mg	9 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	17 %
Sugars 3 g	
Protein 13 g	26 %
Vitamin A	31 %
Vitamin C	122 %
Calcium	14 %
Iron	24 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 122	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 7 mg	0 %
Potassium 395 mg	11 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 5 g	21 %
Sugars 1 g	
Protein 2 g	3 %
Vitamin A	4 %
Vitamin C	20 %
Calcium	1 %
Iron	2 %
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March Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Kiwi w/ Brazil Nuts

Dessert: Chocolate Chip Cookies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 270	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 617 mg	18 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 6 g	26 %
Sugars 13 g	
Protein 6 g	12 %
Vitamin A	2 %
Vitamin C	212 %
Calcium	8 %
Iron	5 %
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Nutrition Facts	
Servings 15.0	
Amount Per Serving	
calories 347	
% Daily Value *	
Total Fat 31 g	48 %
Saturated Fat 16 g	81 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 95 mg	4 %
Potassium 10 mg	0 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 2 g	10 %
Sugars 9 g	
Protein 5 g	11 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	4 %
Iron	10 %
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