

June Week Three, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Nicoise Salad
(made w/o dressing)

Balsamic Vinaigrette (per
serving, based on 8
servings)

Meal 2: Pork, Pineapple &
Veggie Kabobs

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 205 | |
| % Daily Value * | |
| Total Fat 7 g | 11 % |
| Saturated Fat 1 g | 4 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 82 mg | 27 % |
| Sodium 479 mg | 20 % |
| Potassium 355 mg | 10 % |
| Total Carbohydrate 15 g | 5 % |
| Dietary Fiber 3 g | 12 % |
| Sugars 3 g | |
| Protein 17 g | 34 % |
| Vitamin A | 13 % |
| Vitamin C | 31 % |
| Calcium | 4 % |
| 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 % |
| * 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 355 | |
| % Daily Value * | |
| Total Fat 16 g | 25 % |
| Saturated Fat 4 g | 22 % |
| Monounsaturated Fat 2 g | |
| Polyunsaturated Fat 2 g | |
| Trans Fat 0 g | |
| Cholesterol 88 mg | 29 % |
| Sodium 68 mg | 3 % |
| Potassium 555 mg | 16 % |
| Total Carbohydrate 21 g | 7 % |
| Dietary Fiber 5 g | 22 % |
| Sugars 14 g | |
| Protein 30 g | 60 % |
| Vitamin A | 49 % |
| Vitamin C | 346 % |
| Calcium | 2 % |
| Iron | 11 % |
| * 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. | |

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(per serving, based on yield of 4 servings)

Meal 3: Bison Burgers

| Nutrition Facts | |
|--|-------------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 340 | |
| % Daily Value * | |
| Total Fat 14 g | 22 % |
| Saturated Fat 4 g | 20 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 50 mg | 17 % |
| Sodium 481 mg | 20 % |
| Potassium 2 mg | 0 % |
| Total Carbohydrate 35 g | 12 % |
| Dietary Fiber 7 g | 28 % |
| Sugars 5 g | |
| Protein 26 g | 52 % |
| Vitamin A | 0 % |
| Vitamin C | 0 % |
| Calcium | 2 % |
| Iron | 30 % |
| * 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. | |

Sweet Potato Wedges

| Nutrition Facts | |
|--|-------------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 183 | |
| % Daily Value * | |
| Total Fat 7 g | 11 % |
| Saturated Fat 1 g | 5 % |
| Monounsaturated Fat 5 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 129 mg | 5 % |
| Potassium 503 mg | 14 % |
| Total Carbohydrate 28 g | 9 % |
| Dietary Fiber 5 g | 19 % |
| Sugars 6 g | |
| Protein 3 g | 5 % |
| Vitamin A | 380 % |
| Vitamin C | 5 % |
| Calcium | 6 % |
| Iron | 12 % |
| * 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. | |

Green Apple Coleslaw

| Nutrition Facts | |
|--|-------------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 312 | |
| % Daily Value * | |
| Total Fat 27 g | 42 % |
| Saturated Fat 4 g | 18 % |
| Monounsaturated Fat 20 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 23 mg | 1 % |
| Potassium 214 mg | 6 % |
| Total Carbohydrate 19 g | 6 % |
| Dietary Fiber 4 g | 15 % |
| Sugars 14 g | |
| Protein 1 g | 2 % |
| Vitamin A | 2 % |
| Vitamin C | 43 % |
| Calcium | 3 % |
| Iron | 3 % |
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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Walnut Crusted Chicken

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 528 | |
| % Daily Value * | |
| Total Fat 43 g | 67 % |
| Saturated Fat 5 g | 24 % |
| Monounsaturated Fat 2 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 148 mg | 49 % |
| Sodium 288 mg | 11 % |
| Potassium 503 mg | 14 % |
| Total Carbohydrate 8 g | 3 % |
| Dietary Fiber 4 g | 16 % |
| Sugars 1 g | |
| Protein 34 g | 68 % |
| Vitamin A | 3 % |
| Vitamin C | 4 % |
| Calcium | 9 % |
| Iron | 16 % |
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Sautéed Spinach

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 29 | |
| % Daily Value * | |
| Total Fat 1 g | 2 % |
| Saturated Fat 0 g | 1 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 58 mg | 2 % |
| Potassium 404 mg | 12 % |
| Total Carbohydrate 3 g | 1 % |
| Dietary Fiber 2 g | 7 % |
| Sugars 0 g | |
| Protein 2 g | 4 % |
| Vitamin A | 133 % |
| Vitamin C | 34 % |
| Calcium | 7 % |
| Iron | 11 % |
| * 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. | |

Honey Glazed Carrots

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 67 | |
| % 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 47 mg | 2 % |
| Potassium 148 mg | 4 % |
| Total Carbohydrate 9 g | 3 % |
| Dietary Fiber 2 g | 7 % |
| Sugars 7 g | |
| Protein 0 g | 1 % |
| Vitamin A | 157 % |
| Vitamin C | 3 % |
| Calcium | 2 % |
| Iron | 4 % |
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Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Mixed Greens w/ Grapes, Walnuts & Avocado (made w/o dressing)

Balsamic Vinaigrette (per serving, based on 8 servings)

Breakfast: Hard Boiled Eggs w/ Oranges

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 245 | |
| % Daily Value * | |
| Total Fat 21 g | 33 % |
| Saturated Fat 3 g | 13 % |
| Monounsaturated Fat 7 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 35 mg | 1 % |
| Potassium 378 mg | 11 % |
| Total Carbohydrate 14 g | 5 % |
| Dietary Fiber 7 g | 29 % |
| Sugars 3 g | |
| Protein 5 g | 11 % |
| Vitamin A | 10 % |
| Vitamin C | 13 % |
| Calcium | 3 % |
| 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 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 188 | |
| % Daily Value * | |
| Total Fat 9 g | 13 % |
| Saturated Fat 3 g | 14 % |
| Monounsaturated Fat 3 g | |
| Polyunsaturated Fat 2 g | |
| Trans Fat 0 g | |
| Cholesterol 327 mg | 109 % |
| Sodium 125 mg | 5 % |
| Potassium 358 mg | 10 % |
| Total Carbohydrate 16 g | 5 % |
| Dietary Fiber 3 g | 12 % |
| Sugars 13 g | |
| Protein 12 g | 25 % |
| Vitamin A | 16 % |
| Vitamin C | 116 % |
| Calcium | 10 % |
| Iron | 10 % |
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Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Curried Cashews & Raisins (per serving, based on 8 servings)

Dessert: Chocolate Dipped Bananas

| Nutrition Facts | |
|--|------|
| Servings 8.0 | |
| Amount Per Serving | |
| calories 324 | |
| % Daily Value * | |
| Total Fat 23 g | 35 % |
| Saturated Fat 0 g | 1 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 3 mg | 0 % |
| Potassium 136 mg | 4 % |
| Total Carbohydrate 25 g | 8 % |
| Dietary Fiber 1 g | 3 % |
| Sugars 11 g | |
| Protein 10 g | 19 % |
| Vitamin A | 0 % |
| Vitamin C | 1 % |
| Calcium | 1 % |
| 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 8.0 | |
| Amount Per Serving | |
| calories 125 | |
| % Daily Value * | |
| Total Fat 8 g | 12 % |
| Saturated Fat 6 g | 30 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 1 mg | 0 % |
| Potassium 228 mg | 7 % |
| Total Carbohydrate 16 g | 5 % |
| Dietary Fiber 3 g | 12 % |
| Sugars 8 g | |
| Protein 1 g | 2 % |
| Vitamin A | 1 % |
| Vitamin C | 9 % |
| Calcium | 1 % |
| 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. | |