

June Week Two, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Grilled Ginger-Lime Flank Steak

Grilled Onions, Bell Peppers & Plums

Meal 2: Zesty Lemon Shrimp

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 264	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 41 mg	14 %
Sodium 111 mg	5 %
Potassium 18 mg	1 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 29 g	57 %
Vitamin A	0 %
Vitamin C	3 %
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 111	
% 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 6 mg	0 %
Potassium 461 mg	13 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	20 %
Sugars 13 g	
Protein 2 g	4 %
Vitamin A	54 %
Vitamin C	356 %
Calcium	1 %
Iron	5 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 182	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 220 mg	73 %
Sodium 255 mg	11 %
Potassium 16 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	46 %
Vitamin A	3 %
Vitamin C	5 %
Calcium	3 %
Iron	21 %
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Polenta

Green Beans

Meal 3: Summer Pasta Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	0 %
Iron	2 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 61	
% 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 8 mg	0 %
Potassium 212 mg	6 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	14 %
Sugars 0 g	
Protein 2 g	4 %
Vitamin A	2 %
Vitamin C	20 %
Calcium	4 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 548	
% Daily Value *	
Total Fat 22 g	33 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 294 mg	12 %
Potassium 423 mg	12 %
Total Carbohydrate 79 g	26 %
Dietary Fiber 4 g	17 %
Sugars 6 g	
Protein 9 g	18 %
Vitamin A	21 %
Vitamin C	65 %
Calcium	2 %
Iron	7 %
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Note: made w/o optional pine nuts & feta cheese

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Meal 4: Garlic Butter
Chicken w/ Spinach &
Bacon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 365	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 225 mg	75 %
Sodium 988 mg	41 %
Potassium 462 mg	13 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 51 g	102 %
Vitamin A	137 %
Vitamin C	42 %
Calcium	12 %
Iron	22 %
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Salad: Arugula,
Watermelon & Feta (made
w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 175	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 351 mg	15 %
Potassium 124 mg	4 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	10 %
Sugars 5 g	
Protein 10 g	21 %
Vitamin A	24 %
Vitamin C	11 %
Calcium	21 %
Iron	6 %
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Balsamic Vinaigrette (per
serving, based on 8
servings)

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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Breakfast: Lemon
Blueberry Muffins

Snack: Chocolate Bliss
Energy Bites (per serving,
based on 8 servings)

Dessert: Watermelon

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 205	
% 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 59 mg	2 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 4 g	16 %
Sugars 15 g	
Protein 4 g	9 %
Vitamin A	2 %
Vitamin C	7 %
Calcium	2 %
Iron	9 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 172	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 175 mg	5 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 4 g	15 %
Sugars 17 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	4 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 170	
% 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 6 mg	0 %
Potassium 635 mg	18 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 2 g	9 %
Sugars 35 g	
Protein 3 g	7 %
Vitamin A	65 %
Vitamin C	77 %
Calcium	4 %
Iron	8 %
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