

June Week One, Gluten Free
Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Grilled Balsamic
Pork Chops

Grilled Asparagus

Honeydew Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 174	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 231 mg	10 %
Potassium 5 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 22 g	44 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	7 %
* 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 46	
% 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 164 mg	5 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	12 %
Vitamin C	7 %
Calcium	2 %
Iron	10 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 90	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 570 mg	16 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 2 g	8 %
Sugars 20 g	
Protein 1 g	3 %
Vitamin A	3 %
Vitamin C	75 %
Calcium	2 %
Iron	2 %
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Nutrition Facts
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Meal 2: Southwestern
Steak Salad

Salsa "Ranch"

Meal 3: Cod Picatta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 399	
% Daily Value *	
Total Fat 25 g	38 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 85 mg	28 %
Sodium 105 mg	4 %
Potassium 628 mg	18 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 8 g	31 %
Sugars 6 g	
Protein 28 g	55 %
Vitamin A	104 %
Vitamin C	251 %
Calcium	13 %
Iron	28 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 108	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 196 mg	8 %
Potassium 59 mg	2 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	2 %
Sugars 1 g	
Protein 1 g	1 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	1 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 242	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 674 mg	28 %
Potassium 4 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 3 g	11 %
Sugars 0 g	
Protein 15 g	29 %
Vitamin A	1 %
Vitamin C	70 %
Calcium	8 %
Iron	7 %
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Nutrition Facts

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Pancetta & Lentils

Meal 4: Spaghetti Squash
Chow Mein

Salad: Spinach,
Raspberries, Sliced
Almonds & Goat Cheese
(made w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 380	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2243 mg	93 %
Potassium 408 mg	12 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 6 g	23 %
Sugars 2 g	
Protein 25 g	50 %
Vitamin A	25 %
Vitamin C	39 %
Calcium	4 %
Iron	20 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 354	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 929 mg	39 %
Potassium 1086 mg	31 %
Total Carbohydrate 51 g	17 %
Dietary Fiber 14 g	55 %
Sugars 26 g	
Protein 10 g	19 %
Vitamin A	127 %
Vitamin C	240 %
Calcium	22 %
Iron	18 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 206	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 165 mg	7 %
Potassium 374 mg	11 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 8 g	31 %
Sugars 3 g	
Protein 10 g	21 %
Vitamin A	67 %
Vitamin C	43 %
Calcium	11 %
Iron	11 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Balsamic Vinaigrette (per serving, based on 8 servings)

Breakfast: Chocolate Cherry Decadence Smoothie Bowl

Snack: Veggies (Carrots & Celery)

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 235	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 52 mg	2 %
Potassium 579 mg	17 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 8 g	32 %
Sugars 20 g	
Protein 8 g	16 %
Vitamin A	38 %
Vitamin C	36 %
Calcium	13 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 38	
% 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 114 mg	5 %
Potassium 423 mg	12 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	12 %
Sugars 4 g	
Protein 1 g	2 %
Vitamin A	198 %
Vitamin C	10 %
Calcium	6 %
Iron	2 %
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Note: made w/o optional toppings

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

Salsa “Ranch”

Dessert: Gluten Free
Cookie Dough Bites (per
serving based on 16
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 108	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 196 mg	8 %
Potassium 59 mg	2 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	2 %
Sugars 1 g	
Protein 1 g	1 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	1 %
Iron	1 %
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Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 84	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 3 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	2 %
Sugars 5 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	1 %
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