

June Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts (made w/o dressing)

Balsamic Vinaigrette (per serving, based on 8 servings)

Meal 2: Grilled Lemon Tenders

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 352	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 67 mg	22 %
Sodium 439 mg	18 %
Potassium 730 mg	21 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 33 g	67 %
Vitamin A	46 %
Vitamin C	69 %
Calcium	14 %
Iron	9 %
* 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 304	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 98 mg	33 %
Sodium 119 mg	5 %
Potassium 32 mg	1 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 39 g	78 %
Vitamin A	1 %
Vitamin C	11 %
Calcium	4 %
Iron	8 %
* 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.	

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

Grilled Asparagus

Corn

Meal 3: Steak

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 %
* 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 99	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 225 mg	6 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 3 g	10 %
Sugars 5 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	8 %
Calcium	0 %
Iron	13 %
* 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 222	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 69 mg	23 %
Sodium 268 mg	11 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 29 g	57 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	19 %
* 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.	

June Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Baked Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 134	
% 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 19 mg	1 %
Potassium 759 mg	22 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 3 g	13 %
Sugars 1 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	19 %
Calcium	2 %
Iron	8 %
* 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 Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 70	
% 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 582 mg	24 %
Potassium 202 mg	6 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	16 %
Sugars 4 g	
Protein 2 g	4 %
Vitamin A	8 %
Vitamin C	8 %
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.	

Meal 4: Mexican Zucchini Stuffed w/ Pinto Beans, Mushrooms, Bell Peppers & Tomato Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 245	
% Daily Value *	
Total Fat 2 g	4 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 3 mg	1 %
Sodium 180 mg	7 %
Potassium 923 mg	26 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 13 g	50 %
Sugars 12 g	
Protein 13 g	25 %
Vitamin A	55 %
Vitamin C	281 %
Calcium	17 %
Iron	29 %
* 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.	

June Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Arugula w/
Peaches, Sliced Almonds
& Goat Cheese (made w/o
dressing)

Balsamic Vinaigrette (per
serving, based on 8
servings)

Breakfast: Strawberry Chia
Jam (per serving, based
on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 193	
% 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 147 mg	6 %
Potassium 177 mg	5 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 4 g	17 %
Sugars 5 g	
Protein 10 g	20 %
Vitamin A	20 %
Vitamin C	14 %
Calcium	13 %
Iron	6 %
* 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 8.0	
Amount Per Serving	
calories 68	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 148 mg	4 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	14 %
Sugars 8 g	
Protein 1 g	3 %
Vitamin A	1 %
Vitamin C	51 %
Calcium	5 %
Iron	6 %
* 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.	

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

Gluten Free Rice Cakes

Snack: Seaweed Snacks

Dessert: Berry Peachy
Fruit Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 123	
% 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 53 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
* 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 65	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 169 mg	7 %
Potassium 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 3 g	10 %
Sugars 0 g	
Protein 3 g	5 %
Vitamin A	0 %
Vitamin C	39 %
Calcium	5 %
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 139	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 481 mg	14 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 11 g	42 %
Sugars 16 g	
Protein 4 g	8 %
Vitamin A	11 %
Vitamin C	114 %
Calcium	7 %
Iron	8 %
* 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.	