

# August Week Three, Gluten Free

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Pesto Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 244	
% Daily Value *	
Total Fat 15 g	24 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 63 mg	21 %
Sodium 51 mg	2 %
Potassium 590 mg	17 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	2 %
Sugars 0 g	
Protein 24 g	47 %
Vitamin A	4 %
Vitamin C	3 %
Calcium	2 %
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.	

### Purple Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 169	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 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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### Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 36	
% Daily Value *	
Total Fat 2 g	4 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 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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Note: Made w/o optional parmesan

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### Nutrition Facts

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**Meal 2:** Mustard Rosemary  
Lamb Chops

Summer Vegetable  
Ribbon Salad

**Meal 3:** Balsamic Marinated  
Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 246	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 74 mg	25 %
Sodium 246 mg	10 %
Potassium 456 mg	13 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	7 %
Sugars 0 g	
Protein 22 g	44 %
Vitamin A	6 %
Vitamin C	5 %
Calcium	5 %
Iron	16 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 250	
% Daily Value *	
Total Fat 24 g	36 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 36 mg	1 %
Potassium 440 mg	13 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	11 %
Sugars 4 g	
Protein 3 g	6 %
Vitamin A	66 %
Vitamin C	48 %
Calcium	6 %
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 4.0	
Amount Per Serving	
calories 285	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 83 mg	28 %
Sodium 349 mg	15 %
Potassium 315 mg	9 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 0 g	0 %
Sugars 7 g	
Protein 33 g	66 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	3 %
Iron	8 %
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Note: Made w/o  
optional parmesan

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## Nutrition Facts

(per serving, based on yield of 4 servings)

Grilled Eggplant & Tomato  
Mozzarella Stacks

**Meal 4:** B.L.T.A Burgers

Roasted Carrots &  
Parsnips

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 198	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 98 mg	4 %
Potassium 286 mg	8 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	17 %
Sugars 6 g	
Protein 7 g	15 %
Vitamin A	15 %
Vitamin C	28 %
Calcium	17 %
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 4.0	
Amount Per Serving	
calories 465	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 70 mg	23 %
Sodium 244 mg	10 %
Potassium 215 mg	6 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 4 g	17 %
Sugars 5 g	
Protein 34 g	67 %
Vitamin A	17 %
Vitamin C	27 %
Calcium	4 %
Iron	24 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 155	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 55 mg	2 %
Potassium 622 mg	18 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 7 g	29 %
Sugars 8 g	
Protein 2 g	4 %
Vitamin A	204 %
Vitamin C	38 %
Calcium	6 %
Iron	5 %
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Note: Made w/o  
optional parmesan

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(per serving, based on yield of 4 servings)

**Salad:** Mixed Greens w/  
Pears, Dried Cherries,  
Cucumbers, Pecans &  
Bacon (w/o dressing)

**Balsamic Vinaigrette** (per  
serving, based on 8  
servings)

**Breakfast:** GF Banana  
Bread Granola (per  
serving, based on 10  
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 296	
% Daily Value *	
Total Fat 17 g	27 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 211 mg	9 %
Potassium 340 mg	10 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 6 g	24 %
Sugars 17 g	
Protein 8 g	16 %
Vitamin A	1 %
Vitamin C	7 %
Calcium	2 %
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 8.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 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	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 10.0	
Amount Per Serving	
calories 374	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 345 mg	10 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 8 g	30 %
Sugars 8 g	
Protein 10 g	21 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	5 %
Iron	15 %
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Note: Made w/o optional  
milk/yogurt and berries

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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Snack:** Plums

**Dessert:** Peach Cobbler  
(per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 61	
% 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 0 mg	0 %
Potassium 207 mg	6 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 2 g	7 %
Sugars 13 g	
Protein 1 g	2 %
Vitamin A	9 %
Vitamin C	21 %
Calcium	1 %
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 8.0	
Amount Per Serving	
calories 310	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 9 g	47 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 30 mg	10 %
Sodium 102 mg	4 %
Potassium 358 mg	10 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	19 %
Sugars 18 g	
Protein 4 g	7 %
Vitamin A	18 %
Vitamin C	13 %
Calcium	3 %
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.	