

August Week Five, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Smoky Paprika Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 25 g	38 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 97 mg	4 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 18 g	36 %
Vitamin A	3 %
Vitamin C	0 %
Calcium	2 %
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.	

Herb Roasted Trio of Fall Veggies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 123 mg	5 %
Potassium 855 mg	24 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 8 g	32 %
Sugars 11 g	
Protein 3 g	5 %
Vitamin A	390 %
Vitamin C	41 %
Calcium	9 %
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.	

Meal 2: Bruschetta Salsa Topped Cod

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 222	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 810 mg	34 %
Potassium 159 mg	5 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 18 g	37 %
Vitamin A	25 %
Vitamin C	15 %
Calcium	8 %
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.	

August Week Five, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Swiss Chard & Shiitakes

Meal 3: Pizza Soup

Meal 4: Black Bean
Quinoa Burgers w/
Avocado

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 61	
% 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 215 mg	9 %
Potassium 211 mg	6 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	7 %
Sugars 3 g	
Protein 2 g	3 %
Vitamin A	44 %
Vitamin C	19 %
Calcium	2 %
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 237	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 33 mg	11 %
Sodium 934 mg	39 %
Potassium 838 mg	24 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 7 g	29 %
Sugars 11 g	
Protein 13 g	27 %
Vitamin A	68 %
Vitamin C	270 %
Calcium	10 %
Iron	24 %
* 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 422	
% Daily Value *	
Total Fat 17 g	27 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 47 mg	16 %
Sodium 51 mg	2 %
Potassium 820 mg	23 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 15 g	59 %
Sugars 3 g	
Protein 15 g	30 %
Vitamin A	37 %
Vitamin C	57 %
Calcium	10 %
Iron	24 %
* 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.	

August Week Five, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Paprika Roasted
Cauliflower

Salad: Italian Side Salad
(w/o dressing)

Italian Vinaigrette (per
serving, based on 8
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 66	
% 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 50 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	118 %
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 89	
% Daily Value *	
Total Fat 8 g	13 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 44 mg	2 %
Potassium 283 mg	8 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	13 %
Sugars 17 g	
Protein 4 g	8 %
Vitamin A	63 %
Vitamin C	18 %
Calcium	3 %
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 121	
% 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 1 mg	0 %
Potassium 1 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
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.	

August Week Five, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Lumberjack Muffins (per serving, based on 13 servings)

Snack: Apples w/ Pecan Butter

Dessert: Cranberry-Walnut Dark Chocolate Drops (per serving, based on 8 servings)

Nutrition Facts	
Servings 13.0	
Amount Per Serving	
calories 210	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 172 mg	57 %
Sodium 69 mg	3 %
Potassium 221 mg	6 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	3 %
Sugars 1 g	
Protein 12 g	24 %
Vitamin A	14 %
Vitamin C	33 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 170 mg	5 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 7 g	26 %
Sugars 17 g	
Protein 2 g	4 %
Vitamin A	2 %
Vitamin C	8 %
Calcium	9 %
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 253	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 11 mg	0 %
Potassium 66 mg	2 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 3 g	13 %
Sugars 15 g	
Protein 3 g	5 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	1 %
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.	