

# August Week Two, Gluten Free

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Chimichurri Scallops

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 262	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 159 mg	53 %
Sodium 306 mg	13 %
Potassium 37 mg	1 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 26 g	53 %
Vitamin A	5 %
Vitamin C	10 %
Calcium	1 %
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.	

### Mashed Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 37	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 45 mg	2 %
Potassium 2 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 %
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### Meal 2: Balsamic Roasted Pork Tenderloin

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 263	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 94 mg	31 %
Sodium 76 mg	3 %
Potassium 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 28 g	55 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	0 %
Iron	8 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

Zucchini Tian

Quinoa

**Meal 3:** Cajun Turkey Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 69	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 169 mg	5 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	6 %
Sugars 3 g	
Protein 2 g	3 %
Vitamin A	6 %
Vitamin C	38 %
Calcium	3 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 56	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 80 mg	2 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	5 %
Sugars 0 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
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 432	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 28 g	138 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 95 mg	32 %
Sodium 1303 mg	54 %
Potassium 421 mg	12 %
Total Carbohydrate 39 g	13 %
Dietary Fiber 7 g	27 %
Sugars 5 g	
Protein 30 g	60 %
Vitamin A	2 %
Vitamin C	11 %
Calcium	7 %
Iron	10 %
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## Nutrition Facts

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Sweet Potato Fries

**Meal 4:** Chimichurri Flank Steaks

Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 106	
% Daily Value *	
Total Fat 6 g	8 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 38 mg	2 %
Potassium 260 mg	7 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	10 %
Sugars 3 g	
Protein 1 g	3 %
Vitamin A	201 %
Vitamin C	3 %
Calcium	2 %
Iron	4 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 319	
% Daily Value *	
Total Fat 17 g	27 %
Saturated Fat 5 g	27 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 105 mg	4 %
Potassium 32 mg	1 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 38 g	75 %
Vitamin A	5 %
Vitamin C	9 %
Calcium	7 %
Iron	17 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 56	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 3 mg	0 %
Potassium 80 mg	2 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	5 %
Sugars 0 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %
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## Nutrition Facts

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Roasted Carrots

**Salad:** Mixed Greens,  
Apples, Celery, Pecans &  
Cheddar (w/o dressing)

Balsamic Vinaigrette (per  
serving, based on 8  
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 92	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 80 mg	3 %
Potassium 366 mg	10 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 3 g	13 %
Sugars 5 g	
Protein 1 g	2 %
Vitamin A	379 %
Vitamin C	12 %
Calcium	4 %
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.	

Note: Made w/o  
optional goat cheese  
and red wine vinegar

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 178 mg	7 %
Potassium 627 mg	18 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 8 g	32 %
Sugars 11 g	
Protein 4 g	8 %
Vitamin A	18 %
Vitamin C	14 %
Calcium	12 %
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.	

Note: Made w/o  
optional cheddar

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 %
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## Nutrition Facts

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**Breakfast:** Purple Haze Smoothie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 525	
% Daily Value *	
Total Fat 31 g	48 %
Saturated Fat 22 g	108 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 49 mg	2 %
Potassium 740 mg	21 %
Total Carbohydrate 62 g	21 %
Dietary Fiber 16 g	65 %
Sugars 30 g	
Protein 7 g	14 %
Vitamin A	2 %
Vitamin C	98 %
Calcium	17 %
Iron	8 %
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**Snack:** Celery w/ Almond Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 220	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 259 mg	11 %
Potassium 484 mg	14 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 6 g	24 %
Sugars 5 g	
Protein 8 g	17 %
Vitamin A	17 %
Vitamin C	10 %
Calcium	13 %
Iron	8 %
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**Dessert:** Chocolate Brownie Brittle

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 258	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 10 g	49 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 48 mg	16 %
Sodium 106 mg	4 %
Potassium 60 mg	2 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 3 g	10 %
Sugars 24 g	
Protein 4 g	7 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	3 %
Iron	9 %
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