

August Week Four, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Maple Mustard Pork

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 135	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 147 mg	6 %
Potassium 8 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	0 %
Sugars 3 g	
Protein 23 g	46 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
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.	

Roasted Butternut Squash & Brussels Sprouts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 209	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 22 mg	1 %
Potassium 1220 mg	35 %
Total Carbohydrate 38 g	12 %
Dietary Fiber 9 g	36 %
Sugars 5 g	
Protein 7 g	13 %
Vitamin A	496 %
Vitamin C	219 %
Calcium	14 %
Iron	15 %
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Meal 2: Cilantro-Citrus Shrimp

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 154	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 143 mg	48 %
Sodium 656 mg	27 %
Potassium 272 mg	8 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	5 %
Sugars 1 g	
Protein 16 g	32 %
Vitamin A	14 %
Vitamin C	25 %
Calcium	9 %
Iron	4 %
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Nutrition Facts
(per serving, based on yield of 4 servings)

Brown Rice

Cucumber Slices

Meal 3: Summer Pasta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% 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 0 mg	0 %
Potassium 100 mg	3 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 11	
% 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 2 mg	0 %
Potassium 111 mg	3 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	2 %
Sugars 1 g	
Protein 0 g	1 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	1 %
Iron	1 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 685	
% Daily Value *	
Total Fat 42 g	65 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 399 mg	17 %
Potassium 471 mg	13 %
Total Carbohydrate 83 g	28 %
Dietary Fiber 12 g	49 %
Sugars 35 g	
Protein 16 g	33 %
Vitamin A	29 %
Vitamin C	62 %
Calcium	6 %
Iron	16 %
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Note: Made w/o optional feta or pine nuts

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(per serving, based on yield of 4 servings)

Meal 4: Orange-Ginger Grilled Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 278	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 23 mg	1 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	2 %
Sugars 2 g	
Protein 23 g	46 %
Vitamin A	0 %
Vitamin C	10 %
Calcium	1 %
Iron	0 %
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Veggie Stir Fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 749 mg	31 %
Potassium 643 mg	18 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 4 g	15 %
Sugars 4 g	
Protein 7 g	14 %
Vitamin A	11 %
Vitamin C	136 %
Calcium	5 %
Iron	9 %
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Brown Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 62	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 20 mg	1 %
Potassium 61 mg	2 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	1 %
Iron	1 %
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Salad: Arugula,
Watermelon, Mint, Red
Onion, Feta & Pistachio
(w/o dressing)

Balsamic Vinaigrette (per
serving, based on 8
servings)

Breakfast: Farmer's Market
Tart

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 110	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 46 mg	2 %
Potassium 216 mg	6 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	9 %
Sugars 5 g	
Protein 4 g	9 %
Vitamin A	26 %
Vitamin C	15 %
Calcium	11 %
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.	

Note: Made w/o optional feta

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	
Servings 4.0	
Amount Per Serving	
calories 243	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 47 mg	16 %
Sodium 301 mg	13 %
Potassium 682 mg	19 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 8 g	30 %
Sugars 6 g	
Protein 13 g	26 %
Vitamin A	167 %
Vitamin C	73 %
Calcium	13 %
Iron	30 %
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Note: Made w/o optional goat cheese crumbles

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Snack: Figgy Energy Bites
(per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 181	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 222 mg	6 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 5 g	20 %
Sugars 18 g	
Protein 4 g	8 %
Vitamin A	1 %
Vitamin C	4 %
Calcium	9 %
Iron	6 %
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Dessert: Watermelon (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 474 mg	14 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 2 g	7 %
Sugars 26 g	
Protein 3 g	5 %
Vitamin A	48 %
Vitamin C	57 %
Calcium	3 %
Iron	6 %
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