

August Week One, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Italian Foil Packets

Roasted Cauliflower & Broccoli

Meal 2: Spinach Salad w/ Balsamic Chicken, Raspberries, Snap Peas, Walnuts & Goat Cheese (w/o dressing)

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 189 | |
| % Daily Value * | |
| Total Fat 11 g | 16 % |
| Saturated Fat 1 g | 5 % |
| Monounsaturated Fat 3 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 40 mg | 13 % |
| Sodium 281 mg | 12 % |
| Potassium 914 mg | 26 % |
| Total Carbohydrate 11 g | 4 % |
| Dietary Fiber 4 g | 18 % |
| Sugars 27 g | |
| Protein 23 g | 46 % |
| Vitamin A | 29 % |
| Vitamin C | 45 % |
| 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. | |

| Nutrition Facts | |
|--|-------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 91 | |
| % 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 68 mg | 3 % |
| Potassium 666 mg | 19 % |
| Total Carbohydrate 12 g | 4 % |
| Dietary Fiber 6 g | 22 % |
| Sugars 5 g | |
| Protein 5 g | 10 % |
| Vitamin A | 14 % |
| Vitamin C | 219 % |
| Calcium | 6 % |
| 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 4.0 | |
| Amount Per Serving | |
| calories 312 | |
| % Daily Value * | |
| Total Fat 17 g | 27 % |
| Saturated Fat 2 g | 11 % |
| Monounsaturated Fat 4 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 69 mg | 23 % |
| Sodium 317 mg | 13 % |
| Potassium 568 mg | 16 % |
| Total Carbohydrate 11 g | 4 % |
| Dietary Fiber 4 g | 15 % |
| Sugars 5 g | |
| Protein 32 g | 64 % |
| Vitamin A | 77 % |
| Vitamin C | 71 % |
| Calcium | 9 % |
| 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. | |

Note: made w/o optional goat cheese

August Week One, Gluten Free **Nutrition Facts** (per serving, based on yield of 4 servings)

Balsamic Vinaigrette (per serving, based on 8 servings)

| 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. | |

Meal 3: Black Bean & Mushrooms Tacos

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 224 | |
| % Daily Value * | |
| Total Fat 2 g | 3 % |
| Saturated Fat 0 g | 0 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 440 mg | 18 % |
| Potassium 753 mg | 22 % |
| Total Carbohydrate 43 g | 14 % |
| Dietary Fiber 7 g | 29 % |
| Sugars 3 g | |
| Protein 9 g | 19 % |
| Vitamin A | 70 % |
| Vitamin C | 17 % |
| Calcium | 18 % |
| Iron | 33 % |
| * 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: Beef Kabobs w/ Zucchini & Tomatoes

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 231 | |
| % Daily Value * | |
| Total Fat 14 g | 21 % |
| Saturated Fat 2 g | 9 % |
| Monounsaturated Fat 3 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 73 mg | 3 % |
| Potassium 1047 mg | 30 % |
| Total Carbohydrate 10 g | 3 % |
| Dietary Fiber 4 g | 15 % |
| Sugars 22 g | |
| Protein 28 g | 57 % |
| Vitamin A | 41 % |
| Vitamin C | 47 % |
| Calcium | 7 % |
| Iron | 38 % |
| * 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 avocado, salsa or shredded cheese

August Week One, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Salad: Massaged Kale Salad w/ Blueberries & Pumpkin Seeds (w/o dressing)

Citrus Vinaigrette (per serving, based on 8 servings)

Breakfast: Veggie Breakfast Tacos

| Nutrition Facts | |
|--|------|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 166 | |
| % Daily Value * | |
| Total Fat 13 g | 20 % |
| Saturated Fat 2 g | 10 % |
| Monounsaturated Fat 7 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 436 mg | 18 % |
| Potassium 435 mg | 12 % |
| Total Carbohydrate 12 g | 4 % |
| Dietary Fiber 5 g | 20 % |
| Sugars 5 g | |
| Protein 5 g | 10 % |
| Vitamin A | 68 % |
| Vitamin C | 79 % |
| Calcium | 5 % |
| 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. | |

| Nutrition Facts | |
|--|------|
| Servings 8.0 | |
| Amount Per Serving | |
| calories 66 | |
| % 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 0 mg | 0 % |
| Potassium 28 mg | 1 % |
| Total Carbohydrate 2 g | 1 % |
| Dietary Fiber 0 g | 0 % |
| Sugars 1 g | |
| Protein 0 g | 0 % |
| Vitamin A | 0 % |
| Vitamin C | 13 % |
| 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 256 | |
| % Daily Value * | |
| Total Fat 9 g | 13 % |
| Saturated Fat 2 g | 12 % |
| Monounsaturated Fat 3 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 279 mg | 93 % |
| Sodium 155 mg | 6 % |
| Potassium 507 mg | 14 % |
| Total Carbohydrate 30 g | 10 % |
| Dietary Fiber 6 g | 24 % |
| Sugars 6 g | |
| Protein 15 g | 29 % |
| Vitamin A | 99 % |
| Vitamin C | 195 % |
| Calcium | 19 % |
| Iron | 31 % |
| * 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 avocado, salsa or shredded cheese

August Week One, Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Snack: Spiced Popcorn
Baggies (per serving,
based on 8 servings)

Dessert: Mango &
Blueberry Popsicles

| Nutrition Facts | |
|--|------|
| Servings 8.0 | |
| Amount Per Serving | |
| calories 265 | |
| % Daily Value * | |
| Total Fat 20 g | 31 % |
| Saturated Fat 2 g | 10 % |
| Monounsaturated Fat 3 g | |
| Polyunsaturated Fat 14 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 2 mg | 0 % |
| Potassium 211 mg | 6 % |
| Total Carbohydrate 15 g | 5 % |
| Dietary Fiber 5 g | 19 % |
| Sugars 1 g | |
| Protein 7 g | 14 % |
| Vitamin A | 3 % |
| Vitamin C | 1 % |
| Calcium | 3 % |
| 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 64 | |
| % 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 1 mg | 0 % |
| Potassium 148 mg | 4 % |
| Total Carbohydrate 16 g | 5 % |
| Dietary Fiber 2 g | 8 % |
| Sugars 13 g | |
| Protein 1 g | 2 % |
| Vitamin A | 16 % |
| Vitamin C | 49 % |
| 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. | |