July Week Two, Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Grilled Shrimp Kabobs

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 94	
	% Daily Value *
Total Fat 2 g	3 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 165 mg	55 %
Sodium 642 mg	27 %
Potassium 24 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 15 g	30 %
Vitamin A	9 %
Vitamin C	0 %
Calcium	6 %
Iron	3 %

* 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.

Goat Cheese, Cucumber & Grilled Peach Salad (made w/o dressing)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 233	
	% Daily Value *
Total Fat 16 g	25 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 168 mg	7 %
Potassium 355 mg	10 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 5 g	19 %
Sugars 9 g	
Protein 12 g	24 %
Vitamin A	7 %
Vitamin C	12 %
Calcium	3 %
Iron	9 %

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Dijon Maple Dressing (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 137	
	% Daily Value *
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 133 mg	6 %
Potassium 13 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 3 g	
Protein 0 g	1 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %

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July Week Two, Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 2: Grassfed Beef Burgers

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 430	
	% Daily Value *
Total Fat 22 g	**34 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 2 mg	**0 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 4 g	**16 %**
Sugars 4 g	
Protein 26 g	**52 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**4 %**

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Baked Potato Wedges

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 183	
	% 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 24 mg	**1 %**
Potassium 872 mg	**25 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 4 g	**17 %**
Sugars 2 g	
Protein 4 g	**9 %**
Vitamin A	**17 %**
Vitamin C	**21 %**
Calcium	**3 %**
Iron	**11 %**

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Snap Peas

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 22	
	% 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 1 mg	**0 %**
Potassium 106 mg	**3 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**5 %**
Sugars 2 g	
Protein 1 g	**3 %**
Vitamin A	**13 %**
Vitamin C	**56 %**
Calcium	**3 %**
Iron	**6 %**

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Note: Made w/ GF buns

July Week Two, Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 3: Coconut Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 568	
	% Daily Value *
Total Fat 33 g	**51 %**
Saturated Fat 28 g	**138 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 176 mg	**59 %**
Sodium 742 mg	**31 %**
Potassium 35 mg	**1 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 11 g	**42 %**
Sugars 3 g	
Protein 43 g	**86 %**
Vitamin A	**3 %**
Vitamin C	**3 %**
Calcium	**5 %**
Iron	**25 %**

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Note: Made w/ optional full fat coconut milk

Honey Orange Sauce

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 152	
	% 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 295 mg	**12 %**
Potassium 11 mg	**0 %**
Total Carbohydrate 36 g	**12 %**
Dietary Fiber 0 g	**1 %**
Sugars 17 g	
Protein 1 g	**2 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**

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Watermelon Mint Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 26	
	% 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 0 mg	**0 %**
Potassium 85 mg	**2 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 1 g	**3 %**
Sugars 5 g	
Protein 0 g	**1 %**
Vitamin A	**8 %**
Vitamin C	**14 %**
Calcium	**1 %**
Iron	**2 %**

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July Week Two, Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 4: Sweet Potato Frittata

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 239	
	% Daily Value *
Total Fat 15 g	**24 %**
Saturated Fat 7 g	**37 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 279 mg	**93 %**
Sodium 137 mg	**6 %**
Potassium 333 mg	**10 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 2 g	**9 %**
Sugars 5 g	
Protein 11 g	**21 %**
Vitamin A	**119 %**
Vitamin C	**69 %**
Calcium	**6 %**
Iron	**10 %**

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Salad: Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds (made w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 233	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 129 mg	**5 %**
Potassium 647 mg	**18 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 8 g	**31 %**
Sugars 3 g	
Protein 5 g	**10 %**
Vitamin A	**104 %**
Vitamin C	**18 %**
Calcium	**3 %**
Iron	**7 %**

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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 %**

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July Week Two, Gluten Free

Nutrition Facts
(per serving, based on yield of 4 servings)

Breakfast: Strawberry-Mango Smoothie

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 270	
	% Daily Value *
Total Fat 22 g	33 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 31 mg	1 %
Potassium 463 mg	13 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 4 g	18 %
Sugars 10 g	
Protein 6 g	12 %
Vitamin A	76 %
Vitamin C	71 %
Calcium	7 %
Iron	13 %
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Snack: Cucumber Slices & Carrot Sticks

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 46	
	% Daily Value *
Total Fat 0 g	0 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 42 mg	2 %
Potassium 403 mg	12 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	9 %
Sugars 5 g	
Protein 2 g	3 %
Vitamin A	193 %
Vitamin C	13 %
Calcium	4 %
Iron	3 %
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Dessert: Watermelon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 170	
	% Daily Value *
Total Fat 1 g	2 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 635 mg	18 %
Total Carbohydrate 45 g	15 %
Dietary Fiber 2 g	9 %
Sugars 34 g	
Protein 3 g	7 %
Vitamin A	62 %
Vitamin C	74 %
Calcium	0 %
Iron	6 %
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