July Week One, Gluten Free

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

Meal 1: Spiced Tuna Steaks

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 193	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 44 mg	**15 %**
Sodium 55 mg	**2 %**
Potassium 538 mg	**15 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**2 %**
Sugars 0 g	
Protein 28 g	**57 %**
Vitamin A	**0 %**
Vitamin C	**8 %**
Calcium	**2 %**
Iron	**9 %**

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Sautéed Peppers

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 104	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 12 mg	**0 %**
Potassium 237 mg	**7 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**9 %**
Sugars 4 g	
Protein 1 g	**3 %**
Vitamin A	**49 %**
Vitamin C	**127 %**
Calcium	**2 %**
Iron	**8 %**

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Quinoa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 157	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 3 g	**12 %**
Sugars 0 g	
Protein 6 g	**12 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**11 %**

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July Week One, Gluten Free

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

Avocado Salsa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 128	
	% Daily Value *
Total Fat 11 g	**16 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 18 mg	**1 %**
Potassium 503 mg	**14 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 6 g	**25 %**
Sugars 1 g	
Protein 2 g	**4 %**
Vitamin A	**12 %**
Vitamin C	**31 %**
Calcium	**3 %**
Iron	**5 %**

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Meal 2: Pork Tenderloin Medallions

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 120	
	% 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 60 mg	**3 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 23 g	**46 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**6 %**

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Peach Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 81	
	% Daily Value *
Total Fat 2 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 10 mg	**0 %**
Potassium 338 mg	**10 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 3 g	**10 %**
Sugars 13 g	
Protein 2 g	**3 %**
Vitamin A	**10 %**
Vitamin C	**18 %**
Calcium	**2 %**
Iron	**3 %**

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July Week One, Gluten Free

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

Roasted Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 27	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 5 mg	**0 %**
Potassium 117 mg	**3 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 2 g	**8 %**
Sugars 1 g	
Protein 1 g	**2 %**
Vitamin A	**8 %**
Vitamin C	**15 %**
Calcium	**2 %**
Iron	**3 %**

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Meal 3: Asian Turkey Lettuce Wraps

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 320	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 80 mg	**27 %**
Sodium 395 mg	**16 %**
Potassium 809 mg	**23 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 6 g	**23 %**
Sugars 10 g	
Protein 28 g	**56 %**
Vitamin A	**269 %**
Vitamin C	**163 %**
Calcium	**12 %**
Iron	**29 %**

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Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 49	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 415 mg	**17 %**
Potassium 1 mg	**0 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 3 g	
Protein 1 g	**2 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**2 %**

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July Week One, Gluten Free

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

Sesame Quinoa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 187	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 3 g	**12 %**
Sugars 0 g	
Protein 6 g	**12 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**2 %**
Iron	**11 %**

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Meal 4: Veggie Tostadas

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 378	
	% Daily Value *
Total Fat 15 g	**22 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 449 mg	**19 %**
Potassium 981 mg	**28 %**
Total Carbohydrate 50 g	**17 %**
Dietary Fiber 15 g	**61 %**
Sugars 5 g	
Protein 14 g	**28 %**
Vitamin A	**121 %**
Vitamin C	**50 %**
Calcium	**22 %**
Iron	**39 %**

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Salad: Red, White & Blue Salad (made w/o dressing)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 255	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 19 mg	**6 %**
Sodium 568 mg	**24 %**
Potassium 293 mg	**8 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 11 g	**44 %**
Sugars 7 g	
Protein 14 g	**28 %**
Vitamin A	**8 %**
Vitamin C	**52 %**
Calcium	**20 %**
Iron	**8 %**

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July 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 %**

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Breakfast: Stuffed Sweet Potatoes w/ Sausage & Eggs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 294	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 266 mg	**89 %**
Sodium 197 mg	**8 %**
Potassium 311 mg	**9 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 2 g	**9 %**
Sugars 3 g	
Protein 30 g	**59 %**
Vitamin A	**192 %**
Vitamin C	**7 %**
Calcium	**8 %**
Iron	**20 %**

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Snack: Rosemary Spiced Almonds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 112	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 19 mg	**1 %**
Potassium 113 mg	**3 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 2 g	**7 %**
Sugars 1 g	
Protein 3 g	**6 %**
Vitamin A	**3 %**
Vitamin C	**0 %**
Calcium	**4 %**
Iron	**4 %**

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July Week One, Gluten Free

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

Dessert: Peanut Butter-Banana “Ice Cream”

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 161	
	% Daily Value *
Total Fat 4 g	**7 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 36 mg	**2 %**
Potassium 452 mg	**13 %**
Total Carbohydrate 31 g	**10 %**
Dietary Fiber 4 g	**15 %**
Sugars 16 g	
Protein 3 g	**6 %**
Vitamin A	**2 %**
Vitamin C	**18 %**
Calcium	**1 %**
Iron	**3 %**
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