July Week Four, Gluten Free

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

Meal 1: Sundried Tomato Pesto Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 332	
	% Daily Value *
Total Fat 21 g	**32 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 11 g	
Trans Fat 0 g	
Cholesterol 55 mg	**18 %**
Sodium 960 mg	**40 %**
Potassium 341 mg	**10 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 6 g	**23 %**
Sugars 3 g	
Protein 29 g	**58 %**
Vitamin A	**19 %**
Vitamin C	**6 %**
Calcium	**5 %**
Iron	**13 %**

* 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 Mushrooms & Broccoli

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 135	
	% 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 59 mg	**2 %**
Potassium 482 mg	**14 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 5 g	**19 %**
Sugars 3 g	
Protein 7 g	**13 %**
Vitamin A	**19 %**
Vitamin C	**227 %**
Calcium	**7 %**
Iron	**8 %**

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Meal 2: Mahi Mahi

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 135	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 125 mg	**42 %**
Sodium 151 mg	**6 %**
Potassium 710 mg	**20 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 30 g	**60 %**
Vitamin A	**6 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**9 %**

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July Week Four, Gluten Free

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

Pineapple Salsa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 48	
	% 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 5 mg	**0 %**
Potassium 170 mg	**5 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 1 g	**3 %**
Sugars 8 g	
Protein 1 g	**2 %**
Vitamin A	**20 %**
Vitamin C	**90 %**
Calcium	**1 %**
Iron	**2 %**
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Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 46	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 3 mg	**0 %**
Potassium 164 mg	**5 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 2 g	**7 %**
Sugars 2 g	
Protein 2 g	**4 %**
Vitamin A	**12 %**
Vitamin C	**7 %**
Calcium	**2 %**
Iron	**10 %**
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Meal 3: Slow Cooker BBQ Ribs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 340	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 7 g	**34 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 74 mg	**25 %**
Sodium 82 mg	**3 %**
Potassium 82 mg	**2 %**
Total Carbohydrate 28 g	**9 %**
Dietary Fiber 2 g	**7 %**
Sugars 26 g	
Protein 16 g	**32 %**
Vitamin A	**13 %**
Vitamin C	**36 %**
Calcium	**3 %**
Iron	**7 %**
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July Week Four, Gluten Free

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

Smokey Lime Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 119	
	% 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 81 mg	**3 %**
Potassium 394 mg	**11 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 4 g	**15 %**
Sugars 7 g	
Protein 1 g	**3 %**
Vitamin A	**379 %**
Vitamin C	**20 %**
Calcium	**5 %**
Iron	**5 %**

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Corn on the Cob

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 205	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 5 g	**26 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 21 mg	**7 %**
Sodium 80 mg	**3 %**
Potassium 361 mg	**10 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 4 g	**16 %**
Sugars 8 g	
Protein 5 g	**9 %**
Vitamin A	**12 %**
Vitamin C	**11 %**
Calcium	**0 %**
Iron	**4 %**

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Meal 4: Mediterranean Stuffed Bell Peppers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 436	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 8 g	**39 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 110 mg	**37 %**
Sodium 1160 mg	**48 %**
Potassium 1065 mg	**30 %**
Total Carbohydrate 28 g	**9 %**
Dietary Fiber 6 g	**24 %**
Sugars 12 g	
Protein 39 g	**77 %**
Vitamin A	**186 %**
Vitamin C	**551 %**
Calcium	**27 %**
Iron	**25 %**

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July Week Four, Gluten Free

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

Salad: Broccoli & Apple Slaw (made w/o dressing)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 160	
	% 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 91 mg	**4 %**
Potassium 418 mg	**12 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 5 g	**21 %**
Sugars 21 g	
Protein 4 g	**7 %**
Vitamin A	**33 %**
Vitamin C	**107 %**
Calcium	**6 %**
Iron	**8 %**

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Dressing (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 33	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 3 mg	**1 %**
Sodium 78 mg	**3 %**
Potassium 10 mg	**0 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**4 %**
Calcium	**0 %**
Iron	**0 %**

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Breakfast: Poached Eggs over Sweet Potatoes & Sliced Avocados

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 301	
	% Daily Value *
Total Fat 15 g	**24 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 186 mg	**62 %**
Sodium 151 mg	**6 %**
Potassium 866 mg	**25 %**
Total Carbohydrate 33 g	**11 %**
Dietary Fiber 9 g	**36 %**
Sugars 6 g	
Protein 10 g	**20 %**
Vitamin A	**376 %**
Vitamin C	**17 %**
Calcium	**7 %**
Iron	**11 %**

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July Week Four, Gluten Free

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

Snack: Apricots & Almonds

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 154	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 36 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 381 mg	**11 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 13 g	**54 %**
Sugars 10 g	
Protein 13 g	**26 %**
Vitamin A	**27 %**
Vitamin C	**12 %**
Calcium	**33 %**
Iron	**10 %**

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Dessert: Pineapple Nice Cream (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 120	
	% Daily Value *
Total Fat 8 g	**13 %**
Saturated Fat 8 g	**38 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 17 mg	**1 %**
Potassium 88 mg	**3 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**1 %**
Vitamin A	**1 %**
Vitamin C	**60 %**
Calcium	**1 %**
Iron	**0 %**

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