July Week Three, Gluten Free

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

Meal 1: Superfood Salad w/ Crispy Chickpeas (made w/o dressing)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 273	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 244 mg	**10 %**
Potassium 650 mg	**19 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 10 g	**39 %**
Sugars 9 g	
Protein 10 g	**20 %**
Vitamin A	**254 %**
Vitamin C	**154 %**
Calcium	**13 %**
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.

Cashew Dressing (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 59	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 10 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 1 g	
Protein 1 g	**3 %**
Vitamin A	**1 %**
Vitamin C	**5 %**
Calcium	**1 %**
Iron	**3 %**

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Meal 2: Lemon-Parsley Salmon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 319	
	% Daily Value *
Total Fat 21 g	**32 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 11 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 67 mg	**22 %**
Sodium 72 mg	**3 %**
Potassium 444 mg	**13 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 1 g	
Protein 23 g	**45 %**
Vitamin A	**9 %**
Vitamin C	**16 %**
Calcium	**8 %**
Iron	**4 %**

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July Week Three, Gluten Free

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

Tomato & Cucumber Quinoa Pilaf

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 270	
	% Daily Value *
Total Fat 13 g	**19 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 6 mg	**0 %**
Potassium 166 mg	**5 %**
Total Carbohydrate 31 g	**10 %**
Dietary Fiber 5 g	**19 %**
Sugars 2 g	
Protein 9 g	**18 %**
Vitamin A	**12 %**
Vitamin C	**14 %**
Calcium	**5 %**
Iron	**14 %**

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Meal 3: Chinese Pork Stir Fry

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 362	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 111 mg	**37 %**
Sodium 695 mg	**29 %**
Potassium 1018 mg	**29 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 3 g	**14 %**
Sugars 12 g	
Protein 39 g	**79 %**
Vitamin A	**75 %**
Vitamin C	**176 %**
Calcium	**13 %**
Iron	**22 %**

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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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July Week Three, Gluten Free

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

Meal 4: Bison Strip Steaks

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 163	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 100 mg	**33 %**
Sodium 153 mg	**6 %**
Potassium 475 mg	**14 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 30 g	**60 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Grilled Zucchini, Onion & Bell Pepper

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 126	
	% 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 0 mg	**0 %**
Sodium 8 mg	**0 %**
Potassium 609 mg	**17 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 5 g	**20 %**
Sugars 8 g	
Protein 3 g	**6 %**
Vitamin A	**21 %**
Vitamin C	**388 %**
Calcium	**5 %**
Iron	**11 %**

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Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella (made w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 151	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 23 mg	**1 %**
Potassium 206 mg	**6 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 1 g	**6 %**
Sugars 3 g	
Protein 12 g	**24 %**
Vitamin A	**54 %**
Vitamin C	**34 %**
Calcium	**3 %**
Iron	**6 %**

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July Week Three, 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: Very Berry Muffins (per serving, based on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 243	
	% Daily Value *
Total Fat 18 g	**27 %**
Saturated Fat 7 g	**33 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 78 mg	**26 %**
Sodium 50 mg	**2 %**
Potassium 180 mg	**5 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 6 g	**23 %**
Sugars 10 g	
Protein 7 g	**14 %**
Vitamin A	**3 %**
Vitamin C	**10 %**
Calcium	**5 %**
Iron	**10 %**

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Snack: Prosciutto w/ Melon (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 93	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 581 mg	**24 %**
Potassium 184 mg	**5 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 1 g	**3 %**
Sugars 5 g	
Protein 9 g	**17 %**
Vitamin A	**47 %**
Vitamin C	**42 %**
Calcium	**1 %**
Iron	**3 %**

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July Week Three, Gluten Free

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

Dessert: Fresh Cherries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 74	
	% 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 260 mg	**7 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 3 g	**10 %**
Sugars 15 g	
Protein 1 g	**2 %**
Vitamin A	**1 %**
Vitamin C	**12 %**
Calcium	**1 %**
Iron	**2 %**

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