July Super Fast Menu

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Honey-Lime Salmon w/ Fresh Corn, Black Bean & Tomato Salsa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 307	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	**20 %**
Sodium 753 mg	**31 %**
Potassium 642 mg	**18 %**
Total Carbohydrate 37 g	**12 %**
Dietary Fiber 10 g	**42 %**
Sugars 5 g	
Protein 33 g	**65 %**
Vitamin A	**9 %**
Vitamin C	**33 %**
Calcium	**4 %**
Iron	**20 %**

* 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 2: Turkey Burgers with Sweet potato fries

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 662	
	% Daily Value *
Total Fat 29 g	**45 %**
Saturated Fat 5 g	**27 %**
Monounsaturated Fat 11 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 158 mg	**53 %**
Sodium 529 mg	**22 %**
Potassium 724 mg	**21 %**
Total Carbohydrate 49 g	**16 %**
Dietary Fiber 6 g	**24 %**
Sugars 8 g	
Protein 52 g	**103 %**
Vitamin A	**191 %**
Vitamin C	**3 %**
Calcium	**9 %**
Iron	**19 %**

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Meal 3: Grilled Steak Salad w/ Mozzarella, Cucumber & Grilled Peaches

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 629	
	% Daily Value *
Total Fat 38 g	**58 %**
Saturated Fat 13 g	**67 %**
Monounsaturated Fat 15 g	
Polyunsaturated Fat 5 g	
Trans Fat 1 g	
Cholesterol 156 mg	**52 %**
Sodium 749 mg	**31 %**
Potassium 893 mg	**26 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 4 g	**16 %**
Sugars 12 g	
Protein 56 g	**112 %**
Vitamin A	**12 %**
Vitamin C	**19 %**
Calcium	**18 %**
Iron	**32 %**

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

Maple Mustard Dressing (for Meal 3 and salad)

Nutrition Facts

Servings 10.0

Amount Per Serving	
calories 244	
	% Daily Value *
Total Fat 22 g	**34 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 16 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 82 mg	**3 %**
Potassium 31 mg	**1 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 0 g	**1 %**
Sugars 12 g	
Protein 0 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**2 %**

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Meal 4: Maple-Mustard Pork Loin w/ Roasted Potatoes & Broccoli

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 497	
	% Daily Value *
Total Fat 25 g	**39 %**
Saturated Fat 8 g	**39 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 120 mg	**40 %**
Sodium 519 mg	**22 %**
Potassium 1187 mg	**34 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 3 g	**13 %**
Sugars 8 g	
Protein 38 g	**75 %**
Vitamin A	**8 %**
Vitamin C	**60 %**
Calcium	**5 %**
Iron	**17 %**

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Salad: Coleslaw

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 357	
	% Daily Value *
Total Fat 28 g	**42 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 136 mg	**6 %**
Potassium 399 mg	**11 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 6 g	**22 %**
Sugars 22 g	
Protein 3 g	**6 %**
Vitamin A	**4 %**
Vitamin C	**130 %**
Calcium	**10 %**
Iron	**8 %**

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July Super Fast Menu

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

Breakfast: Cinnamon-Pecan Chia Bowl w/ Grilled Peaches

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 314	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 6 g	**32 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 44 mg	**2 %**
Potassium 397 mg	**11 %**
Total Carbohydrate 38 g	**13 %**
Dietary Fiber 16 g	**66 %**
Sugars 19 g	
Protein 10 g	**20 %**
Vitamin A	**6 %**
Vitamin C	**11 %**
Calcium	**26 %**
Iron	**20 %**

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Snack: Snap Peas

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 11	
	% 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 68 mg	**2 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 1 g	**3 %**
Sugars 1 g	
Protein 1 g	**2 %**
Vitamin A	**10 %**
Vitamin C	**15 %**
Calcium	**1 %**
Iron	**3 %**

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Dessert: Fresh Figs

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 266	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 4 mg	**0 %**
Potassium 835 mg	**24 %**
Total Carbohydrate 69 g	**23 %**
Dietary Fiber 10 g	**42 %**
Sugars 59 g	
Protein 3 g	**5 %**
Vitamin A	**10 %**
Vitamin C	**12 %**
Calcium	**13 %**
Iron	**7 %**

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