June Super Fast

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

Meal 1: Garlic Shrimp Tomatoes & Green Beans w/ Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 433	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 332 mg	**111 %**
Sodium 389 mg	**16 %**
Potassium 731 mg	**21 %**
Total Carbohydrate 48 g	**16 %**
Dietary Fiber 3 g	**13 %**
Sugars 4 g	
Protein 42 g	**84 %**
Vitamin A	**30 %**
Vitamin C	**36 %**
Calcium	**10 %**
Iron	**44 %**

* 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: California Salad w/ Egg, Avocado, Chickpea, Sunflower Seed, Tomato & Mushroom

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 351	
	% Daily Value *
Total Fat 20 g	**32 %**
Saturated Fat 3 g	**17 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 92 mg	**31 %**
Sodium 332 mg	**14 %**
Potassium 1040 mg	**30 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 12 g	**47 %**
Sugars 4 g	
Protein 14 g	**27 %**
Vitamin A	**36 %**
Vitamin C	**45 %**
Calcium	**7 %**
Iron	**18 %**

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Meal 3: Soy Marinated Chicken Thighs w/ Rice & Sautéed Spinach

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 461	
	% Daily Value *
Total Fat 16 g	**24 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 137 mg	**46 %**
Sodium 2075 mg	**86 %**
Potassium 103 mg	**3 %**
Total Carbohydrate 43 g	**14 %**
Dietary Fiber 2 g	**7 %**
Sugars 0 g	
Protein 38 g	**76 %**
Vitamin A	**69 %**
Vitamin C	**26 %**
Calcium	**5 %**
Iron	**22 %**

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

Meal 4: Grilled Lamb Chops w/ Grilled Red Onion, Asparagus & Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 248	
	% Daily Value *
Total Fat 16 g	**24 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 51 mg	**17 %**
Sodium 63 mg	**3 %**
Potassium 378 mg	**11 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 4 g	**15 %**
Sugars 4 g	
Protein 19 g	**39 %**
Vitamin A	**12 %**
Vitamin C	**8 %**
Calcium	**3 %**
Iron	**17 %**

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Salad: Apricot, Feta & Cucumber

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 132	
	% Daily Value *
Total Fat 7 g	**10 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	**8 %**
Sodium 278 mg	**12 %**
Potassium 453 mg	**13 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 2 g	**8 %**
Sugars 7 g	
Protein 6 g	**13 %**
Vitamin A	**56 %**
Vitamin C	**22 %**
Calcium	**17 %**
Iron	**6 %**

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Breakfast: Banana Pancakes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 354	
	% Daily Value *
Total Fat 23 g	**35 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 184 mg	**61 %**
Sodium 97 mg	**4 %**
Potassium 605 mg	**17 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 5 g	**19 %**
Sugars 16 g	
Protein 10 g	**20 %**
Vitamin A	**9 %**
Vitamin C	**18 %**
Calcium	**7 %**
Iron	**9 %**

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June Super Fast

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

Snack: Hard Boiled Eggs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 180	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 369 mg	**123 %**
Sodium 190 mg	**8 %**
Potassium 140 mg	**4 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 13 g	**25 %**
Vitamin A	**14 %**
Vitamin C	**0 %**
Calcium	**6 %**
Iron	**10 %**

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Dessert: Fudgesicles (per serving, based on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 171	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 10 g	**52 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 8 mg	**0 %**
Potassium 160 mg	**5 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 4 g	**17 %**
Sugars 13 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**1 %**
Iron	**6 %**

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