

Prep Dish Reset Menu Week Three

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Grilled
Ginger-Lime Flank
Steak, Bell Pepper &
Plums

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 350	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 34 mg	11 %
Sodium 419 mg	17 %
Potassium 411 mg	12 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 6 g	24 %
Sugars 12 g	
Protein 26 g	52 %
Vitamin A	17 %
Vitamin C	259 %
Calcium	5 %
Iron	8 %
* 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: BBQ Shrimp
w/ Mashed Potatoes
& Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 350	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 300 mg	100 %
Sodium 1379 mg	57 %
Potassium 153 mg	4 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 5 g	21 %
Sugars 9 g	
Protein 63 g	126 %
Vitamin A	39 %
Vitamin C	236 %
Calcium	19 %
Iron	26 %
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Meal 3: Summer
"Pasta" Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 392	
% Daily Value *	
Total Fat 28 g	44 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 586 mg	24 %
Potassium 1374 mg	39 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 8 g	31 %
Sugars 16 g	
Protein 16 g	31 %
Vitamin A	40 %
Vitamin C	123 %
Calcium	20 %
Iron	16 %
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Meal 4: Turkey &
Carrot BBQ Meatballs
w/ Japanese Sweet
Potatoes

Salad: Arugula,
Watermelon & Feta
Salad

Dressing (per serving,
based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 506	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 183 mg	61 %
Sodium 352 mg	15 %
Potassium 647 mg	18 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 9 g	36 %
Sugars 10 g	
Protein 32 g	65 %
Vitamin A	250 %
Vitamin C	25 %
Calcium	18 %
Iron	27 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 321	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 300 mg	12 %
Potassium 733 mg	21 %
Total Carbohydrate 48 g	16 %
Dietary Fiber 5 g	21 %
Sugars 37 g	
Protein 12 g	24 %
Vitamin A	85 %
Vitamin C	85 %
Calcium	29 %
Iron	13 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 126	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 9 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: Broccoli
Frittata Muffins w/
Raspberries

Snack: Watermelon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 263	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 390 mg	130 %
Sodium 373 mg	16 %
Potassium 231 mg	7 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 8 g	32 %
Sugars 6 g	
Protein 23 g	46 %
Vitamin A	30 %
Vitamin C	253 %
Calcium	14 %
Iron	19 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 169	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 633 mg	18 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 2 g	9 %
Sugars 35 g	
Protein 3 g	7 %
Vitamin A	64 %
Vitamin C	76 %
Calcium	4 %
Iron	8 %
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