

Prep Dish Reset Menu Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Grilled
Balsamic Pork Chops
w/ Asparagus &
Cantaloupe Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 382	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 611 mg	25 %
Potassium 581 mg	17 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 2 g	7 %
Sugars 25 g	
Protein 24 g	48 %
Vitamin A	138 %
Vitamin C	125 %
Calcium	2 %
Iron	12 %
* 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: Cobb Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 451	
% Daily Value *	
Total Fat 48 g	74 %
Saturated Fat 8 g	41 %
Monounsaturated Fat 30 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 196 mg	65 %
Sodium 257 mg	11 %
Potassium 682 mg	19 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 7 g	28 %
Sugars 2 g	
Protein 11 g	23 %
Vitamin A	25 %
Vitamin C	27 %
Calcium	4 %
Iron	12 %
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Meal 3: Bison &
Mushroom Tacos w/
Jicama Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 382	
% Daily Value *	
Total Fat 30 g	46 %
Saturated Fat 7 g	34 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 89 mg	30 %
Sodium 333 mg	14 %
Potassium 1098 mg	31 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 11 g	43 %
Sugars 5 g	
Protein 30 g	60 %
Vitamin A	34 %
Vitamin C	28 %
Calcium	2 %
Iron	30 %
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Meal 4: Grilled
Chicken, Thai
Roasted Eggplant &
Cauliflower

Almond Butter
Dipping (per serving,
based on 8 servings)

Salad: Arugula,
Raspberries & Sliced
Almonds

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 200	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 70 mg	23 %
Sodium 404 mg	17 %
Potassium 546 mg	16 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	14 %
Sugars 4 g	
Protein 29 g	58 %
Vitamin A	1 %
Vitamin C	14 %
Calcium	1 %
Iron	6 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 261	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 177 mg	7 %
Potassium 18 mg	1 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	17 %
Sugars 4 g	
Protein 8 g	17 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	8 %
Iron	9 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 114	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 18 mg	6 %
Sodium 191 mg	8 %
Potassium 87 mg	2 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 9 g	18 %
Vitamin A	17 %
Vitamin C	8 %
Calcium	9 %
Iron	6 %
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Dressing (per serving,
based on 8 servings)

Breakfast: Lamb,
Sweet Potato,
Spinach & Mushroom
Hash

Snack: Bell Peppers

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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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 460	
% Daily Value *	
Total Fat 32 g	50 %
Saturated Fat 13 g	66 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 269 mg	90 %
Sodium 295 mg	12 %
Potassium 939 mg	27 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	17 %
Sugars 4 g	
Protein 29 g	58 %
Vitamin A	190 %
Vitamin C	22 %
Calcium	10 %
Iron	27 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 16	
% 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 2 mg	0 %
Potassium 106 mg	3 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 1 g	1 %
Vitamin A	31 %
Vitamin C	106 %
Calcium	0 %
Iron	1 %
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Almond Butter

Dipping Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 261	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 177 mg	7 %
Potassium 18 mg	1 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	17 %
Sugars 4 g	
Protein 8 g	17 %
Vitamin A	0 %
Vitamin C	6 %
Calcium	8 %
Iron	9 %
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