

## Prep Dish Reset Menu Week Five

### Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Salmon over Mixed Greens w/ Strawberries, Cucumber & Walnuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 494	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 164 mg	7 %
Potassium 274 mg	8 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 2 g	9 %
Sugars 27 g	
Protein 43 g	87 %
Vitamin A	39 %
Vitamin C	13 %
Calcium	80 %
Iron	5 %
* 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:** Grilled Lemon Tenders w/ Grilled Asparagus & Pineapple

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 354	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 70 mg	23 %
Sodium 115 mg	5 %
Potassium 433 mg	12 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 5 g	20 %
Sugars 24 g	
Protein 25 g	50 %
Vitamin A	15 %
Vitamin C	205 %
Calcium	5 %
Iron	16 %
* 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 3:** Steaks, Baked Potatoes & Sautéed Swiss Chard

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 520	
% Daily Value *	
Total Fat 27 g	41 %
Saturated Fat 11 g	55 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 155 mg	52 %
Sodium 858 mg	36 %
Potassium 722 mg	21 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 2 g	10 %
Sugars 1 g	
Protein 43 g	87 %
Vitamin A	33 %
Vitamin C	59 %
Calcium	5 %
Iron	24 %
* 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.	

## Prep Dish Reset Menu Week Five

### Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 4:** Mexican  
Zucchini Stuffed w/  
Bison, Mushrooms,  
Bell Pepper & Tomato  
Sauce

**Salad:** Arugula w/  
Peaches & Sliced  
Almond

Dressing (per serving,  
based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 227	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 36 mg	12 %
Sodium 125 mg	5 %
Potassium 1387 mg	40 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 7 g	29 %
Sugars 16 g	
Protein 18 g	35 %
Vitamin A	63 %
Vitamin C	227 %
Calcium	8 %
Iron	25 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 108	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 249 mg	7 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 3 g	12 %
Sugars 8 g	
Protein 4 g	8 %
Vitamin A	22 %
Vitamin C	17 %
Calcium	17 %
Iron	6 %
* 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.	

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 %
* 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.	

## Prep Dish Reset Menu Week Five

### Nutrition Facts

(per serving, based on yield of 4 servings)

**Breakfast:** Onion,  
Mushroom & Spinach  
Frittata

**Snack:** Plums

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 239	
% Daily Value *	
Total Fat 15 g	24 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 465 mg	155 %
Sodium 208 mg	9 %
Potassium 549 mg	16 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 2 g	8 %
Sugars 4 g	
Protein 19 g	37 %
Vitamin A	80 %
Vitamin C	25 %
Calcium	10 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 61	
% Daily Value *	
Total Fat 0 g	1 %
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 207 mg	6 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 2 g	7 %
Sugars 13 g	
Protein 1 g	2 %
Vitamin A	9 %
Vitamin C	21 %
Calcium	1 %
Iron	1 %
* 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.	