

Prep Dish Reset Menu Week One

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Sesame
Roasted Halibut w/
Broccoli & Cashews

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 356	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 146 mg	6 %
Potassium 899 mg	26 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	14 %
Sugars 7 g	
Protein 35 g	70 %
Vitamin A	8 %
Vitamin C	107 %
Calcium	8 %
Iron	7 %
* 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
Chicken w/ Pineapple
Salsa & Grilled
Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 306	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 115 mg	38 %
Sodium 272 mg	11 %
Potassium 248 mg	7 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 6 g	23 %
Sugars 9 g	
Protein 44 g	89 %
Vitamin A	4 %
Vitamin C	74 %
Calcium	7 %
Iron	9 %
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Meal 3: Gingered
Beef & Veggie Stir Fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 358	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 5 g	27 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 69 mg	23 %
Sodium 467 mg	19 %
Potassium 242 mg	7 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 3 g	11 %
Sugars 6 g	
Protein 29 g	59 %
Vitamin A	8 %
Vitamin C	164 %
Calcium	2 %
Iron	22 %
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Meal 4: Frittata w/
Arugula, Tomato,
Mushrooms & Olives
w/ Dilled Cucumbers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 385	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 465 mg	155 %
Sodium 457 mg	19 %
Potassium 432 mg	12 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 1 g	6 %
Sugars 3 g	
Protein 17 g	34 %
Vitamin A	28 %
Vitamin C	24 %
Calcium	16 %
Iron	15 %
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Salad: Blueberry &
Walnut Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 171	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 9 mg	0 %
Potassium 174 mg	5 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	10 %
Sugars 4 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	14 %
Calcium	3 %
Iron	5 %
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Dressing

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: Eggs
Baked in Avocados w/
Oranges

Snack: Carrots
Dipped in Almond
Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 260	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 3 g	17 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 84 mg	4 %
Potassium 732 mg	21 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 11 g	44 %
Sugars 12 g	
Protein 12 g	24 %
Vitamin A	104 %
Vitamin C	183 %
Calcium	15 %
Iron	16 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 221	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 22 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 173 mg	7 %
Potassium 728 mg	21 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 5 g	21 %
Sugars 8 g	
Protein 9 g	17 %
Vitamin A	255 %
Vitamin C	7 %
Calcium	23 %
Iron	13 %
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