

Prep Dish Reset Menu Week Four

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

Meal 1: Nicoise Salads

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 347	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 93 mg	31 %
Sodium 98 mg	4 %
Potassium 705 mg	20 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 3 g	12 %
Sugars 14 g	
Protein 34 g	68 %
Vitamin A	54 %
Vitamin C	40 %
Calcium	5 %
Iron	18 %
* 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: Pork, Pineapple & Veggie Kabobs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 359	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 486 mg	20 %
Potassium 469 mg	13 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 5 g	22 %
Sugars 27 g	
Protein 31 g	62 %
Vitamin A	65 %
Vitamin C	392 %
Calcium	3 %
Iron	12 %
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Meal 3: Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 326	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 71 mg	24 %
Sodium 338 mg	14 %
Potassium 763 mg	22 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 8 g	31 %
Sugars 12 g	
Protein 23 g	46 %
Vitamin A	243 %
Vitamin C	57 %
Calcium	9 %
Iron	32 %
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Meal 4: Walnut
Crusted Chicken w/
Sautéed Spinach &
Dilled Carrots

Salad: Mixed Greens
w/ Grapes & Walnuts

Dressing (per serving,
based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 338	
% Daily Value *	
Total Fat 29 g	45 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 18 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 78 mg	3 %
Potassium 584 mg	17 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 5 g	20 %
Sugars 4 g	
Protein 11 g	22 %
Vitamin A	256 %
Vitamin C	24 %
Calcium	8 %
Iron	14 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 291	
% Daily Value *	
Total Fat 25 g	39 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 18 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 15 mg	1 %
Potassium 355 mg	10 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	15 %
Sugars 9 g	
Protein 8 g	16 %
Vitamin A	39 %
Vitamin C	18 %
Calcium	4 %
Iron	8 %
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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: Hard
Boiled Eggs &
Strawberries

Snack: Blueberry,
Pumpkin Seed &
Coconut Flake “Trail
Mix”

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 203	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 465 mg	155 %
Sodium 178 mg	7 %
Potassium 289 mg	8 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	6 %
Sugars 4 g	
Protein 16 g	32 %
Vitamin A	14 %
Vitamin C	74 %
Calcium	8 %
Iron	14 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 288	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 981 mg	41 %
Potassium 57 mg	2 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 3 g	11 %
Sugars 17 g	
Protein 12 g	24 %
Vitamin A	1 %
Vitamin C	13 %
Calcium	8 %
Iron	16 %
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