

December Super Fast Menu

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Lemon-Caper
Cod w/ Sautéed
Spinach & Baked
Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 341	
% 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 48 mg	16 %
Sodium 377 mg	16 %
Potassium 765 mg	22 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 6 g	23 %
Sugars 6 g	
Protein 24 g	47 %
Vitamin A	476 %
Vitamin C	41 %
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.	

Meal 2: Chicken w/
Green Beans &
Tomatoes Baked in
Red Wine

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 513	
% Daily Value *	
Total Fat 37 g	57 %
Saturated Fat 10 g	50 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 150 mg	50 %
Sodium 141 mg	6 %
Potassium 361 mg	10 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	13 %
Sugars 3 g	
Protein 32 g	64 %
Vitamin A	11 %
Vitamin C	13 %
Calcium	30 %
Iron	5 %
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Meal 3: Slow Cooker
Curried Short Ribs w/
Peas & Mashed
Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 673	
% Daily Value *	
Total Fat 29 g	44 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 181 mg	60 %
Sodium 887 mg	37 %
Potassium 1143 mg	33 %
Total Carbohydrate 47 g	16 %
Dietary Fiber 9 g	37 %
Sugars 15 g	
Protein 54 g	109 %
Vitamin A	380 %
Vitamin C	18 %
Calcium	4 %
Iron	15 %
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Meal 4: Curried Cauliflower & Apple Soup

Almond Flour Biscuits

Salad: Baby Spinach w/ Oranges, Fennel & Avocado

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 148	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 631 mg	26 %
Potassium 523 mg	15 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 7 g	28 %
Sugars 11 g	
Protein 5 g	10 %
Vitamin A	1 %
Vitamin C	121 %
Calcium	8 %
Iron	11 %
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Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 111	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 19 mg	6 %
Sodium 72 mg	3 %
Potassium 7 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	6 %
Sugars 1 g	
Protein 4 g	7 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	4 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 188	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 79 mg	3 %
Potassium 1035 mg	30 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 10 g	39 %
Sugars 10 g	
Protein 4 g	8 %
Vitamin A	135 %
Vitamin C	125 %
Calcium	10 %
Iron	14 %
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Dressing

Breakfast: Grapefruit
Halves w/ Honey
Yogurt & Sliced
Almonds

Snack: Pears w/
Nuttzo

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 253	
% Daily Value *	
Total Fat 27 g	42 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 18 mg	1 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	3 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 257	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 163 mg	7 %
Potassium 650 mg	19 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 4 g	16 %
Sugars 30 g	
Protein 15 g	30 %
Vitamin A	45 %
Vitamin C	151 %
Calcium	17 %
Iron	2 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 276	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 92 mg	4 %
Potassium 190 mg	5 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 8 g	32 %
Sugars 18 g	
Protein 8 g	16 %
Vitamin A	1 %
Vitamin C	12 %
Calcium	3 %
Iron	6 %
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Dessert: Dried Figs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 228	
% 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 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 0 g	0 %
Sugars 40 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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