Meal 1: Mexican Pork Stew

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 216	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 69 mg	**23 %**
Sodium 293 mg	**12 %**
Potassium 730 mg	**21 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 2 g	**10 %**
Sugars 6 g	
Protein 27 g	**53 %**
Vitamin A	**156 %**
Vitamin C	**84 %**
Calcium	**5 %**
Iron	**8 %**

* 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

Meal 2: Spinach Pesto Chicken w/ Zucchini Noodles

Spinach Pesto

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 174	
	% Daily Value *
Total Fat 17 g	**27 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 2 mg	**1 %**
Sodium 39 mg	**2 %**
Potassium 135 mg	**4 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**6 %**
Sugars 1 g	
Protein 3 g	**6 %**
Vitamin A	**61 %**
Vitamin C	**20 %**
Calcium	**4 %**
Iron	**8 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 110	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 55 mg	**18 %**
Sodium 370 mg	**15 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 23 g	**46 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**2 %**
Iron	**4 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Zucchini Noodles

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 41	
	% 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 25 mg	**1 %**
Potassium 641 mg	**18 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 3 g	**11 %**
Sugars 4 g	
Protein 3 g	**6 %**
Vitamin A	**10 %**
Vitamin C	**70 %**
Calcium	**4 %**
Iron	**5 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Meal 3: Orange-Cilantro Shrimp & Broccoli w/ Sweet Potato Wedges

Shrimp

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 150	
	% Daily Value *
Total Fat 2 g	**2 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 270 mg	**90 %**
Sodium 195 mg	**8 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 35 g	**69 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**14 %**
Iron	**6 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Shrimp Marinade

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 243	
	% Daily Value *
Total Fat 28 g	**43 %**
Saturated Fat 24 g	**120 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 12 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**0 %**
Iron	**0 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Sweet Potato Wedges

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 72	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 37 mg	**2 %**
Potassium 224 mg	**6 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 2 g	**8 %**
Sugars 3 g	
Protein 1 g	**2 %**
Vitamin A	**189 %**
Vitamin C	**3 %**
Calcium	**2 %**
Iron	**2 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Broccoli

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 52	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 50 mg	**2 %**
Potassium 480 mg	**14 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 4 g	**16 %**
Sugars 3 g	
Protein 4 g	**9 %**
Vitamin A	**19 %**
Vitamin C	**226 %**
Calcium	**7 %**
Iron	**6 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Meal 4: Pesto Rotini Pasta w/ Roasted Tomatoes & Mushrooms

Spinach Pesto

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 174	
	% Daily Value *
Total Fat 17 g	**27 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 2 mg	**1 %**
Sodium 39 mg	**2 %**
Potassium 135 mg	**4 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**6 %**
Sugars 1 g	
Protein 3 g	**6 %**
Vitamin A	**61 %**
Vitamin C	**20 %**
Calcium	**4 %**
Iron	**8 %**
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Rotini Pasta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 238	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**3 %**
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 50 g	**17 %**
Dietary Fiber 5 g	**20 %**
Sugars 1 g	
Protein 5 g	**10 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**10 %**
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Roasted Tomatoes & Mushrooms

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 138	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 10 mg	**3 %**
Sodium 153 mg	**6 %**
Potassium 763 mg	**22 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 3 g	**11 %**
Sugars 5 g	
Protein 11 g	**22 %**
Vitamin A	**21 %**
Vitamin C	**59 %**
Calcium	**4 %**
Iron	**13 %**
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Salad: Mixed Greens w/ Raspberries, Feta & Pistachios

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 144	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 3 g	**17 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 15 mg	**5 %**
Sodium 453 mg	**19 %**
Potassium 359 mg	**10 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 4 g	**17 %**
Sugars 3 g	
Protein 10 g	**19 %**
Vitamin A	**4 %**
Vitamin C	**35 %**
Calcium	**16 %**
Iron	**9 %**

* 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 125	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 0 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	**0 %**

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Breakfast: Baked Apples w/ Walnuts & Cherries

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 370	
	% Daily Value *
Total Fat 24 g	**37 %**
Saturated Fat 13 g	**65 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 3 mg	**0 %**
Potassium 323 mg	**9 %**
Total Carbohydrate 42 g	**14 %**
Dietary Fiber 7 g	**29 %**
Sugars 31 g	
Protein 3 g	**6 %**
Vitamin A	**11 %**
Vitamin C	**9 %**
Calcium	**11 %**
Iron	**5 %**

Snack: Baby Carrots w/ White Bean Hummus

Baby Carrots

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 44	
	% 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 81 mg	**3 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 3 g	**10 %**
Sugars 6 g	
Protein 1 g	**3 %**
Vitamin A	**150 %**
Vitamin C	**13 %**
Calcium	**3 %**
Iron	**3 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

White Bean Hummus

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 172	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 274 mg	**11 %**
Potassium 328 mg	**9 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 8 g	**31 %**
Sugars 7 g	
Protein 7 g	**15 %**
Vitamin A	**151 %**
Vitamin C	**13 %**
Calcium	**10 %**
Iron	**12 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending

Dessert: Dark Chocolate + Almonds

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 269	
	% Daily Value *
Total Fat 23 g	**35 %**
Saturated Fat 4 g	**22 %**
Monounsaturated Fat 11 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 262 mg	**7 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 6 g	**23 %**
Sugars 4 g	
Protein 8 g	**17 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**10 %**
Iron	**10 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values