Meal 1: *Honey Ginger Salmon w/ Roasted Mushrooms & Acorn Squash*

Roasted Mushrooms & Acorn Squash

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 139	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 9 mg	**0 %**
Potassium 854 mg	**24 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 3 g	**13 %**
Sugars 1 g	
Protein 3 g	**6 %**
Vitamin A	**16 %**
Vitamin C	**40 %**
Calcium	**7 %**
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

Salmon Marinade

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 55	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 227 mg	**9 %**
Potassium 2 mg	**0 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 2 g	
Protein 0 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**0 %**
Iron	**0 %**

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Salmon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 340	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 7 g	**35 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 80 mg	**27 %**
Sodium 318 mg	**13 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 37 g	**74 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**2 %**

* 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

Meal 2: *Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup*

Sweet Potato & Pear Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 97	
	% 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 181 mg	**8 %**
Potassium 284 mg	**8 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 4 g	**17 %**
Sugars 9 g	
Protein 2 g	**4 %**
Vitamin A	**189 %**
Vitamin C	**11 %**
Calcium	**3 %**
Iron	**3 %**
* 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	

Salt & Pepper Roasted Drumsticks

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 225	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 94 mg	**31 %**
Sodium 237 mg	**10 %**
Potassium 244 mg	**7 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**1 %**
Sugars 0 g	
Protein 28 g	**56 %**
Vitamin A	**2 %**
Vitamin C	**0 %**
Calcium	**2 %**
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	

Meal 3: Lamb Kofta w/ Tahini Sauce & Mediterranean Quinoa

Tahini Sauce

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 123	
	% Daily Value *
Total Fat 11 g	**18 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 277 mg	**12 %**
Potassium 3 mg	**0 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**4 %**
Sugars 0 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**18 %**
Calcium	**2 %**
Iron	**2 %**

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

Lamb Kofta

Nutrition Facts

Servings 6.0

Amount Per Serving	
calories 238	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 8 g	**39 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 55 mg	**18 %**
Sodium 81 mg	**3 %**
Potassium 514 mg	**15 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 2 g	**9 %**
Sugars 1 g	
Protein 14 g	**29 %**
Vitamin A	**106 %**
Vitamin C	**139 %**
Calcium	**10 %**
Iron	**28 %**

* 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

Mediterranean Quinoa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 197	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 83 mg	**3 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 5 g	**21 %**
Sugars 1 g	
Protein 8 g	**17 %**
Vitamin A	**7 %**
Vitamin C	**12 %**
Calcium	**3 %**
Iron	**21 %**

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

Meal 4: Potato & Bacon Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 291	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 30 mg	**10 %**
Sodium 731 mg	**30 %**
Potassium 679 mg	**19 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 4 g	**15 %**
Sugars 6 g	
Protein 13 g	**27 %**
Vitamin A	**60 %**
Vitamin C	**21 %**
Calcium	**4 %**
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 100% accurate because the recipes have not been	

Salad: Mixed Greens w/ Pomegranate, Avocado, Cucumber, & Walnuts

Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 254	
	% Daily Value *
Total Fat 21 g	**32 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 89 mg	**4 %**
Potassium 722 mg	**21 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 9 g	**35 %**
Sugars 4 g	
Protein 6 g	**12 %**
Vitamin A	**3 %**
Vitamin C	**35 %**
Calcium	**7 %**
Iron	**11 %**

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Dressing (1 T)

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: "Good Luck" Scramble

Collard Mixture

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 127	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 28 mg	**9 %**
Sodium 449 mg	**19 %**
Potassium 205 mg	**6 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 3 g	**11 %**
Sugars 0 g	
Protein 8 g	**17 %**
Vitamin A	**9 %**
Vitamin C	**11 %**
Calcium	**10 %**
Iron	**6 %**
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Egg

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
	% Daily Value *
Total Fat 10 g	**15 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 390 mg	**130 %**
Sodium 130 mg	**5 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 12 g	**24 %**
Vitamin A	**20 %**
Vitamin C	**0 %**
Calcium	**4 %**
Iron	**12 %**
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending	

Snack: Popcorn Baggies w/ Coconut Chips

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 230	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 131 mg	**5 %**
Potassium 86 mg	**2 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 7 g	**29 %**
Sugars 9 g	
Protein 4 g	**9 %**
Vitamin A	**1 %**
Vitamin C	**2 %**
Calcium	**0 %**
Iron	**7 %**

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Dessert: Boozy Puerto Rican Rum Balls

Nutrition Facts

Servings 6.0

Amount Per Serving	
calories 378	
	% Daily Value *
Total Fat 30 g	**47 %**
Saturated Fat 15 g	**76 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 5 mg	**0 %**
Potassium 55 mg	**2 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 6 g	**23 %**
Sugars 11 g	
Protein 7 g	**15 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**6 %**
Iron	**10 %**

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