Meal 1: Almond Crusted Salmon w/ Steamed Broccoli & Roasted Butternut Squash

Almond Crusted Salmon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 421	
	% Daily Value *
Total Fat 28 g	**43 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 17 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 45 mg	**15 %**
Sodium 295 mg	**12 %**
Potassium 834 mg	**24 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 9 g	**36 %**
Sugars 3 g	
Protein 33 g	**66 %**
Vitamin A	**30 %**
Vitamin C	**2 %**
Calcium	**15 %**
Iron	**19 %**

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

Steamed 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

Roasted Butternut Squash

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 118	
	% 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 10 mg	**0 %**
Potassium 812 mg	**23 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 5 g	**19 %**
Sugars 5 g	
Protein 2 g	**5 %**
Vitamin A	**482 %**
Vitamin C	**79 %**
Calcium	**12 %**
Iron	**12 %**

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

Meal 2: Maple Mustard Pork Loin w/ Roasted Carrots & Parsnips

Maple Mustard

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 56	
	% 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 1 mg	**0 %**
Potassium 21 mg	**1 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 0 g	**0 %**
Sugars 6 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**1 %**

* 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

Pork

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 281	
	% Daily Value *
Total Fat 17 g	**25 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 93 mg	**31 %**
Sodium 172 mg	**7 %**
Potassium 464 mg	**13 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 31 g	**61 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**2 %**
Iron	**6 %**

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Roasted Carrots & Parsnips

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 90	
	% Daily Value *
Total Fat 2 g	**4 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 615 mg	**26 %**
Potassium 566 mg	**16 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 5 g	**20 %**
Sugars 5 g	
Protein 3 g	**6 %**
Vitamin A	**254 %**
Vitamin C	**43 %**
Calcium	**15 %**
Iron	**15 %**

* 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 3: Shepherd's Pie

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 361	
	% Daily Value *
Total Fat 13 g	**21 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
Cholesterol 75 mg	**25 %**
Sodium 159 mg	**7 %**
Potassium 952 mg	**27 %**
Total Carbohydrate 33 g	**11 %**
Dietary Fiber 8 g	**33 %**
Sugars 10 g	
Protein 29 g	**59 %**
Vitamin A	**199 %**
Vitamin C	**150 %**
Calcium	**9 %**
Iron	**26 %**

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Meal 4: Tom Kha Gai Soup

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 323	
	% Daily Value *
Total Fat 23 g	**36 %**
Saturated Fat 19 g	**97 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 12 mg	**4 %**
Sodium 222 mg	**9 %**
Potassium 453 mg	**13 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 5 g	**19 %**
Sugars 9 g	
Protein 8 g	**17 %**
Vitamin A	**141 %**
Vitamin C	**102 %**
Calcium	**5 %**
Iron	**10 %**

* 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

Salad: Mixed Greens w/ Grapes, Avocado & Sunflower Seeds

Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 364	
	% Daily Value *
Total Fat 29 g	**44 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 14 g	
Polyunsaturated Fat 9 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 89 mg	**4 %**
Potassium 896 mg	**26 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 10 g	**39 %**
Sugars 8 g	
Protein 11 g	**21 %**
Vitamin A	**3 %**
Vitamin C	**41 %**
Calcium	**8 %**
Iron	**19 %**

* 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

Vinaigrette

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: Shakshuka

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 276	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 390 mg	**130 %**
Sodium 412 mg	**17 %**
Potassium 1375 mg	**39 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 9 g	**34 %**
Sugars 10 g	
Protein 20 g	**40 %**
Vitamin A	**409 %**
Vitamin C	**444 %**
Calcium	**36 %**
Iron	**95 %**

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Snack: Kiwi + Pistachios

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 350	
	% Daily Value *
Total Fat 23 g	**35 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 180 mg	**8 %**
Potassium 1464 mg	**42 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 8 g	**32 %**
Sugars 17 g	
Protein 12 g	**24 %**
Vitamin A	**6 %**
Vitamin C	**224 %**
Calcium	**8 %**
Iron	**16 %**

* 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

Dessert: Cherry Berry Cobbler

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 453	
	% Daily Value *
Total Fat 33 g	**51 %**
Saturated Fat 11 g	**55 %**
Monounsaturated Fat 9 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 31 mg	**10 %**
Sodium 4 mg	**0 %**
Potassium 356 mg	**10 %**
Total Carbohydrate 41 g	**14 %**
Dietary Fiber 8 g	**31 %**
Sugars 30 g	
Protein 6 g	**13 %**
Vitamin A	**9 %**
Vitamin C	**4 %**
Calcium	**9 %**
Iron	**9 %**

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