

# Nutrition Facts - February Super Fast

**Meal 1:** *Chili-Lime Shrimp Salad w/ Jicama, Kidney Beans & Avocado w/ Honey-Lime Dressing*

## Shrimp

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 98	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 194 mg	65 %
Sodium 222 mg	9 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 21 g	41 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
* 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	

## Shrimp Marinade

Nutrition Facts	
Servings 25.0	
Amount Per Serving	
calories 77	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	0 %
Iron	0 %
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## Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 110	
% 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 109 mg	5 %
Potassium 38 mg	1 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 8 g	31 %
Sugars 1 g	
Protein 8 g	16 %
Vitamin A	21 %
Vitamin C	11 %
Calcium	12 %
Iron	11 %
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## Salad Dressing

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 70	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 10 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	0 %
Iron	0 %
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**Meal 2: Balsamic Pork Chops w/ Roasted Broccoli & Rice**

**Pork**

**Marinade**

**Broccoli**

**Rice**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 220	
% 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 70 mg	23 %
Sodium 55 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 22 g	44 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %
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<b>Nutrition Facts</b>	
Servings 16.0	
Amount Per Serving	
calories 63	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 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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<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 80	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 40 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	16 %
Sugars 2 g	
Protein 4 g	8 %
Vitamin A	20 %
Vitamin C	120 %
Calcium	4 %
Iron	4 %
* 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	

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 150	
% 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 35 g	12 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %
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**Meal 3:** *Bison Burgers w/ Carrot & Parsnip "Fries"*

**Burger**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 190</b>	
% Daily Value *	
<b>Total Fat</b> 11 g	<b>17 %</b>
Saturated Fat 4 g	20 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>17 %</b>
<b>Sodium</b> 60 mg	<b>3 %</b>
<b>Potassium</b> 0 mg	<b>0 %</b>
<b>Total Carbohydrate</b> 0 g	<b>0 %</b>
Dietary Fiber 0 g	0 %
Sugars 0 g	
<b>Protein</b> 23 g	<b>46 %</b>
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 on your calorie needs. The values here may not be 100% accurate	

**Carrot & Parsnip "Fries"**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 206</b>	
% Daily Value *	
<b>Total Fat</b> 7 g	<b>11 %</b>
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 107 mg	<b>4 %</b>
<b>Potassium</b> 841 mg	<b>24 %</b>
<b>Total Carbohydrate</b> 35 g	<b>12 %</b>
Dietary Fiber 10 g	38 %
Sugars 11 g	
<b>Protein</b> 3 g	<b>5 %</b>
Vitamin A	454 %
Vitamin C	46 %
Calcium	8 %
Iron	6 %
* 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 4:** *Lemon Chicken Breasts w/ Sautéed Spinach & Mushrooms & Rice*

Chicken

Marinade

Spinach & Mushrooms

Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 164	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 330 mg	14 %
Potassium 204 mg	6 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	46 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	1 %
Iron	5 %
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Nutrition Facts	
Servings 25.0	
Amount Per Serving	
calories 78	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 4 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	0 %
Iron	0 %
* 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	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 13	
% 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 29 mg	1 %
Potassium 198 mg	6 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	6 %
Sugars 1 g	
Protein 2 g	3 %
Vitamin A	67 %
Vitamin C	18 %
Calcium	4 %
Iron	7 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% 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 35 g	12 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %
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**Salad:** *Mixed Greens w/ Raspberries, Blue Cheese & Pecans*

**Salad**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 244	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 390 mg	16 %
Potassium 240 mg	7 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	16 %
Sugars 2 g	
Protein 9 g	18 %
Vitamin A	5 %
Vitamin C	21 %
Calcium	16 %
Iron	8 %
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**Vinaigrette**

<b>Nutrition Facts</b>	
Servings 16.0	
Amount Per Serving	
calories 63	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 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:** *Eggs Baked in Avocado w/ Grapes*

**Eggs Baked in Avocado**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 195 mg	65 %
Sodium 70 mg	3 %
Potassium 424 mg	12 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 5 g	20 %
Sugars 1 g	
Protein 7 g	15 %
Vitamin A	12 %
Vitamin C	12 %
Calcium	3 %
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	

**Grapes**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 31	
% 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 88 mg	3 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 0 g	2 %
Sugars 7 g	
Protein 0 g	1 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	1 %
Iron	1 %
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**Snack:** *Cuties*

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 40</b>	
% Daily Value *	
<b>Total Fat</b> 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 2 mg	0 %
<b>Potassium</b> 200 mg	6 %
<b>Total Carbohydrate</b> 9 g	3 %
Dietary Fiber 2 g	8 %
Sugars 7 g	
<b>Protein</b> 1 g	1 %
Vitamin A	1 %
Vitamin C	145 %
Calcium	2 %
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 values have not been	

**Dessert:** *Dark Chocolate w/ Macadamia Nuts*

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 286	
% Daily Value *	
<b>Total Fat</b> 27 g	<b>42 %</b>
Saturated Fat 5 g	<b>25 %</b>
Monounsaturated Fat 20 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 1 mg	<b>0 %</b>
<b>Sodium</b> 14 mg	<b>1 %</b>
<b>Potassium</b> 123 mg	<b>4 %</b>
<b>Total Carbohydrate</b> 12 g	<b>4 %</b>
Dietary Fiber 3 g	<b>13 %</b>
Sugars 8 g	
<b>Protein</b> 3 g	<b>6 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>6 %</b>
Calcium	<b>3 %</b>
Iron	<b>8 %</b>
* 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	