

## March Superfast

### Meal 1: *Baked Chilean Sea Bass w/ Curry-Roasted Cauliflower & Green Beans*

#### Baked Chilean Sea Bass

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 100	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 85 mg	28 %
Sodium 100 mg	4 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 21 g	42 %
Vitamin A	4 %
Vitamin C	0 %
Calcium	0 %
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	

#### Curry-Roasted Veggies

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 134	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 52 mg	2 %
Potassium 597 mg	17 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 7 g	26 %
Sugars 5 g	
Protein 5 g	9 %
Vitamin A	8 %
Vitamin C	116 %
Calcium	7 %
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	

**Meal 2:** *Salt & Pepper Drumsticks w/ Sweet Potato Coins*

**Drumsticks**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 270	
% Daily Value *	
<b>Total Fat</b> 15 g	23 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 127 mg	42 %
<b>Sodium</b> 120 mg	5 %
<b>Potassium</b> 311 mg	9 %
<b>Total Carbohydrate</b> 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
<b>Protein</b> 36 g	72 %
Vitamin A	4 %
Vitamin C	0 %
Calcium	2 %
Iron	10 %
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**Sweet Potatoes**

<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
<b>calories</b> 117	
% Daily Value *	
<b>Total Fat</b> 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 55 mg	2 %
<b>Potassium</b> 336 mg	10 %
<b>Total Carbohydrate</b> 20 g	7 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
<b>Protein</b> 2 g	3 %
Vitamin A	283 %
Vitamin C	4 %
Calcium	3 %
Iron	3 %
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**Meal 3: Veggie Fajitas**

**Fajitas**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 95	
% Daily Value *	
<b>Total Fat</b> 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 257 mg	11 %
Potassium 172 mg	5 %
<b>Total Carbohydrate</b> 19 g	6 %
Dietary Fiber 2 g	10 %
Sugars 6 g	
<b>Protein</b> 3 g	6 %
Vitamin A	83 %
Vitamin C	161 %
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	

**Salsa Guac**

<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
calories 90	
% Daily Value *	
<b>Total Fat</b> 8 g	12 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 39 mg	2 %
Potassium 266 mg	8 %
<b>Total Carbohydrate</b> 5 g	2 %
Dietary Fiber 4 g	15 %
Sugars 1 g	
<b>Protein</b> 1 g	2 %
Vitamin A	2 %
Vitamin C	10 %
Calcium	1 %
Iron	2 %
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**Meal 4:** Harissa Lamb Chops w/ Sweet Potato Coins & Sautéed Spinach

**Sweet Potatoes**

<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
calories 117	
% 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 55 mg	2 %
Potassium 336 mg	10 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 2 g	3 %
Vitamin A	283 %
Vitamin C	4 %
Calcium	3 %
Iron	3 %
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**Lamb Chops**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 130	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 39 mg	2 %
Potassium 186 mg	5 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 17 g	34 %
Vitamin A	1 %
Vitamin C	4 %
Calcium	1 %
Iron	6 %
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**Spinach**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 20	
% 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 65 mg	3 %
Potassium 470 mg	13 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	8 %
Sugars 0 g	
Protein 2 g	4 %
Vitamin A	80 %
Vitamin C	40 %
Calcium	8 %
Iron	15 %
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**Salad:** *Arugula w/ Blackberries, Feta & Sliced Almonds*

**Salad**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 150	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 90 mg	4 %
Potassium 319 mg	9 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 6 g	24 %
Sugars 5 g	
Protein 6 g	13 %
Vitamin A	16 %
Vitamin C	31 %
Calcium	12 %
Iron	7 %
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**Vinaigrette**

<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
calories 130	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
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 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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**Breakfast:** *Blueberry-Banana Green Smoothie*

<b>Nutrition Facts</b>	
Servings 2.0	
Amount Per Serving	
calories 394	
% Daily Value *	
<b>Total Fat</b> 19 g	29 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 20 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 35 mg	1 %
Potassium 1279 mg	37 %
<b>Total Carbohydrate</b> 53 g	18 %
Dietary Fiber 13 g	52 %
Sugars 29 g	
<b>Protein</b> 9 g	18 %
Vitamin A	3 %
Vitamin C	45 %
Calcium	21 %
Iron	22 %
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**Snack:** *Cucumber Slices*

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 4</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> 1 mg	0 %
<b>Potassium</b> 38 mg	1 %
<b>Total Carbohydrate</b> 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
<b>Protein</b> 0 g	0 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	1 %
Iron	1 %
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**Dessert:** Yogurt w/ Cherries

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 176	
% Daily Value *	
<b>Total Fat</b> 7 g	<b>11 %</b>
Saturated Fat 5 g	<b>23 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 26 mg	<b>9 %</b>
<b>Sodium</b> 79 mg	<b>3 %</b>
<b>Potassium</b> 411 mg	<b>12 %</b>
<b>Total Carbohydrate</b> 19 g	<b>6 %</b>
Dietary Fiber 1 g	<b>6 %</b>
Sugars 21 g	
<b>Protein</b> 6 g	<b>12 %</b>
Vitamin A	<b>9 %</b>
Vitamin C	<b>1 %</b>
Calcium	<b>20 %</b>
Iron	<b>1 %</b>
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