

September Super Fast Menu

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Balsamic
Salmon Pouch w/
Cherry Tomatoes &
Broccoli

Quinoa

Meal 2: Lamb Kofta w/
Tahini Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 153	
% Daily Value *	
Total Fat 4 g	7 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 253 mg	11 %
Potassium 249 mg	7 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	6 %
Sugars 3 g	
Protein 24 g	49 %
Vitamin A	16 %
Vitamin C	50 %
Calcium	2 %
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 because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 159	
% Daily Value *	
Total Fat 2 g	4 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 315 mg	9 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 3 g	10 %
Sugars 0 g	
Protein 6 g	11 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	22 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 425	
% Daily Value *	
Total Fat 36 g	56 %
Saturated Fat 13 g	64 %
Monounsaturated Fat 16 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 83 mg	28 %
Sodium 81 mg	3 %
Potassium 319 mg	9 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	5 %
Sugars 0 g	
Protein 21 g	42 %
Vitamin A	0 %
Vitamin C	8 %
Calcium	7 %
Iron	16 %
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Parsley Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 159	
% Daily Value *	
Total Fat 2 g	4 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 10 mg	0 %
Potassium 315 mg	9 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 3 g	10 %
Sugars 0 g	
Protein 6 g	11 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	22 %
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Meal 3: Chicken Sausage Pasta w/ Olives, Artichoke Hearts & Pine Nuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 411	
% Daily Value *	
Total Fat 30 g	47 %
Saturated Fat 8 g	39 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 1214 mg	51 %
Potassium 423 mg	12 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 4 g	16 %
Sugars 2 g	
Protein 17 g	35 %
Vitamin A	7 %
Vitamin C	2 %
Calcium	9 %
Iron	11 %
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Meal 4: Middle Eastern Veggie Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 255	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 296 mg	12 %
Potassium 539 mg	15 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 7 g	29 %
Sugars 3 g	
Protein 8 g	17 %
Vitamin A	79 %
Vitamin C	34 %
Calcium	11 %
Iron	18 %
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Salad: Arugula w/
Blackberries, Pecans &
Goat Cheese Crumbles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 268	
% Daily Value *	
Total Fat 25 g	39 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 16 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 4 mg	1 %
Sodium 43 mg	2 %
Potassium 195 mg	6 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 5 g	21 %
Sugars 4 g	
Protein 3 g	7 %
Vitamin A	6 %
Vitamin C	26 %
Calcium	5 %
Iron	5 %
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Breakfast: Cherry-
Pecan Overnight Oats

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 349	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 213 mg	6 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 9 g	35 %
Sugars 10 g	
Protein 10 g	19 %
Vitamin A	1 %
Vitamin C	9 %
Calcium	2 %
Iron	18 %
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Snack: Mini Bell
Peppers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 17	
% 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 20 mg	1 %
Potassium 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	2 %
Sugars 2 g	
Protein 0 g	0 %
Vitamin A	1 %
Vitamin C	109 %
Calcium	0 %
Iron	2 %
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Dessert: Fresh Figs
w/ Honey Yogurt

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 232	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 6 mg	2 %
Sodium 43 mg	2 %
Potassium 583 mg	17 %
Total Carbohydrate 47 g	16 %
Dietary Fiber 5 g	21 %
Sugars 42 g	
Protein 13 g	26 %
Vitamin A	5 %
Vitamin C	6 %
Calcium	19 %
Iron	4 %
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