

# December Super-Fast

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Lemon Caper Cod    Sautéed Spinach    Baked Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 204	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 42 mg	14 %
Sodium 283 mg	12 %
Potassium 469 mg	13 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	2 %
Sugars 0 g	
Protein 20 g	40 %
Vitamin A	0 %
Vitamin C	7 %
Calcium	2 %
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 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 33	
% Daily Value *	
Total Fat 2 g	4 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 48 mg	2 %
Potassium 314 mg	9 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	5 %
Sugars 0 g	
Protein 2 g	4 %
Vitamin A	73 %
Vitamin C	27 %
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 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 100	
% 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 70 mg	3 %
Potassium 400 mg	11 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 2 g	4 %
Vitamin A	350 %
Vitamin C	6 %
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 professionally evaluated nor have they been evaluated by the U.S. FDA.	

# December Super-Fast

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 2:** Chicken w/ Green Beans & Tomatoes Baked in Red Wine

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 257	
% Daily Value *	
<b>Total Fat</b> 12 g	18 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 105 mg	35 %
<b>Sodium</b> 111 mg	5 %
<b>Potassium</b> 206 mg	6 %
<b>Total Carbohydrate</b> 8 g	3 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
<b>Protein</b> 24 g	49 %
Vitamin A	14 %
Vitamin C	35 %
Calcium	7 %
Iron	11 %
* 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.	

**Meal 3:** Slow Cooker Curried Short Ribs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 366	
% Daily Value *	
<b>Total Fat</b> 21 g	32 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 136 mg	45 %
<b>Sodium</b> 496 mg	21 %
<b>Potassium</b> 594 mg	17 %
<b>Total Carbohydrate</b> 9 g	3 %
Dietary Fiber 0 g	2 %
Sugars 6 g	
<b>Protein</b> 35 g	69 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	0 %
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 professionally evaluated nor have they been evaluated by the U.S. FDA.	

Peas & Mashed Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 152	
% 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> 220 mg	9 %
<b>Potassium</b> 577 mg	16 %
<b>Total Carbohydrate</b> 35 g	12 %
Dietary Fiber 7 g	28 %
Sugars 9 g	
<b>Protein</b> 6 g	11 %
Vitamin A	356 %
Vitamin C	13 %
Calcium	4 %
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 because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

# December Super-Fast

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 4:** Curried Cauliflower & Apple Soup

Almond Flour Biscuits  
(per serving, based on  
yield of 20 servings)

**Salad:** Baby Spinach w/  
Oranges, Fennel &  
Avocado (w/o dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 224	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 764 mg	32 %
Potassium 682 mg	19 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 7 g	28 %
Sugars 13 g	
Protein 8 g	15 %
Vitamin A	1 %
Vitamin C	172 %
Calcium	6 %
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 because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 51	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 19 mg	6 %
Sodium 71 mg	3 %
Potassium 7 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	2 %
Sugars 0 g	
Protein 1 g	3 %
Vitamin A	1 %
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 professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 183	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 79 mg	3 %
Potassium 712 mg	20 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 10 g	39 %
Sugars 9 g	
Protein 4 g	8 %
Vitamin A	123 %
Vitamin C	119 %
Calcium	12 %
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 because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

# December Super-Fast

## Nutrition Facts

(per serving, based on yield of 4 servings)

Dressing

**Breakfast:** Grapefruit  
Halves w/ Honey Yogurt &  
Sliced Almonds

**Snack:** Pears w/ NuttZo

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 126	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 9 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	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 professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 122	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 3 mg	1 %
Sodium 25 mg	1 %
Potassium 238 mg	7 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 2 g	9 %
Sugars 15 g	
Protein 7 g	14 %
Vitamin A	24 %
Vitamin C	73 %
Calcium	4 %
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 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 280	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 70 mg	3 %
Potassium 190 mg	5 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 9 g	36 %
Sugars 17 g	
Protein 7 g	14 %
Vitamin A	1 %
Vitamin C	20 %
Calcium	8 %
Iron	7 %
* 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.	

**December Super-Fast**  
Nutrition Facts  
(per serving, based on yield of 4 servings)

**Dessert:** Dried Figs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 186	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 7 mg	0 %
Potassium 507 mg	14 %
Total Carbohydrate 48 g	16 %
Dietary Fiber 7 g	29 %
Sugars 36 g	
Protein 2 g	5 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	12 %
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 professionally evaluated nor have they been evaluated by the U.S. FDA.	