

January Superfast Menu Nutrition Facts

Meal 1: *Balsamic Salmon w/ Roasted Tomato, Carrots & Broccoli*

Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	340
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 80 mg	27 %
Sodium 318 mg	13 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 37 g	74 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
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	

Salmon Marinade

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories	99
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 8 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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Roasted Vegetables

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	103
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 57 mg	2 %
Potassium 490 mg	14 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 4 g	17 %
Sugars 8 g	
Protein 3 g	6 %
Vitamin A	243 %
Vitamin C	41 %
Calcium	3 %
Iron	5 %
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Meal 2: Mustard Chicken Legs w/ Brussels & Fingerling Potatoes

Chicken Legs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 40 mg	2 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 19 g	38 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Mustard

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 130 mg	5 %
Potassium 0 mg	0 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 2 g	8 %
Sugars 12 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	4 %
Iron	30 %
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Brussels & Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 156	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 173 mg	7 %
Potassium 242 mg	7 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 4 g	8 %
Vitamin A	12 %
Vitamin C	78 %
Calcium	3 %
Iron	5 %
* 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	

Meal 3: Steaks w/ Acorn Squash & Asparagus

Steak

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 88	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 360 mg	15 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 16 g	33 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	6 %
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Acorn Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 101	
% 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 7 mg	0 %
Potassium 748 mg	21 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 3 g	13 %
Sugars 0 g	
Protein 2 g	3 %
Vitamin A	16 %
Vitamin C	40 %
Calcium	7 %
Iron	8 %
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Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 47	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	5 %
Vitamin C	11 %
Calcium	2 %
Iron	2 %
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Meal 4: *Mushroom, Black Bean & Bison Lettuce Wrap "Tacos" w/ Sweet Potato Wedges*

Tacos

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 415	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 333 mg	14 %
Potassium 652 mg	19 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 12 g	48 %
Sugars 1 g	
Protein 31 g	63 %
Vitamin A	9 %
Vitamin C	14 %
Calcium	6 %
Iron	27 %
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Sweet Potato Wedges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 87	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 37 mg	2 %
Potassium 224 mg	6 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	189 %
Vitamin C	3 %
Calcium	2 %
Iron	2 %
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Salad: *Mixed Greens w/ Cherries, Cucumber, Walnuts & Avocado*

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 289	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 90 mg	4 %
Potassium 613 mg	18 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 8 g	32 %
Sugars 14 g	
Protein 6 g	11 %
Vitamin A	20 %
Vitamin C	34 %
Calcium	7 %
Iron	11 %
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Dressing

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 99	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 8 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: *Mango, Cucumber & Almond Butter Smoothie*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 63	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 70 mg	2 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	5 %
Sugars 5 g	
Protein 2 g	3 %
Vitamin A	8 %
Vitamin C	20 %
Calcium	2 %
Iron	2 %
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Snack: *Kalamata Olives w/ Grassfed Cheddar and/or Marcona Almonds*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 414	
% Daily Value *	
Total Fat 37 g	57 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 30 mg	10 %
Sodium 1125 mg	47 %
Potassium 0 mg	0 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 6 g	23 %
Sugars 1 g	
Protein 13 g	26 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	8 %
Iron	12 %
* 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	

Dessert: *Kiwi*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 90	
% 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 0 mg	0 %
Sodium 0 mg	0 %
Potassium 604 mg	17 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 4 g	16 %
Sugars 13 g	
Protein 2 g	4 %
Vitamin A	2 %
Vitamin C	220 %
Calcium	4 %
Iron	4 %
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