

April Superfast Nutrition Facts

Meal 1: *Ginger-Lime Salmon w/ Coconut Quinoa & Sautéed Gingered Mushrooms & Spinach*

Ginger-Lime Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 121	
% 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 45 mg	15 %
Sodium 338 mg	14 %
Potassium 403 mg	12 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 21 g	42 %
Vitamin A	0 %
Vitamin C	42 %
Calcium	0 %
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	

Coconut Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 250	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 5 g	18 %
Sugars 0 g	
Protein 9 g	18 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	17 %
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Sautéed Mushrooms & Spinach

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 22	
% 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 218 mg	6 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 2 g	4 %
Vitamin A	67 %
Vitamin C	19 %
Calcium	3 %
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	

Meal 2: *Garlic Pork Chops w/ Fingerlings & Brussel Sprouts*

Pork Chops

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 136	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 74 mg	25 %
Sodium 117 mg	5 %
Potassium 415 mg	12 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 24 g	48 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	1 %
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	

Fingerlings & Brussel Sprouts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 167	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 40 mg	2 %
Potassium 607 mg	17 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 5 g	21 %
Sugars 0 g	
Protein 5 g	10 %
Vitamin A	16 %
Vitamin C	79 %
Calcium	11 %
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: *Balsamic Chicken Tenders w/ Quinoa, Artichoke, Tomatoes & Feta*

Chicken Tenders

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 240	
% 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 120 mg	40 %
Sodium 0 mg	0 %
Potassium 480 mg	14 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 46 g	92 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
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	

Marinade

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 65	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
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 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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Quinoa Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 156	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 429 mg	18 %
Potassium 38 mg	1 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 6 g	26 %
Sugars 2 g	
Protein 6 g	13 %
Vitamin A	11 %
Vitamin C	23 %
Calcium	9 %
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 because the recipes have not been	

Meal 4: *Grassfed Beef, Bacon & Avocado Burgers w/ Sweet Potato Wedges*

Burgers (No bun)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 388	
% Daily Value *	
Total Fat 26 g	41 %
Saturated Fat 7 g	37 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 87 mg	29 %
Sodium 350 mg	15 %
Potassium 354 mg	10 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 5 g	20 %
Sugars 1 g	
Protein 30 g	60 %
Vitamin A	2 %
Vitamin C	12 %
Calcium	1 %
Iron	17 %
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Sweet Potato Wedges

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 89	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 37 mg	2 %
Potassium 228 mg	7 %
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: *Spinach w/ Mandarin Oranges, Chopped Pecans & Avocado*

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 31 mg	1 %
Potassium 510 mg	15 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 6 g	22 %
Sugars 6 g	
Protein 3 g	6 %
Vitamin A	74 %
Vitamin C	45 %
Calcium	6 %
Iron	10 %
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Balsamic Vinaigrette

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 65	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
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 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 w/ Plantains & Bacon*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 324	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 203 mg	68 %
Sodium 281 mg	12 %
Potassium 962 mg	27 %
Total Carbohydrate 57 g	19 %
Dietary Fiber 4 g	16 %
Sugars 27 g	
Protein 12 g	24 %
Vitamin A	46 %
Vitamin C	55 %
Calcium	3 %
Iron	11 %
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Snack: *Mini Bell Peppers*

Nutrition Facts	
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 0 mg	0 %
Potassium 225 mg	6 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	5 %
Sugars 4 g	
Protein 1 g	3 %
Vitamin A	44 %
Vitamin C	338 %
Calcium	0 %
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	

Dessert: *Mango*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 99	
% 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 2 mg	0 %
Potassium 277 mg	8 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 3 g	10 %
Sugars 23 g	
Protein 1 g	3 %
Vitamin A	35 %
Vitamin C	100 %
Calcium	1 %
Iron	1 %
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