

# June Menu, Super Fast

## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 1:** Garlic Shrimp,  
Tomatoes & Green Beans

Rice

**Meal 2:** California Salad w/  
Egg, Avocado, Chickpea,  
Sunflower Seed, Tomato &  
Mushroom (made w/o  
dressing)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 244	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 274 mg	91 %
Sodium 645 mg	27 %
Potassium 875 mg	25 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	18 %
Sugars 6 g	
Protein 36 g	73 %
Vitamin A	25 %
Vitamin C	31 %
Calcium	14 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% 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 0 mg	0 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 300	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 82 mg	27 %
Sodium 305 mg	13 %
Potassium 552 mg	16 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 10 g	42 %
Sugars 4 g	
Protein 12 g	23 %
Vitamin A	76 %
Vitamin C	28 %
Calcium	6 %
Iron	13 %
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**June Menu, Super Fast**  
**Nutrition Facts**  
(per serving, based on yield of 4 servings)

Balsamic Vinaigrette (per serving, based on 8 servings)

**Meal 3:** Soy Marinated Chicken Thighs

Rice

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 10 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 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 235	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 143 mg	48 %
Sodium 159 mg	7 %
Potassium 58 mg	2 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 35 g	70 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	9 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% 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 0 mg	0 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

Sautéed Spinach

**Meal 4:** Grilled Lamb Chops

Grilled Red Onion, Asparagus & Zucchini

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 29	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 60 mg	2 %
Potassium 392 mg	11 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 2 g	7 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	92 %
Vitamin C	34 %
Calcium	8 %
Iron	13 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 270	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 8 g	41 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 1 g	
Cholesterol 69 mg	23 %
Sodium 70 mg	3 %
Potassium 191 mg	5 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 21 g	43 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	10 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 103	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 8 mg	0 %
Potassium 518 mg	15 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
Protein 3 g	7 %
Vitamin A	20 %
Vitamin C	34 %
Calcium	4 %
Iron	13 %
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(per serving, based on yield of 4 servings)

**Salad:** Salad w/ Apricot, Feta & Cucumber (made w/o dressing)

Balsamic Vinaigrette (per serving, based on 8 servings)

**Breakfast:** Banana Pancakes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 107	
% Daily Value *	
Total Fat 4 g	7 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 444 mg	18 %
Potassium 319 mg	9 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	7 %
Sugars 4 g	
Protein 8 g	16 %
Vitamin A	57 %
Vitamin C	20 %
Calcium	12 %
Iron	4 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 10 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 4.0	
Amount Per Serving	
calories 285	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 179 mg	60 %
Sodium 71 mg	3 %
Potassium 362 mg	10 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 5 g	19 %
Sugars 13 g	
Protein 11 g	21 %
Vitamin A	7 %
Vitamin C	17 %
Calcium	7 %
Iron	9 %
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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Snack:** Hard Boiled Eggs

**Dessert:** Fudgsicles (per serving, based on 8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 120	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 358 mg	119 %
Sodium 140 mg	6 %
Potassium 0 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 12 g	24 %
Vitamin A	12 %
Vitamin C	4 %
Calcium	4 %
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.	

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 441	
% Daily Value *	
Total Fat 37 g	57 %
Saturated Fat 32 g	160 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 25 mg	1 %
Potassium 95 mg	3 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 2 g	8 %
Sugars 22 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	5 %
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