

# August Super Fast Menu

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Seared Pork Chops w/ Snow Peas

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 213   |      |
| % Daily Value *  |      |
| Total Fat 8 g  | 12 % |
| Saturated Fat 2 g  | 11 % |
| Monounsaturated Fat 2 g  |      |
| Polyunsaturated Fat 0 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 81 mg  | 27 % |
| Sodium 292 mg  | 12 % |
| Potassium 88 mg  | 2 %  |
| Total Carbohydrate 5 g   | 2 %  |
| Dietary Fiber 1 g  | 6 %  |
| Sugars 3 g   |      |
| Protein 29 g   | 58 % |
| Vitamin A  | 9 %  |
| Vitamin C  | 34 % |
| Calcium  | 17 % |
| 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. |      |

### Peruvian Rice

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 203   |      |
| % Daily Value *  |      |
| Total Fat 7 g  | 11 % |
| Saturated Fat 0 g  | 1 %  |
| Monounsaturated Fat 0 g  |      |
| Polyunsaturated Fat 1 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 551 mg  | 23 % |
| Potassium 403 mg   | 12 % |
| Total Carbohydrate 30 g  | 10 % |
| Dietary Fiber 3 g  | 12 % |
| Sugars 3 g   |      |
| Protein 6 g  | 12 % |
| Vitamin A  | 0 %  |
| Vitamin C  | 15 % |
| Calcium  | 1 %  |
| 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 professionally evaluated nor have they been evaluated by the U.S. FDA. |      |

### Meal 2: Chicken Wings w/ Celery and Corn on the Cob

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 661   |      |
| % Daily Value *  |      |
| Total Fat 40 g   | 62 % |
| Saturated Fat 11 g   | 54 % |
| Monounsaturated Fat 20 g   |      |
| Polyunsaturated Fat 8 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 227 mg   | 76 % |
| Sodium 560 mg  | 23 % |
| Potassium 388 mg   | 11 % |
| Total Carbohydrate 35 g  | 12 % |
| Dietary Fiber 4 g  | 15 % |
| Sugars 10 g  |      |
| Protein 45 g   | 90 % |
| Vitamin A  | 10 % |
| Vitamin C  | 17 % |
| Calcium  | 6 %  |
| Iron   | 14 % |
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## Nutrition Facts

(per serving, based on yield of 4 servings)

### Dilled Yogurt

| Nutrition Facts  |      |
|--|------|
| Servings 8.0   |      |
| Amount Per Serving   |      |
| calories 125   |      |
| % Daily Value *  |      |
| Total Fat 11 g   | 16 % |
| Saturated Fat 4 g  | 18 % |
| Monounsaturated Fat 0 g  |      |
| Polyunsaturated Fat 0 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 21 mg  | 7 %  |
| Sodium 54 mg   | 2 %  |
| Potassium 17 mg  | 0 %  |
| Total Carbohydrate 4 g   | 1 %  |
| Dietary Fiber 0 g  | 0 %  |
| Sugars 1 g   |      |
| Protein 4 g  | 8 %  |
| Vitamin A  | 7 %  |
| Vitamin C  | 6 %  |
| Calcium  | 11 % |
| 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. |      |

### Meal 3: Flank Steak

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 164   |      |
| % Daily Value *  |      |
| Total Fat 7 g  | 10 % |
| Saturated Fat 0 g  | 0 %  |
| 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 0 g   | 0 %  |
| Dietary Fiber 0 g  | 0 %  |
| Sugars 0 g   |      |
| Protein 24 g   | 48 % |
| Vitamin A  | 0 %  |
| Vitamin C  | 0 %  |
| Calcium  | 0 %  |
| Iron   | 0 %  |
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### Peruvian Rice

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 203   |      |
| % Daily Value *  |      |
| Total Fat 7 g  | 11 % |
| Saturated Fat 0 g  | 1 %  |
| Monounsaturated Fat 0 g  |      |
| Polyunsaturated Fat 1 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 551 mg  | 23 % |
| Potassium 403 mg   | 12 % |
| Total Carbohydrate 30 g  | 10 % |
| Dietary Fiber 3 g  | 12 % |
| Sugars 3 g   |      |
| Protein 6 g  | 12 % |
| Vitamin A  | 0 %  |
| Vitamin C  | 15 % |
| Calcium  | 1 %  |
| 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 professionally evaluated nor have they been evaluated by the U.S. FDA. |      |

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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Meal 4:** Tuna Salad  
w/o bread

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 276   |      |
| % Daily Value *  |      |
| Total Fat 21 g   | 32 % |
| Saturated Fat 0 g  | 0 %  |
| Monounsaturated Fat 0 g  |      |
| Polyunsaturated Fat 0 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 57 mg  | 19 % |
| Sodium 448 mg  | 19 % |
| Potassium 173 mg   | 5 %  |
| Total Carbohydrate 2 g   | 1 %  |
| Dietary Fiber 0 g  | 1 %  |
| Sugars 0 g   |      |
| Protein 21 g   | 41 % |
| Vitamin A  | 1 %  |
| Vitamin C  | 1 %  |
| Calcium  | 1 %  |
| 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. |      |

Grapes and  
Cucumber Slices

| Nutrition Facts  |     |
|--|-----|
| Servings 4.0   |     |
| Amount Per Serving   |     |
| calories 52  |     |
| % 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 2 mg  | 0 % |
| Potassium 200 mg   | 6 % |
| Total Carbohydrate 13 g  | 4 % |
| Dietary Fiber 1 g  | 4 % |
| Sugars 12 g  |     |
| Protein 1 g  | 1 % |
| Vitamin A  | 2 % |
| 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. |     |

**Salad:** Mixed Greens/  
radish and avocado

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 80  |      |
| % Daily Value *  |      |
| Total Fat 6 g  | 10 % |
| Saturated Fat 1 g  | 6 %  |
| Monounsaturated Fat 4 g  |      |
| Polyunsaturated Fat 1 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 15 mg   | 1 %  |
| Potassium 363 mg   | 10 % |
| Total Carbohydrate 6 g   | 2 %  |
| Dietary Fiber 5 g  | 20 % |
| Sugars 1 g   |      |
| Protein 2 g  | 4 %  |
| Vitamin A  | 99 % |
| Vitamin C  | 14 % |
| 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. |      |

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## Nutrition Facts

(per serving, based on yield of 4 servings)

Dressing

| Nutrition Facts  |      |
|--|------|
| Servings 10.0  |      |
| Amount Per Serving   |      |
| calories 202   |      |
| % Daily Value *  |      |
| Total Fat 22 g   | 33 % |
| Saturated Fat 3 g  | 15 % |
| Monounsaturated Fat 16 g   |      |
| Polyunsaturated Fat 2 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 4 mg  | 0 %  |
| Potassium 15 mg  | 0 %  |
| Total Carbohydrate 2 g   | 1 %  |
| Dietary Fiber 0 g  | 0 %  |
| Sugars 2 g   |      |
| Protein 0 g  | 0 %  |
| Vitamin A  | 0 %  |
| Vitamin C  | 0 %  |
| Calcium  | 0 %  |
| Iron   | 2 %  |
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**Breakfast:** Green Eggs and Ham

| Nutrition Facts  |       |
|--|-------|
| Servings 4.0   |       |
| Amount Per Serving   |       |
| calories 275   |       |
| % Daily Value *  |       |
| Total Fat 13 g   | 21 %  |
| Saturated Fat 4 g  | 21 %  |
| Monounsaturated Fat 4 g  |       |
| Polyunsaturated Fat 2 g  |       |
| Trans Fat 0 g  |       |
| Cholesterol 419 mg   | 140 % |
| Sodium 1076 mg   | 45 %  |
| Potassium 334 mg   | 10 %  |
| Total Carbohydrate 6 g   | 2 %   |
| Dietary Fiber 1 g  | 3 %   |
| Sugars 5 g   |       |
| Protein 34 g   | 68 %  |
| Vitamin A  | 77 %  |
| Vitamin C  | 17 %  |
| Calcium  | 9 %   |
| Iron   | 24 %  |
| * 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. |       |

**Snack:** Broccoli and cauliflower

| Nutrition Facts  |       |
|--|-------|
| Servings 4.0   |       |
| Amount Per Serving   |       |
| calories 33  |       |
| % 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 36 mg   | 1 %   |
| Potassium 351 mg   | 10 %  |
| Total Carbohydrate 7 g   | 2 %   |
| Dietary Fiber 3 g  | 12 %  |
| Sugars 2 g   |       |
| Protein 3 g  | 5 %   |
| Vitamin A  | 7 %   |
| Vitamin C  | 128 % |
| 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. |       |

# August Super Fast Menu

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Dilled Yogurt

| Nutrition Facts  |      |
|--|------|
| Servings 8.0   |      |
| Amount Per Serving   |      |
| calories 125   |      |
| % Daily Value *  |      |
| Total Fat 11 g   | 16 % |
| Saturated Fat 4 g  | 18 % |
| Monounsaturated Fat 0 g  |      |
| Polyunsaturated Fat 0 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 21 mg  | 7 %  |
| Sodium 54 mg   | 2 %  |
| Potassium 17 mg  | 0 %  |
| Total Carbohydrate 4 g   | 1 %  |
| Dietary Fiber 0 g  | 0 %  |
| Sugars 1 g   |      |
| Protein 4 g  | 8 %  |
| Vitamin A  | 7 %  |
| Vitamin C  | 6 %  |
| Calcium  | 11 % |
| 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. |      |

### Dessert: Dark Chocolate and Almond Butter

| Nutrition Facts  |      |
|--|------|
| Servings 4.0   |      |
| Amount Per Serving   |      |
| calories 376   |      |
| % Daily Value *  |      |
| Total Fat 30 g   | 46 % |
| Saturated Fat 9 g  | 43 % |
| Monounsaturated Fat 22 g   |      |
| Polyunsaturated Fat 6 g  |      |
| Trans Fat 0 g  |      |
| Cholesterol 0 mg   | 0 %  |
| Sodium 120 mg  | 5 %  |
| Potassium 484 mg   | 14 % |
| Total Carbohydrate 30 g  | 10 % |
| Dietary Fiber 6 g  | 23 % |
| Sugars 23 g  |      |
| Protein 11 g   | 21 % |
| Vitamin A  | 0 %  |
| Vitamin C  | 0 %  |
| Calcium  | 20 % |
| Iron   | 28 % |
| * 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. |      |