



# SHOW PREP #10 - JULY 2019

## Recipe Report

Source: Custom

Yield: 0 (0.000)

No. Ingredients: 26

Category: Basic Food

Manufacturer: (None)

## Preparation

Preparation Method:

Cooking Time:

Preparation Time:

Cooking Temp:

Ingredient	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
0.500 svg. PALEO PANCAKES (BIRCH BENDERS)	70.000	3.500	8.000	3.500	170.000				2.500	0.000
0.500 c. Blueberries	41.325	0.537	10.505	0.239	0.725	39.150	7.033	4.350	1.740	7.221
2.000 t. Honey	42.560	0.042	11.536	0.000	0.560	0.000	0.070	0.840	0.028	11.497
1.000 oz. BOB EVANS Syrup, Pancake, Sugar Free	13.007	0.000	3.335	0.000	26.348				0.000	0.000
2.000 oz. Egg, Whites, Fresh or Frozen, Cooked	27.216	5.665	0.670	0.000	93.856		0.000	4.460	0.000	0.402
<b>Totals</b>	<b>194.108</b>	<b>9.744</b>	<b>34.046</b>	<b>3.739</b>	<b>291.489</b>	<b>39.150</b>	<b>7.103</b>	<b>9.650</b>	<b>4.268</b>	<b>19.120</b>
3.000 oz. Egg, Whites, Fresh or Frozen, Cooked	40.823	8.497	1.005	0.000	140.783		0.000	6.691	0.000	0.603
0.500 oz. Ground Turkey, Crumbles, 93% Lean, 7%	30.193	3.841	0.000	1.644	12.758	14.317	0.000	4.394	0.000	0.000
1.500 oz. Ground Turkey, Crumbles, Fat Free, Pan	64.213	13.476	0.000	1.152	25.940	12.758	0.000	2.552	0.000	0.000
2.000 oz. Mango	34.019	0.465	8.494	0.215	0.567	613.483	20.638	6.237	0.907	7.745
2.000 oz. Pineapple	28.350	0.306	7.439	0.068	0.567	32.885	27.102	7.371	0.794	5.585
<b>Totals</b>	<b>197.598</b>	<b>26.585</b>	<b>16.938</b>	<b>3.079</b>	<b>180.615</b>	<b>673.443</b>	<b>47.740</b>	<b>27.245</b>	<b>1.701</b>	<b>13.933</b>
1.500 oz. Ground Turkey, Crumbles, 93% Lean, 7%	90.578	11.524	0.000	4.933	38.273	42.950	0.000	13.183	0.000	0.000
3.000 oz. Ground Turkey, Crumbles, Fat Free, Pan	128.426	26.952	0.000	2.305	51.881	25.515	0.000	5.103	0.000	0.000
3.000 oz. Pepper, Bell or Sweet, Red	26.365	0.842	5.128	0.255	3.402	2662.868	108.607	5.953	1.786	3.572
3.000 oz. Squash, Summer, Zucchini	14.458	1.029	2.645	0.272	6.804	170.097	15.224	13.608	0.850	2.126
4.000 oz. Potatoes, Sweet	97.522	1.780	22.816	0.057	62.369	16087.770	2.722	34.019	3.402	4.740
0.250 t. TONE'S Seasoning, Italian, No Salt, No MSG	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
2.000 fl. oz. GRF Marinara	49.659	0.779	4.721	3.562	280.622	286.568	5.081	13.636	1.167	3.008
<b>Totals</b>	<b>407.008</b>	<b>42.906</b>	<b>35.310</b>	<b>11.384</b>	<b>443.351</b>	<b>19275.768</b>	<b>131.634</b>	<b>85.502</b>	<b>7.205</b>	<b>13.446</b>
5.000 oz. Chicken, Breast, Meat Only, Boneless,	233.885	43.970	0.000	5.060	104.894	29.767	0.000	21.262	0.000	0.000
1.000 item Apple, Medium	94.640	0.473	25.134	0.309	1.820	98.280	8.372	10.920	4.368	18.910
1.000 oz. Mint, Fresh	12.190	1.077		0.198	4.252	354.369	8.788	59.534		
<b>Totals</b>	<b>340.715</b>	<b>45.520</b>	<b>25.134</b>	<b>5.567</b>	<b>110.966</b>	<b>482.416</b>	<b>17.160</b>	<b>91.716</b>	<b>4.368</b>	<b>18.910</b>
3.000 oz. Salmon, Atlantic, Farmed, Cooked, Dry	175.201	18.796	0.000	10.504	51.880	195.613	3.147	12.757	0.000	0.000
3.000 oz. Broccoli	28.916	2.398	5.647	0.315	28.066	529.852	75.863	39.973	2.211	1.446
4.000 oz. Potatoes, Red, Flesh and Skin, Baked	100.924	2.608	22.215	0.170	13.608	11.340	14.288	10.206	2.041	1.622
1.000 t. Capers	0.000	0.000	0.000	0.000	105.000				0.000	0.000
1.000 t. Thyme, Fresh	0.808	0.044	0.196	0.013	0.072	38.008	1.281	3.240	0.112	
1.000 fl. oz. Juice, Lemon	6.710	0.107	2.105	0.073	0.305	1.830	11.804	1.830	0.092	0.769
1.000 oz. Garlic Clove	42.241	1.803	9.372	0.142	4.819	2.551	8.845	51.313	0.595	0.283
<b>Totals</b>	<b>354.800</b>	<b>25.756</b>	<b>39.535</b>	<b>11.217</b>	<b>203.750</b>	<b>779.194</b>	<b>115.228</b>	<b>119.319</b>	<b>5.051</b>	<b>4.120</b>
<b>Daily Totals</b>	<b>1494.229</b>	<b>150.511</b>	<b>150.963</b>	<b>34.986</b>	<b>1230.171</b>	<b>21249.971</b>	<b>318.865</b>	<b>333.432</b>	<b>22.593</b>	<b>69.529</b>