



SHOW PREP #12 - JULY 2019

Recipe Report

Yield: 1 (1.000 serving(s))

Category: Basic Food

Source: Custom

No. Ingredients: 26

Manufacturer: (None)

Preparation

Preparation Method:

Cooking Time:

Preparation Time:

Cooking Temp:

Ingredient	Kcal	Protein	Carb	Fat	Sodium	Vit A (IU)	Vit C	Calcium	Diet Fiber	Sugar
	kcal	g	g	g	mg	IU	mg	mg	g	g
6.000 oz. Egg, Whites, Fresh or Frozen, Cooked	81.647	16.994	2.010	0.000	281.567		0.000	13.381	0.000	1.206
1.000 oz. Cooked Chicken Breakfast Links with	70.000	6.500	2.500	4.000	150.000				0.000	2.000
2.000 oz. Tomatoes, Red	10.206	0.499	2.206	0.113	2.835	472.303	7.768	5.670	0.680	1.491
2.000 oz. Pepper, Bell or Sweet, Red	17.577	0.561	3.419	0.170	2.268	1775.246	72.405	3.969	1.191	2.381
1.000 oz. Onions, Chopped	11.340	0.312	2.648	0.028	1.134	0.567	2.098	6.520	0.482	1.202
3.000 oz. GRF - Country Potatoes	73.839	2.112	16.169	0.278	47.528	723.990	17.950	12.539	2.025	1.700
0.125 svg. PALEO KETCHUP	32.997	0.943	7.962	0.154	55.159	29.498	2.164	18.074	1.062	4.160
Totals	297.606	27.921	36.914	4.743	540.491	3001.604	102.385	60.153	5.440	14.140
1.000 svg. PALEO PANCAKES (BIRCH BENDERS)	140.000	7.000	16.000	7.000	340.000				5.000	0.000
1.000 t. Pumpkin Pie Spice, Powder	5.814	0.098	1.178	0.214	0.884	4.437	0.398	11.594	0.252	0.132
0.500 item Apple, Medium	47.320	0.237	12.567	0.155	0.910	49.140	4.186	5.460	2.184	9.455
2.000 T. SUGAR FREE MAPLE SYRUP	0.000	0.000	0.000	0.000	20.000	0.000	0.000	0.000	0.000	0.000
Totals	193.134	7.335	29.745	7.369	361.794	53.577	4.584	17.054	7.436	9.587
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
2.000 oz. Green Beans, Boiled, Drained	19.845	1.071	4.468	0.159	0.567	358.905	5.500	24.948	1.814	2.058
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
2.000 oz. Mandarin Oranges or Tangerines	30.050	0.459	7.564	0.176	1.134	521.631	15.139	20.979	1.021	5.999
1.000 oz. GRF Mango Salsa	38.479	0.186	6.492	1.544	0.383	213.544	7.725	2.683	0.352	6.139
Totals	348.624	46.528	23.652	7.194	110.380	3786.715	136.971	75.825	4.973	17.768
2.000 svg. Holmes Protein Muffins	177.637	31.579	5.474	4.811	137.351	45.000	0.000	6.027	0.000	4.109
0.500 svg. GRF Baked Pear	47.594	0.303	12.734	0.118	0.842	21.089	3.573	8.622	2.634	8.095
0.250 T. Honey	15.960	0.016	4.326	0.000	0.210	0.000	0.026	0.315	0.011	4.311
1.000 t. Cinnamon, Ground	5.681	0.092	1.854	0.029	0.230	6.785	0.087	23.046	1.221	0.050
Totals	246.872	31.990	24.388	4.958	138.633	72.874	3.686	38.010	3.866	16.565
4.000 oz. Pork, Loin, Whole, Separable Lean,	237.003	32.455	0.000	10.920	65.771	9.072	0.680	20.412	0.000	0.000
0.500 c. Brussels Sprouts	18.920	1.487	3.938	0.132	11.000	331.760	37.400	18.480	1.672	0.968
3.330 oz. Potatoes, Sweet	81.187	1.482	18.994	0.047	51.922	13393.070	2.266	28.321	2.832	3.946
0.050 t. Salt, Table	0.000	0.000	0.000	0.000	116.274	0.000	0.000	0.072	0.000	0.000
0.100 t. Black Pepper	0.544	0.023	0.138	0.007	0.094	0.405	0.045	0.932	0.057	0.001
0.125 svg. PALEO BBQ SAUCE	50.580	0.628	11.193	0.008	547.988	300.000	2.498	2.460	1.107	7.039
Totals	388.234	36.075	34.263	11.114	793.049	14034.307	42.889	70.677	5.668	11.954
Daily Totals	1474.47	149.85	148.96	35.38	1944.35	20949.08	290.52	261.72	27.38	70.01