



Show Prep #13 - July 2019

Recipe Report

Source: Custom

Preparation

Preparation Method:

Preparation Time:

Yield: 1 (1.000 serving(s))

No. Ingredients: 25

Category: Basic Food

Manufacturer: (None)

Cooking 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
5.000 oz. Egg, Whites, Fresh or Frozen, Cooked	68.039	14.162	1.675	0.000	234.639		0.000	11.151	0.000	1.005
1.500 oz. Onions, Chopped	17.010	0.468	3.972	0.043	1.701	0.850	3.147	9.781	0.723	1.803
2.000 t. Honey	42.560	0.042	11.536	0.000	0.560	0.000	0.070	0.840	0.028	11.497
2.000 oz. Spinach	13.041	1.684	2.126	0.147	39.689	5942.623	5.557	77.111	1.361	0.244
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
0.250 t. BRAGG Seasoning, Herbs &	0.000	0.000	0.000	0.000	0.000				0.000	0.000
Totals	241.574	18.964	41.524	0.360	290.197	5954.813	23.062	109.089	4.153	16.171
2.000 svg. Holmes Lemon Protein Muffin w/	190.937	31.579	8.705	4.849	138.051	58.767	0.397	9.994	1.027	4.109
1.000 c. Grapes, Red or Green	104.190	1.087	27.331	0.242	3.020	99.660	4.832	15.100	1.359	23.375
Totals	295.127	32.666	36.036	5.091	141.071	158.427	5.229	25.094	2.386	27.484
4.000 oz. TYSON GROUND CHICKEN	151.872	20.250	0.000	8.100	141.748				0.000	
3.000 oz. Cabbage, Bok Choy or White Mustard	11.056	1.276	1.854	0.170	55.282	3799.967	38.272	89.301	0.850	1.004
4.000 oz. Squash, Butternut, Baked	45.359	1.021	11.895	0.102	4.536	7941.072	17.123	46.493	1.905	2.234
0.300 g Chinese 5 Spice		0.029		0.026	0.189	0.690	0.000	3.120		
1.000 t. Coconut Aminos	5.000	0.000	1.000	0.000	90.000					
Totals	213.287	22.576	14.749	8.398	291.755	11741.729	55.395	138.914	2.755	3.238
4.000 oz. Chicken, Breast, Meat and Skin, Boneless,	223.395	33.793	0.000	8.822	80.513	105.461	0.000	15.876	0.000	0.000
3.000 oz. Green Beans, Boiled, Drained	29.767	1.607	6.702	0.238	0.850	538.357	8.250	37.421	2.722	3.087
3.000 oz. Beets, Boiled, Drained	37.421	1.429	8.471	0.153	65.487	29.691	3.062	13.607	1.718	6.770
4.000 oz. Orange	53.297	1.066	13.324	0.136	0.000	255.146	60.328	45.359	2.722	10.603
0.500 svg. Citrus Dressing	37.861	0.042	2.013	3.395	48.405	0.640	2.786	1.230	0.053	1.629
Totals	381.741	37.937	30.510	12.744	195.255	929.295	74.426	113.493	7.215	22.089
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
3.500 oz. Ground Turkey, Patties, Fat Free, Broiled	136.931	28.765	0.000	2.461	58.543	24.806	0.000	5.954	0.000	0.000
4.000 oz. Squash, Spaghetti, Baked	26.082	0.794		0.340	20.412	124.738	3.402	23.814		3.856
2.000 oz. Mushrooms, Boiled, Drained	15.876	1.230	2.999	0.266	1.134	0.000	2.268	3.402	1.247	1.327
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
0.500 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
Totals	359.665	38.017	29.935	8.443	387.077	461.769	25.039	61.406	4.455	9.813
Daily Totals	1491.394	150.160	152.754	35.036	1305.355	19246.033	183.151	447.996	20.964	78.795