



SHOW PREP #2 - JULY 2019

Recipe Report
Source: Custom

Yield: 1 (1.000 serving(s))
No. Ingredients: 28

Category: Basic Food
Manufacturer: (None)

Preparation

Preparation Method:
Preparation Time:

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
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
3.000 oz. Mushrooms, Boiled, Drained	23.814	1.846	4.499	0.400	1.701	0.000	3.402	5.103	1.871	1.990
3.000 oz. Spinach, Chopped, Boiled, Drained	19.561	2.526	3.189	0.221	59.534	8913.934	8.335	115.666	2.041	0.366
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
1.000 oz. Pepper, Jalapeno	8.221	0.258	1.843	0.105	0.850	305.608	33.623	3.402	0.794	1.168
Totals	230.765	23.404	34.357	0.783	406.021	25307.312	48.082	171.571	8.108	9.470
1.000 svg. Holmes Protein Muffins	88.818	15.790	2.737	2.406	68.675	22.500	0.000	3.014	0.000	2.054
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
4.000 oz. Pear	64.637	0.408	17.271	0.159	1.134	28.350	4.876	10.206	3.515	11.056
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
1.000 T. Honey	63.840	0.063	17.304	0.000	0.840	0.000	0.105	1.260	0.042	17.245
Totals	228.790	16.451	40.344	2.808	71.763	62.072	5.466	49.120	5.030	30.537
4.000 oz. Chicken, Breast, Meat Only, Boneless,	187.108	35.176	0.000	4.048	83.915	23.814	0.000	17.010	0.000	0.000
1.000 c. Cabbage, Boiled, Drained, without Salt	34.500	1.905	8.265	0.090	12.000	120.000	56.250	72.000	2.850	4.185
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. Pineapple	28.350	0.306	7.439	0.068	0.567	32.885	27.102	7.371	0.794	5.585
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
0.500 oz. CREAMY AVOCADO CILANTRO LIME	37.396	0.454	0.877	3.727	30.802	41.424	1.437	5.320	0.505	0.146
Totals	323.925	39.182	23.915	8.301	133.521	3353.294	201.164	113.324	6.615	14.979
5.000 oz. Shrimp, Steamed	197.700	37.880	1.697	3.227	276.035	302.146	2.984	96.985	0.000	0.000
4.000 oz. Squash, Winter, Spaghetti	35.153	0.726	7.836	0.646	19.278	136.078	2.381	26.082	1.701	3.130
0.250 t. Oil, Olive	9.945	0.000	0.000	1.125	0.023	0.000	0.000	0.011	0.000	0.000
1.000 t. GO VEGGIE Vegan Cheese, Parmesan,	10.000	0.500	1.000	0.500	47.500	150.000	0.000	40.000	0.000	0.000
1.000 t. Garlic Powder	9.268	0.463	2.036	0.020	1.680	0.000	0.034	2.212	0.252	0.068
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
1.500 fl. oz. GRF Marinara	37.245	0.585	3.540	2.672	210.467	214.926	3.810	10.227	0.875	2.256
Totals	299.311	40.154	16.109	8.190	554.983	803.150	9.209	175.517	2.828	5.454
4.000 oz. Chicken, Thigh, Meat Only, Roasted	202.984	28.078	0.000	9.242	120.203	30.618	0.000	10.206	0.000	0.000
2.000 oz. Tomatoes, Stewed	44.792	1.111	7.399	1.520	257.980	377.615	10.319	14.742	0.964	1.420
3.000 oz. Parsnips, Sliced	63.786	1.021	15.300	0.255	8.505	0.000	14.458	30.617	4.167	4.082
3.500 oz. Squash, Winter, Butternut	44.650	0.992	11.599	0.099	3.969	10547.430	20.837	47.627	1.984	2.183
0.750 oz. ROASTED RED PEPPER VINEGARETTE	54.220	0.162	2.472	4.841	83.127	330.698	13.205	2.732	0.346	2.254
Totals	410.432	31.364	36.770	15.957	473.784	11286.361	58.819	105.924	7.461	9.939
Daily Totals	1493.223	150.555	151.495	36.039	1640.072	40812.189	322.740	615.456	30.042	70.379