



SHOW PREP #3 - JULY 2019

Recipe Report

Source: Custom

Preparation

Preparation Method:

Preparation Time:

Yield: 1 (1.000 serving(s))

No. Ingredients: 24

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
1.000 svg. PALEO PANCAKES (BIRCH BENDERS)	140.000	7.000	16.000	7.000	340.000				5.000	0.000
0.500 oz. Banana	12.616	0.154	3.237	0.047	0.142	9.072	1.233	0.709	0.369	1.734
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	152.616	7.154	19.237	7.047	360.142	9.072	1.233	0.709	5.369	1.734
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
2.000 oz. Apple, Medium	29.483	0.147	7.830	0.096	0.567	30.617	2.608	3.402	1.361	5.891
0.250 oz. Almonds, Slivered	41.036	1.499	1.527	3.539	0.071	0.142	0.000	19.065	0.886	0.308
0.250 t. Cinnamon, Ground	1.420	0.023	0.463	0.007	0.058	1.696	0.022	5.762	0.305	0.012
0.500 T. Honey	31.920	0.032	8.652	0.000	0.420	0.000	0.053	0.630	0.021	8.623
Totals	171.898	15.863	20.147	3.642	235.755	32.455	2.683	40.010	2.573	15.839
5.000 oz. Pork, Loin, Tenderloin, Separable Lean,	202.583	37.074	0.000	4.973	80.750	0.000	0.000	8.500	0.000	0.000
4.000 oz. Brussels Sprouts	48.761	3.833	10.149	0.340	28.350	855.021	96.388	47.627	4.309	2.495
1.000 oz. CHIMICHURRI SAUCE	31.208	0.435	3.299	2.253	365.786	235.751	11.339	29.069	0.835	0.571
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
0.500 c. Quinoa, Cooked	111.000	4.070	19.703	1.776	6.475	4.625	0.000	15.725	2.590	0.805
Totals	404.892	45.724	35.799	9.370	482.495	1095.964	109.825	107.441	8.216	5.073
4.500 oz. Ground Turkey, Patties, Fat Free, Broiled	176.054	36.984	0.000	3.164	75.269	31.894	0.000	7.655	0.000	0.000
4.000 oz. Cabbage, Shredded	28.350	1.451	6.577	0.113	20.412	111.130	41.504	45.359	2.836	3.629
4.000 oz. Carrots	46.493	1.055	10.864	0.272	78.245	18944.270	6.690	37.421	3.175	5.375
3.000 oz. Pineapple	42.524	0.459	11.158	0.102	0.850	49.328	40.653	11.056	1.191	8.377
0.500 c. Quinoa, Cooked	83.088	3.047	14.748	1.329	4.847		0.000	11.771	1.939	
1.000 oz. PALEO TERIYAKI SAUCE	15.571	0.022	3.422	0.270	43.726	0.005	0.643	0.438	0.010	2.860
Totals	392.080	43.018	46.769	5.250	223.349	19136.627	89.490	113.700	9.151	20.241
5.000 oz. Cod, Atlantic, Cooked, Dry Heat	148.836	32.361	0.000	1.219	110.564	66.622	1.417	19.845	0.000	0.000
2.500 oz. Potatoes, Baked	65.913	1.772	14.990	0.092	7.087	7.087	6.804	10.631	1.559	0.836
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. Cauliflower, Boiled, Drained	26.082	2.087	4.661	0.510	17.010	13.608	50.235	18.144	2.608	2.359
1.000 oz. GRF - "PICCATATA"	77.047	0.298	1.831	7.858	108.251	187.614	4.232	8.124	0.437	0.721
Totals	346.794	38.916	27.129	9.994	270.978	804.783	138.551	96.717	6.815	5.362
Daily Totals	1468.280	150.675	149.081	35.303	1572.719	21078.901	341.782	358.577	32.124	48.249