



SHOW PREP #6 - JULY 2019

Recipe Report

Yield: 1 (1.000 serving(s))

Category: Basic Food

Source: Custom

No. Ingredients: 25

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
5.500 oz. Egg, Whites, Fresh or Frozen, Cooked	74.843	15.578	1.843	0.000	258.103		0.000	12.266	0.000	1.106
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
3.000 oz. Spinach	19.561	2.526	3.189	0.221	59.534	8913.934	8.335	115.666	2.041	0.366
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
0.100 oz. CHORIZO SEASONING (SALT FREE)	4.243	0.199	0.787	0.170	79.466	318.029	0.074	5.796	0.390	0.083
Totals	216.867	37.466	10.318	3.587	437.502	9259.038	11.811	145.777	4.302	3.545
1.000 svg. Holmes Lemon Protein Muffin w/	95.468	15.790	4.353	2.424	69.025	29.383	0.198	4.997	0.513	2.054
1.000 item Pear	94.620	0.598	25.282	0.232	1.660	41.500	7.138	14.940	5.146	16.185
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	222.008	16.420	38.287	2.656	71.105	70.883	7.389	20.567	5.680	26.862
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
0.500 c. Onions, Chopped	32.000	0.880	7.472	0.080	3.200	1.600	5.920	18.400	1.360	3.392
0.500 c. Pepper, Bell or Sweet, Red	23.095	0.738	4.492	0.224	2.980	2332.595	95.137	5.215	1.565	3.129
1.000 item SIETE TORTILLA (ALMOND FLOWER)	100.000	3.000	10.000	5.500	95.000				2.000	5.500
1.500 oz. GRF Pico di Gallo	9.222	0.378	2.103	0.078	2.009	294.639	6.925	5.168	0.539	1.206
2.000 T. FRONTERA Salsa, Gourmet Mexican,	10.000	0.000	2.000	0.000	170.000	500.000	3.600	0.000	1.000	1.000
Totals	361.425	40.172	26.067	9.930	357.104	3152.648	111.582	45.793	6.464	9.227
3.000 oz. Chicken, Breast, Meat Only, Boneless,	140.331	26.382	0.000	3.036	62.936	17.860	0.000	12.757	0.000	0.000
0.500 c. Grapes, Red or Green	52.095	0.544	13.666	0.121	1.510	49.830	2.416	7.550	0.680	11.687
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
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	372.947	31.151	52.527	4.962	71.991	79.100	2.608	60.338	4.533	29.787
3.000 oz. Beef, Bottom Sirloin, Tri-Tip Roast,	187.961	21.824	0.000	10.512	42.525	0.000	0.000	14.459	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
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
0.500 c. Potatoes, Sweet	57.190	1.044	13.380	0.033	36.575	9434.354	1.596	19.950	1.995	2.780
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
Totals	301.093	24.888	21.795	13.144	456.770	10006.302	50.733	93.552	4.754	4.451
Daily Totals	1474.34	150.10	148.99	34.28	1394.47	22567.97	184.12	366.03	25.73	73.87