



# SHOW PREP #7 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	Protein	Carb	Fat	Sodium	Vit A (IU)	Vit C	Calcium	Diet Fiber	Sugar
	kcal	g	g	g	mg	IU	mg	mg	g	g
4.000 oz. Egg, Whites, Fresh or Frozen, Cooked	54.431	11.329	1.340	0.000	187.712		0.000	8.921	0.000	0.804
2.000 oz. Cooked Chicken Breakfast Links with	140.000	13.000	5.000	8.000	300.000				0.000	4.000
4.000 oz. Asparagus	22.680	2.495	4.400	0.136	2.268	857.289	6.350	27.216	2.381	2.132
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
5.000 oz. Potatoes, Red, Flesh and Skin, Baked	126.155	3.260	27.768	0.213	17.010	14.175	17.860	12.757	2.551	2.027
0.250 t. Paprika	1.481	0.074	0.283	0.068	0.357	258.584	0.005	1.202	0.183	0.054
<b>Totals</b>	<b>371.112</b>	<b>31.000</b>	<b>43.919</b>	<b>8.672</b>	<b>510.749</b>	<b>3792.916</b>	<b>132.822</b>	<b>56.049</b>	<b>6.901</b>	<b>12.589</b>
3.000 oz. Ground Turkey, Patties, Fat Free, Broiled	117.369	24.656	0.000	2.109	50.180	21.263	0.000	5.103	0.000	0.000
5.000 oz. Squash, Butternut, Baked	56.699	1.276	14.869	0.128	5.670	9926.340	21.404	58.116	2.381	2.792
0.250 t. TONE'S Seasoning, Cajun, No MSG	0.000	0.000	0.000	0.000	65.000	100.000	0.000	0.000	0.000	0.000
<b>Totals</b>	<b>174.068</b>	<b>25.932</b>	<b>14.869</b>	<b>2.237</b>	<b>120.850</b>	<b>10047.603</b>	<b>21.404</b>	<b>63.219</b>	<b>2.381</b>	<b>2.792</b>
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
3.000 oz. Beets	36.571	1.369	8.131	0.145	66.338	28.066	4.167	13.608	2.381	5.749
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. Mandarin Oranges or Tangerines	45.076	0.689	11.345	0.264	1.701	782.446	22.708	31.468	1.531	8.998
0.500 oz. Citrus Dressing	35.924	0.040	1.910	3.222	45.929	0.608	2.644	1.167	0.050	1.546
<b>Totals</b>	<b>334.446</b>	<b>38.881</b>	<b>28.088</b>	<b>7.917</b>	<b>198.733</b>	<b>1373.291</b>	<b>37.769</b>	<b>100.674</b>	<b>6.684</b>	<b>19.380</b>
2.000 oz. Ground Turkey, Patties, Fat Free, Broiled	78.246	16.437	0.000	1.406	33.453	14.175	0.000	3.402	0.000	0.000
2.000 oz. Turkey, Ground, Cooked	115.100	15.519	0.000	5.897	44.225	44.792	0.000	15.876	0.000	0.000
3.000 oz. Cucumber	12.757	0.553	3.087	0.094	1.701	89.301	2.381	13.608	0.425	1.420
3.000 oz. Radishes	13.608	0.580	2.892	0.085	33.169	5.953	12.587	21.262	1.361	1.581
3.000 oz. Carrots	34.870	0.791	8.148	0.204	58.683	14208.200	5.018	28.066	2.381	4.031
0.250 oz. Mint, Fresh	3.048	0.269		0.050	1.063	88.592	2.197	14.883		
<b>Totals</b>	<b>257.629</b>	<b>34.149</b>	<b>14.127</b>	<b>7.736</b>	<b>172.294</b>	<b>14451.013</b>	<b>22.183</b>	<b>97.097</b>	<b>4.167</b>	<b>7.032</b>
2.000 oz. Beef, Loin, Bottom Sirloin Butt, Tri-Tip	141.750	17.396	0.000	7.462	41.391	0.000	0.000	6.804	0.000	0.000
5.000 oz. Parsnips, Sliced	106.311	1.701	25.500	0.425	14.175	0.000	24.097	51.029	6.946	6.804
2.000 oz. Onions, Chopped	22.680	0.624	5.296	0.057	2.268	1.134	4.196	13.041	0.964	2.404
5.000 oz. Squash, Butternut, Baked	56.699	1.276	14.869	0.128	5.670	9926.340	21.404	58.116	2.381	2.792
1.000 oz. PALEO BBQ SAUCE	14.538	0.105	3.546	0.001	84.977	47.040	0.403	0.516	0.178	2.888
<b>Totals</b>	<b>341.978</b>	<b>21.102</b>	<b>49.211</b>	<b>8.073</b>	<b>148.481</b>	<b>9974.514</b>	<b>50.100</b>	<b>129.506</b>	<b>10.469</b>	<b>14.888</b>
<b>Daily Totals</b>	<b>1479.233</b>	<b>151.064</b>	<b>150.214</b>	<b>34.635</b>	<b>1151.107</b>	<b>39639.337</b>	<b>264.278</b>	<b>446.545</b>	<b>30.602</b>	<b>56.681</b>