



# SHOW PREP #8 - JULY 2019

## Recipe Report

Source: Custom

## Preparation

Preparation Method:

Preparation Time:

Yield: 1 (1.000 serving(s))

No. Ingredients: 30

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
3.000 oz. Egg, Whites, Fresh or Frozen, Cooked	40.500	8.500	1.050	0.000	140.000		0.000	6.700	0.000	0.600
2.000 oz. Cooked Chicken Breakfast Links with	140.000	13.000	5.000	8.000	300.000				0.000	4.000
3.000 oz. Asparagus	17.010	1.871	3.300	0.102	1.701	642.967	4.763	20.412	1.786	1.599
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
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
1.000 t. Paprika	5.922	0.297	1.134	0.271	1.428	1034.334	0.019	4.809	0.733	0.217
<b>Totals</b>	<b>327.319</b>	<b>26.290 #</b>	<b>38.428 # ##</b>	<b>8.685</b>	<b>508.900</b>	<b>20427.939</b>	<b>116.111</b>	<b>71.893</b>	<b>7.707</b>	<b>14.728</b>
0.500 svg. NINAS PALEO BAGEL - CINNAMON	162.500	10.000	12.000	9.500	289.000				3.000	6.500
3.000 oz. Egg, Whites, Fresh or Frozen, Cooked	40.500	8.500	1.050	0.000	140.000		0.000	6.700	0.000	0.600
<b>Totals</b>	<b>203.000</b>	<b>18.500</b>	<b>13.050</b>	<b>9.500</b>	<b>429.000</b>	<b>0.000</b>	<b>0.000</b>	<b>6.700</b>	<b>3.000</b>	<b>7.100</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
2.000 oz. Beets	24.381	0.913	5.420	0.096	44.225	18.711	2.778	9.072	1.588	3.833
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
0.100 t. Salt, Table	0.000	0.000	0.000	0.000	232.548	0.000	0.000	0.144	0.000	0.000
0.250 t. Black Pepper	1.360	0.058	0.346	0.017	0.235	1.013	0.112	2.330	0.141	0.003
0.250 t. Paprika	1.481	0.074	0.283	0.068	0.357	258.584	0.005	1.202	0.183	0.054
0.500 oz. Lemon	2.835	0.170	1.517	0.043	0.425	4.252	10.915	8.647	0.666	0.354
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>327.932</b>	<b>38.727</b>	<b>27.523 #</b>	<b>7.996</b>	<b>410.185</b>	<b>1627.785</b>	<b>47.412</b>	<b>108.461</b>	<b>6.881</b>	<b>17.875</b>
3.000 oz. Ground Turkey, Crumbles, Fat Free, Pan	128.426	26.952	0.000	2.305	51.881	25.515	0.000	5.103	0.000	0.000
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
3.000 oz. Cucumber	12.757	0.553	3.087	0.094	1.701	89.301	2.381	13.608	0.425	1.420
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. Curry Powder	6.500	0.286	1.117	0.280	1.040	0.380	0.014	10.500	1.064	0.055
1.000 t. Turmeric, Ground	6.864	0.213	1.477	0.072	0.594	0.000	0.015	3.696	0.499	0.071
1.000 fl. oz. Juice, Lemon	6.710	0.107	2.105	0.073	0.305	1.830	11.804	1.830	0.092	0.769
<b>Totals</b>	<b>298.622</b>	<b>33.023 #</b>	<b>32.617 # ##</b>	<b>4.855</b>	<b>65.398</b>	<b>2784.519</b>	<b>122.821</b>	<b>56.415</b>	<b>6.456</b>	<b>6.692</b>
4.000 oz. Shrimp, Steamed	158.160	30.304	1.358	2.581	220.828	241.717	2.387	77.588	0.000	0.000
3.000 oz. Pepper, Bell or Sweet, Green	17.010	0.732	3.946	0.145	2.551	314.679	68.379	8.505	1.445	2.041
3.000 oz. Squash, Winter, Spaghetti	26.365	0.544	5.877	0.485	14.458	102.058	1.786	19.561	1.276	2.347
1.000 oz. Onions, Scallion or Spring Green	9.072	0.519	2.081	0.054	4.536	282.645	5.330	20.412	0.737	0.661
4.000 oz. Potatoes, Red, Flesh and Skin	79.379	2.143	18.030	0.159	20.412	7.938	9.752	11.340	1.928	1.463
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
2.000 oz. GRF/Caveman Pineapple Salsa	30.370	0.524	7.792	0.057	95.082	84.276	6.566	4.854	0.663	5.958
<b>Totals</b>	<b>320.356</b>	<b>34.766</b>	<b>39.084</b>	<b>3.481</b>	<b>422.867</b>	<b>1133.313</b>	<b>94.200</b>	<b>142.260</b>	<b>6.049</b>	<b>12.470</b>
<b>Daily Totals</b>	<b>1477.229</b>	<b>151.306 #</b>	<b>150.702 # ##</b>	<b>34.517</b>	<b>1836.350</b>	<b>25973.556</b>	<b>380.544</b>	<b>385.729</b>	<b>30.093</b>	<b>58.865</b>