



SHOWPREP #14 - July 2019

Recipe Report

Source: Custom

Yield: 1 (1.000 serving(s))

No. Ingredients: 26

Category: Basic Food

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
5.000 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
3.000 oz. Tomatoes, Red	15.309	0.748	3.308	0.170	4.252	708.454	11.652	8.505	1.021	2.237
4.000 oz. Cantaloupe	38.555	0.953	9.253	0.215	18.144	3835.120	41.617	10.206	1.021	8.913
Totals	121.903	15.863	14.236	0.385	257.035	4543.574	53.269	29.862	2.042	12.155
1.000 svg. NINAS PALEO BAGEL - CINNAMON	325.000	20.000	24.000	19.000	578.000				6.000	13.000
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. Honey	21.280	0.021	5.768	0.000	0.280	0.000	0.035	0.420	0.014	5.748
Totals	410.917	20.429	47.039	19.159	579.414	28.350	4.911	10.626	9.529	29.804
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
1.000 oz. Ground Turkey, Crumbles, 93% Lean, 7%	60.386	7.683	0.000	3.289	25.515	28.634	0.000	8.789	0.000	0.000
2.000 oz. Pepper, Bell or Sweet, Red	17.577	0.561	3.419	0.170	2.268	1775.246	72.405	3.969	1.191	2.381
2.000 oz. Cabbage, Chinese (Pak Choi or Bok Choy),	6.804	0.885	1.009	0.091	153.087	2409.141	14.742	52.730	0.567	0.471
4.000 oz. Quinoa, Cooked	136.078	4.990	24.154	2.177	7.938	5.670	0.000	19.278	3.175	0.987
0.500 t. Ginger, Ground	3.015	0.081	0.645	0.038	0.243	0.270	0.006	1.026	0.127	0.031
1.000 t. Coconut Aminos	5.000	0.000	1.000	0.000	90.000					
Totals	357.286	41.152	30.227	8.070	330.932	4244.476	87.153	90.895	5.060	3.870
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
3.000 oz. Carrots	34.870	0.791	8.148	0.204	58.683	14208.200	5.018	28.066	2.381	4.031
3.000 oz. Celery, Stalk	13.608	0.587	2.526	0.145	68.039	381.868	2.637	34.019	1.361	1.140
3.000 oz. Grapes, Red or Green	58.683	0.612	15.394	0.136	1.701	56.132	2.722	8.505	0.765	13.166
Totals	247.492	28.372	26.068	3.521	191.359	14664.060	10.377	83.347	4.507	18.337
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. Broccoli	38.555	3.198	7.530	0.420	37.421	706.470	101.151	53.297	2.948	1.928
1.000 oz. Mushrooms, Boiled, Drained	7.938	0.615	1.500	0.133	0.567	0.000	1.134	1.701	0.624	0.663
4.000 oz. Pineapple	56.699	0.612	14.878	0.136	1.134	65.771	54.204	14.742	1.588	11.170
1.000 svg. PALEO TERIYAKI SAUCE	12.396	0.018	2.725	0.215	34.810	0.004	0.512	0.349	0.008	2.277
0.500 fl. oz. Juice, Lemon	3.355	0.053	1.052	0.037	0.153	0.915	5.902	0.915	0.046	0.384
0.500 oz. Garlic	21.120	0.902	4.686	0.071	2.410		4.423	25.656	0.298	0.142
0.125 t. MORTON Salt, Kosher Coarse	0.000	0.000	0.000	0.000	240.000				0.000	0.000
0.500 t. Pepper, Black, Ground	2.636	0.109	0.671	0.034	0.210	5.744	0.000	4.651	0.266	0.007
Totals	340.399	43.387	34.739	4.273	592.740	1081.050	170.310	198.296	5.778	16.571
Daily Totals	1477.997	149.203	152.309	35.408	1951.480	24561.510	326.020	413.026	26.916	80.737