



Show Prep #4 - July 2019

Recipe Report

Yield: 1 (1.000 serving(s))

Category: Basic Food

Source: Custom

No. Ingredients: 31

Manufacturer: (None)

Preparation

Preparation Method:

Cooking Time:

Preparation 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
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
1.000 oz. Bacon, Turkey, Cooked	108.297	8.392	0.879	7.910	647.798	0.000	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
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
0.250 t. Garlic Powder	2.317	0.116	0.509	0.005	0.420	0.000	0.008	0.553	0.063	0.017
0.250 t. Paprika	1.481	0.074	0.283	0.068	0.357	258.584	0.005	1.202	0.183	0.054
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
Totals	313.243	28.844	31.622	8.339	1030.590	25554.927	17.995	171.426	6.228	7.489
2.000 svg. Holmes Protein Muffins	177.637	31.579	5.474	4.811	137.351	45.000	0.000	6.027	0.000	4.109
0.500 item Apple, Medium	47.320	0.237	12.567	0.155	0.910	49.140	4.186	5.460	2.184	9.455
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
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	252.051	31.935	24.987	5.180	139.425	98.577	4.619	23.501	2.450	19.444
2.000 oz. Pork, Loin, Whole, Separable Lean, Broiled	119.069	16.199	0.000	5.557	36.288	3.969	0.397	9.639	0.000	0.000
3.000 oz. Cabbage, Boiled, Drained, without Salt	19.561	1.080	4.686	0.051	6.804	68.039	31.893	40.823	1.616	2.373
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. Pineapple	42.524	0.459	11.158	0.102	0.850	49.328	40.653	11.056	1.191	8.377
1.500 oz. GRF Mango Salsa	57.719	0.279	9.738	2.316	0.574	320.315	11.587	4.025	0.528	9.209
Totals	273.743	18.808	33.730	8.230	103.199	14649.851	89.548	93.609	5.716	23.990
1.500 oz. Ground Turkey, Crumbles, 93% Lean, 7%	90.578	11.524	0.000	4.933	38.273	42.950	0.000	13.183	0.000	0.000
1.500 oz. Ground Turkey, Patties, Fat Free, Broiled	58.685	12.328	0.000	1.055	25.090	10.631	0.000	2.552	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
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
3.500 oz. Cucumber	14.883	0.645	3.602	0.109	1.984	104.184	2.778	15.876	0.496	1.657
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
0.500 t. Curry Powder	3.407	0.133	0.610	0.145	0.545	10.335	0.119	5.010	0.348	0.029
Totals	311.628	29.649	31.148	8.346	76.074	2837.423	123.308	60.129	5.312	6.832
1.000 oz. Yogurt, Greek, Plain, Nonfat	16.726	2.889	1.021	0.111	10.206	1.134	0.000	31.184	0.000	0.919
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. 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
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
3.000 oz. Squash, Summer, Crookneck, Boiled,	19.561	0.885	3.223	0.332	0.850		9.866	18.711	0.936	2.109
4.000 oz. Squash, Winter, Butternut	51.029	1.134	13.256	0.113	4.536	12054.210	23.814	54.431	2.268	2.495
1.000 oz. Coconut Milk	6.237	0.085		0.085	31.184	0.000	0.567	8.221		1.389
1.000 t. A TASTE OF THAI Paste, Curry, Green	5.000	0.000	1.000	0.000	279.000	0.000	0.000	0.000	0.250	0.000
Totals	334.671	41.781	29.918	4.914	415.442	12395.437	108.546	156.462	6.259	12.345
Daily Totals	1485.336	151.017	151.405	35.009	1764.730	55536.215	344.016	505.127	25.965	70.100