



Chicken with black rice, kimchi, mushrooms and asparagus

3 servings. Ready in 45 min.

Ingredients

Chicken Breast, 3 portion(s) (21.4 oz)
Black rice, 1 cup (7.3 oz)
Chicken Stock, 2 cups (17.4 oz)
Garlic, 8 cloves (0.9 oz)
Shallots, 1 cup (0.4 oz)
Cabbage, kimchi, 1.5 cup (8 oz)
Asparagus, Fresh, 1 bunch (15.5 oz)
Maitake Mushrooms, 2 cup diced (5 oz)
Butter, clarified butter (ghee), 3 Tbsp (1.5 oz)
Coarse kosher salt, 3 tsp (0.5 oz)
Black Pepper, 2 tsp, ground (0.2 oz)
Lemon Juice, 1 lemon yields (1.7 oz)
Parsley, 3 Tablespoon (0.4 oz)

Instructions/Preparation

For the Chicken

1. Season with salt and pepper and place into a hot sauce pan with ghee.
2. Sear well on both sides and place into a 400 Degree oven until internal temperature of 165 degrees.
3. Let rest for at least ten minutes.

For the black rice.

1. In a pot add half the garlic and shallots with ghee and saute for a few minutes, Add the black rice and stir, add the stock and bring to a boil. Reduce to a simmer and cook till done.
2. In a saute pan add more ghee and saute the maitake mushrooms. Lightly season with salt and pepper and cook till there is good color on the mushrooms.
3. Add some garlic and shallots. Saute for a minute and add the kimchi. Add parsley and place mixture into the black rice and mix together.

For the asparagus

1. In a pot boil salted water and add the asparagus till tender. Place in an ice bath and wait to cool.
2. In a saute pan add ghee and add the asparagus, lightly season with salt and pepper.
3. Add garlic and shallots, saute for another minute and add parsley and lemon juice. Place with the chicken and black rice mixture and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Chicken Breast, 3 portion(s) (21.4 oz)	240 kcal	45 g	5.2 g	0 g
Black rice, 1 cup (7.3 oz)	240 kcal	5.3 g	1.3 g	52 g
Chicken Stock, 2 cups (17.4 oz)	58.3 kcal	4.1 g	1.9 g	5.7 g
Garlic, 8 cloves (0.9 oz)	11.9 kcal	0.5 g	0 g	2.6 g
Shallots, 1 cup (0.4 oz)	2.6 kcal	0.1 g	0 g	0.6 g
Cabbage, kimchi, 1.5 cup (8 oz)	11.3 kcal	0.8 g	0.4 g	1.8 g
Asparagus, Fresh, 1 bunch (15.5 oz)	28.9 kcal	3.2 g	0.2 g	5.6 g
Maitake Mushrooms, 2 cup diced (5 oz)	14.5 kcal	0.9 g	0.1 g	3.3 g
Butter, clarified butter (ghee), 3 Tbsp (1.5 oz)	129 kcal	0 g	14.3 g	0 g
Coarse kosher salt, 3 tsp (0.5 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 2 tsp, ground (0.2 oz)	3.8 kcal	0.2 g	0 g	1 g
Lemon Juice, 1 lemon yields (1.7 oz)	3.5 kcal	0.1 g	0 g	1.1 g
Parsley, 3 Tablespoon (0.4 oz)	1.4 kcal	0.1 g	0 g	0.3 g
TOTAL	745.31 kcal	60.26 g	23.65 g	73.97 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	0.15 g	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	570.69 g	n/a	n/a	n/a
Sugars, total	7.85 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	13 g	n/a	n/a	n/a
Calcium, Ca	103.83 mg	n/a	n/a	n/a
Iron, Fe	7.44 mg	n/a	n/a	n/a
Magnesium, Mg	106.21 mg	n/a	n/a	n/a
Phosphorus, P	617.79 mg	n/a	n/a	n/a
Potassium, K	1548.21 mg	n/a	n/a	n/a
Sodium, Na	2676.06 mg	n/a	n/a	n/a
Zinc, Zn	3.06 mg	n/a	n/a	n/a
Copper, Cu	0.62 mg	n/a	n/a	n/a
Manganese, Mn	0.63 mg	n/a	n/a	n/a
Selenium, Se	55.16 µg	n/a	n/a	n/a
Vitamin A, IU	2146.28 IU	n/a	n/a	n/a
Vitamin A, RAE	95.47 µg	n/a	n/a	n/a
Carotene, beta	896.89 µg	n/a	n/a	n/a
Carotene, alpha	13.92 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	2.96 mg	n/a	n/a	n/a
Vitamin D	526.07 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	13.11 µg	n/a	n/a	n/a
Lycopene	0.31 µg	n/a	n/a	n/a
Lutein + zeaxanthin	1296.51 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	22.71 mg	n/a	n/a	n/a
Thiamin	0.55 mg	n/a	n/a	n/a
Riboflavin	0.98 mg	n/a	n/a	n/a
Niacin	27.22 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	3.63 mg	n/a	n/a	n/a
Vitamin B6	2.17 mg	n/a	n/a	n/a
Folate, total	160.98 µg	n/a	n/a	n/a
Vitamin B12	0.42 µg	n/a	n/a	n/a
Choline, total	241.44 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	161.34 µg	n/a	n/a	n/a
Betaine	15 mg	n/a	n/a	n/a
Tryptophan	0.63 g	n/a	n/a	n/a
Threonine	2.2 g	n/a	n/a	n/a
Isoleucine	2.37 g	n/a	n/a	n/a
Leucine	4 g	n/a	n/a	n/a
Lysine	4.56 g	n/a	n/a	n/a
Methionine	1.23 g	n/a	n/a	n/a
Cystine	0.54 g	n/a	n/a	n/a
Phenylalanine	1.98 g	n/a	n/a	n/a
Tyrosine	1.75 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	193.86 mg	n/a	n/a	n/a
Fatty acids, total trans	0.01 g	n/a	n/a	n/a
Fatty acids, total saturated	10.41 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	0.93 mg	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.11 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	0.01 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	60.97 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Lamb with Quinoa, charred peppers, spinach and roasted butternut squash

3 servings. Ready in 45 min.

Ingredients

Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw, 12 oz (12.2 oz)

Quinoa, 1 cup (5.1 oz)

Onion, Fresh, 0.5 cup (2.8 oz)

Garlic, 5 garlic clove (0.7 oz)

Butter, clarified butter (ghee), 1.5 Tbsp (0.8 oz)

Spinach, 1 bunch (12.1 oz)

Butternut, 2 cup, cubes (10 oz)

Parsley, 2 tbsp (0.3 oz)

Baby bell peppers, 4 PEPPERS | ABOUT (6.1 oz)

Coarse kosher salt, 2 tsp (0.3 oz)

Black Pepper, 1 tbsp, ground (0.2 oz)

Olive Oil, 4 tablespoon (2.1 oz)

Chicken Stock, 2 cups (17.4 oz)

Instructions/Preparation

For Lamb

1. Preheat oven to 350 degrees. Season lamb with salt and pepper.
2. In a saute pan add ghee and sear lamb till nice golden brown color.
3. Place in oven for 10-15 minutes
4. Remove and let rest for 10 minutes.

For Butternut Squash

1. Place cubed squash in a bowl and add 2 tbsp of olive oil, 3 cloves garlic, salt and pepper and toss till evenly coated.
2. Place in oven and cook till fork tender.

For spinach

1. Rough chop the spinach and wash. Pat dry with a paper towel and set aside in a bowl.

For quinoa

1. In a small pot add onion and rest of garlic. Season lightly with salt and pepper.
2. Add the quinoa and stir to coat with the oil already in the pot.
3. Add the stock and bring to boil. Reduce to simmer and cover for ten minutes. Once fully cooked turn off heat and leave covered for five minutes.
4. Add the hot quinoa on top of the spinach and stir to wilt the spinach.

For Peppers.

1. Add the remaining olive oil to a saute pan and get it extremely hot(Till you see a little smoke)
2. Add the rough chopped peppers and lightly season with salt and pepper.
3. Cook till peppers are nice and charred.
4. Add 2 garlic cloves and parsley.
5. Take the hot peppers and add to bowl with spinach, quinoa and butternut squash and mix all

together. Season to taste and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw, 12 oz (12.2 oz)	152 kcal	23.3 g	5.8 g	0 g
Quinoa, 1 cup (5.1 oz)	174.2 kcal	6.7 g	2.9 g	30.4 g
Onion, Fresh, 0.5 cup (2.8 oz)	10.5 kcal	0.3 g	0 g	2.4 g
Garlic, 5 garlic clove (0.7 oz)	9.9 kcal	0.4 g	0 g	2.2 g
Butter, clarified butter (ghee), 1.5 Tbsp (0.8 oz)	64.5 kcal	0 g	7.2 g	0 g
Spinach, 1 bunch (12.1 oz)	26.1 kcal	3.2 g	0.4 g	4.1 g
Butternut, 2 cup, cubes (10 oz)	42 kcal	0.9 g	0.1 g	10.9 g
Parsley, 2 tbsp (0.3 oz)	0.9 kcal	0.1 g	0 g	0.2 g
Baby bell peppers, upc: 750455000413, 4 PEPPERS ABOUT (6.1 oz)	26.6 kcal	0.7 g	0 g	4 g
Coarse kosher salt, upc: 024600017008, 2 tsp (0.3 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tbsp, ground (0.2 oz)	5.8 kcal	0.2 g	0.1 g	1.5 g
Olive Oil, 4 tablespoon (2.1 oz)	176.8 kcal	0 g	20 g	0 g
Chicken Stock, 2 cups (17.4 oz)	58.3 kcal	4.1 g	1.9 g	5.7 g
TOTAL	747.5 kcal	39.94 g	38.43 g	61.39 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	453.01 g	n/a	n/a	n/a
Sugars, total	10.3 g	n/a	n/a	n/a
Galactose	0.12 g	n/a	n/a	n/a
Fiber, total dietary	9.6 g	n/a	n/a	n/a
Calcium, Ca	224.02 mg	n/a	n/a	n/a
Iron, Fe	9.2 mg	n/a	n/a	n/a
Magnesium, Mg	261.09 mg	n/a	n/a	n/a
Phosphorus, P	583.61 mg	n/a	n/a	n/a
Potassium, K	1829.31 mg	n/a	n/a	n/a
Sodium, Na	1691.13 mg	n/a	n/a	n/a
Zinc, Zn	6.88 mg	n/a	n/a	n/a
Copper, Cu	0.79 mg	n/a	n/a	n/a
Manganese, Mn	2.64 mg	n/a	n/a	n/a
Selenium, Se	36.92 µg	n/a	n/a	n/a
Vitamin A, IU	21140.73 IU	n/a	n/a	n/a
Vitamin A, RAE	1041.45 µg	n/a	n/a	n/a
Carotene, beta	10459.95 µg	n/a	n/a	n/a
Carotene, alpha	778.68 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	8.05 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Lycopene	0.46 µg	n/a	n/a	n/a
Lutein + zeaxanthin	14056.61 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	119.17 mg	n/a	n/a	n/a
Thiamin	0.6 mg	n/a	n/a	n/a
Riboflavin	0.82 mg	n/a	n/a	n/a
Niacin	12.54 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	1.77 mg	n/a	n/a	n/a
Vitamin B6	1.01 mg	n/a	n/a	n/a
Folate, total	376.89 µg	n/a	n/a	n/a
Vitamin B12	3.13 µg	n/a	n/a	n/a
Choline, total	73.79 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	606.21 µg	n/a	n/a	n/a
Betaine	414.92 mg	n/a	n/a	n/a
Tryptophan	0.42 g	n/a	n/a	n/a
Threonine	1.39 g	n/a	n/a	n/a
Isoleucine	1.6 g	n/a	n/a	n/a
Leucine	2.57 g	n/a	n/a	n/a
Lysine	2.69 g	n/a	n/a	n/a
Methionine	0.82 g	n/a	n/a	n/a
Cystine	0.43 g	n/a	n/a	n/a
Phenylalanine	1.45 g	n/a	n/a	n/a
Tyrosine	1.09 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	101.2 mg	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	10.12 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	5.09 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	51.79 g	n/a	n/a	n/a

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Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Pork with couscous, charred peppers, spinach, cherry tomato and pumpkin seeds.

3 servings. Ready in 35 min.

Ingredients

Couscous, 1 cup (6.2 oz)
Onion, Fresh, 0.5 cup (2.8 oz)
Garlic, 4 garlic clove (0.6 oz)
Cherry tomatoes, 1 cup (8.7 oz)
Pork Tenderloin, 12 oz (12.1 oz)
Spinach, 2 cups (2.1 oz)
Pumpkin seeds, 0.5 cup (2.3 oz)
Chicken Stock, 2 cups (17.4 oz)
Fresh Basil, 2 tablespoons (0.2 oz)
Baby bell peppers, 8 PEPPERS | ABOUT (12.1 oz)
Lemon Juice, 1 lemon yields (1.7 oz)
Butter, clarified butter (ghee), 3 Tbsp (1.5 oz)
Oil, grapeseed, 2 tablespoon (1 oz)

Instructions/Preparation

For Pork

1. Preheat oven to 400 Degrees
2. Season Pork with salt and pepper.
3. Add half the ghee into a saute pan and sear pork till its golden brown on all sides.
4. Place in oven and cook for 10 minutes. Or until Firm to the touch.
5. Let rest for at least ten minutes.

For CousCous

1. In a small pot add the rest of the ghee and add the onion and half the garlic. Lightly season with salt and pepper.
2. Add the couscous and lightly stir all ingredients together. Add the stock, bring to a boil and then reduce to simmer and cook for 10-15 minutes
3. Let sit for 5 minutes to steam and then add to a mixing bowl.

For the Peppers.

1. In a saute pan add the grapeseed oil and let the pan get extremely hot.
2. Add the diced peppers and lightly season with salt and pepper.
3. cook the peppers for 8-10 minutes until they have nice dark color to them.
4. Add the rest of the garlic, and deglaze with lemon juice. Add the spinach and pumpkin seeds and then add to the mixing bowl with the couscous
5. Season to taste and Enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Couscous, 1 cup (6.2 oz)	216.8 kcal	7.4 g	0.4 g	44.7 g
Onion, Fresh, 0.5 cup (2.8 oz)	10.5 kcal	0.3 g	0 g	2.4 g
Garlic, 4 garlic clove (0.6 oz)	7.9 kcal	0.3 g	0 g	1.8 g
Cherry tomatoes, 1 cup (8.7 oz)	21.1 kcal	1.3 g	0 g	4 g
Pork Tenderloin, 12 oz (12.1 oz)	136 kcal	23.4 g	4 g	0 g
Spinach, 2 cups (2.1 oz)	4.4 kcal	0.6 g	0.1 g	0.7 g
Pumpkin seeds, 0.5 cup (2.3 oz)	120.2 kcal	6.5 g	10.5 g	2.3 g
Chicken Stock, 2 cups (17.4 oz)	58.3 kcal	4.1 g	1.9 g	5.7 g
Fresh Basil, 2 tablespoons (0.2 oz)	0.5 kcal	0.1 g	0 g	0.1 g
Baby bell peppers, 8 PEPPERS ABOUT (12.1 oz)	53.3 kcal	1.3 g	0 g	8 g
Lemon Juice, 1 lemon yields (1.7 oz)	3.5 kcal	0.1 g	0 g	1.1 g
Butter, clarified butter (ghee), 3 Tbsp (1.5 oz)	129 kcal	0 g	14.3 g	0 g
Oil, grapeseed, 2 tablespoon (1 oz)	82.5 kcal	0 g	9.3 g	0 g
TOTAL	844.09 kcal	45.31 g	40.71 g	70.74 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	301.1 g	n/a	n/a	n/a
Sugars, total	15.18 g	n/a	n/a	n/a
Galactose	0.03 g	n/a	n/a	n/a
Fiber, total dietary	7.9 g	n/a	n/a	n/a
Calcium, Ca	101.54 mg	n/a	n/a	n/a
Iron, Fe	6.14 mg	n/a	n/a	n/a
Magnesium, Mg	211.2 mg	n/a	n/a	n/a
Phosphorus, P	709.89 mg	n/a	n/a	n/a
Potassium, K	1075.01 mg	n/a	n/a	n/a
Sodium, Na	378.55 mg	n/a	n/a	n/a
Zinc, Zn	4.74 mg	n/a	n/a	n/a
Copper, Cu	0.68 mg	n/a	n/a	n/a
Manganese, Mn	1.77 mg	n/a	n/a	n/a
Selenium, Se	41.03 µg	n/a	n/a	n/a
Vitamin A, IU	3238.22 IU	n/a	n/a	n/a
Vitamin A, RAE	97.79 µg	n/a	n/a	n/a
Carotene, beta	1153.16 µg	n/a	n/a	n/a
Carotene, alpha	0.22 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	3.9 mg	n/a	n/a	n/a
Vitamin D	11.33 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	0.34 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	0.34 µg	n/a	n/a	n/a
Lycopene	n/a	n/a	n/a	n/a
Lutein + zeaxanthin	2493.11 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	143.9 mg	n/a	n/a	n/a
Thiamin	1.37 mg	n/a	n/a	n/a
Riboflavin	0.65 mg	n/a	n/a	n/a
Niacin	13.38 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	1.93 mg	n/a	n/a	n/a
Vitamin B6	1.2 mg	n/a	n/a	n/a
Folate, total	79.3 µg	n/a	n/a	n/a
Vitamin B12	0.59 µg	n/a	n/a	n/a
Choline, total	126.38 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	103.74 µg	n/a	n/a	n/a
Betaine	23.27 mg	n/a	n/a	n/a
Tryptophan	0.48 g	n/a	n/a	n/a
Threonine	1.5 g	n/a	n/a	n/a
Isoleucine	1.76 g	n/a	n/a	n/a
Leucine	3.09 g	n/a	n/a	n/a
Lysine	2.64 g	n/a	n/a	n/a
Methionine	0.9 g	n/a	n/a	n/a
Cystine	0.56 g	n/a	n/a	n/a
Phenylalanine	1.76 g	n/a	n/a	n/a
Tyrosine	1.34 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	121.53 mg	n/a	n/a	n/a
Fatty acids, total trans	0.05 g	n/a	n/a	n/a
Fatty acids, total saturated	13.32 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	12.8 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	0.03 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	0.02 g	n/a	n/a	n/a
Net Carbs (carbs - fiber)	62.84 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Salmon with chili powder yam mash and swiss chard

3 servings. Ready in 30 min.

Ingredients

Salmon, Fresh, 12 oz (12.1 oz)
Yam, 4 cup, cubes (21.4 oz)
Swiss Chard, 3 bunch (31.6 oz)
Onion, Fresh, 1 cup (5.6 oz)
Butter, clarified butter (ghee), 3 Tbsp (1.5 oz)
Coarse kosher salt, 3 tsp (0.5 oz)
Black Pepper, 1 tsp, ground (0.1 oz)
Chili Powder, 2 tbsp (0.6 oz)
Garlic, 4 tablespoon (1.1 oz)
Olive Oil, 2 tablespoon (1.1 oz)
Parsley, 2 Tablespoon (0.3 oz)
Lemon Juice, 0.5 lemon yields (0.9 oz)

Instructions/Preparation

For the Salmon

1. Preheat an oven to 400 degrees. Season the salmon with salt and pepper.
2. In a saute pan sear the fish on both sides and place in the oven for 5-7 minutes or cooked through.

For the chard

1. Bring a pot of water to boil lightly salted and add the chard, place in an ice bath to cool, Take out the chard and squeeze excess water out and chop.
2. In a saute pan add some ghee and then add the onions. lightly season with salt and pepper and cook till light brown. Add the chard and cook for a few minutes. Add the lemon juice and season to taste.

For the yams.

1. Place the yams in a pot with water and some salt. Bring to a boil and strain. Place back in the original pot to steam for a 5 minutes.
2. With a spatula smash the yams and add the garlic, chili powder, salt and pepper, parsley and olive oil.

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Salmon, Fresh, 12 oz (12.1 oz)	160.9 kcal	22.5 g	7.2 g	0 g
Yam, 4 cup, cubes (21.4 oz)	236 kcal	3.1 g	0.3 g	55.8 g
Swiss Chard, 3 bunch (31.6 oz)	56.1 kcal	5.3 g	0.6 g	11 g
Onion, Fresh, 1 cup (5.6 oz)	20.9 kcal	0.6 g	0.1 g	4.9 g
Butter, clarified butter (ghee), 3 Tbsp (1.5 oz)	129 kcal	0 g	14.3 g	0 g
Coarse kosher salt, 3 tsp (0.5 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (0.1 oz)	1.9 kcal	0.1 g	0 g	0.5 g
Chili Powder, 2 tbsp (0.6 oz)	15 kcal	0.7 g	0.8 g	2.7 g
Garlic, 4 tablespoon (1.1 oz)	15.9 kcal	0.7 g	0.1 g	3.5 g
Olive Oil, 2 tablespoon (1.1 oz)	88.4 kcal	0 g	10 g	0 g
Parsley, 2 Tablespoon (0.3 oz)	1 kcal	0.1 g	0 g	0.2 g
Lemon Juice, 0.5 lemon yields (0.9 oz)	1.8 kcal	0 g	0 g	0.6 g
TOTAL	726.89 kcal	33.02 g	33.38 g	79.07 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	553.53 g	n/a	n/a	n/a
Sugars, total	7.18 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	16.19 g	n/a	n/a	n/a
Calcium, Ca	254.65 mg	n/a	n/a	n/a
Iron, Fe	8.81 mg	n/a	n/a	n/a
Magnesium, Mg	332.79 mg	n/a	n/a	n/a
Phosphorus, P	523.26 mg	n/a	n/a	n/a
Potassium, K	3561.87 mg	n/a	n/a	n/a
Sodium, Na	2774.96 mg	n/a	n/a	n/a
Zinc, Zn	2.76 mg	n/a	n/a	n/a
Copper, Cu	1.29 mg	n/a	n/a	n/a
Manganese, Mn	2.33 mg	n/a	n/a	n/a
Selenium, Se	48.33 µg	n/a	n/a	n/a
Vitamin A, IU	20749.52 IU	n/a	n/a	n/a
Vitamin A, RAE	1020.83 µg	n/a	n/a	n/a
Carotene, beta	11862.94 µg	n/a	n/a	n/a
Carotene, alpha	244.31 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	9.81 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Lycopene	1.27 µg	n/a	n/a	n/a
Lutein + zeaxanthin	32623.31 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	136.58 mg	n/a	n/a	n/a
Thiamin	0.66 mg	n/a	n/a	n/a
Riboflavin	0.84 mg	n/a	n/a	n/a
Niacin	12 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	3.22 mg	n/a	n/a	n/a
Vitamin B6	2.13 mg	n/a	n/a	n/a
Folate, total	133.17 µg	n/a	n/a	n/a
Vitamin B12	3.6 µg	n/a	n/a	n/a
Choline, total	96.18 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	2510.14 µg	n/a	n/a	n/a
Betaine	1.16 mg	n/a	n/a	n/a
Tryptophan	0.34 g	n/a	n/a	n/a
Threonine	1.38 g	n/a	n/a	n/a
Isoleucine	1.63 g	n/a	n/a	n/a
Leucine	2.5 g	n/a	n/a	n/a
Lysine	2.55 g	n/a	n/a	n/a
Methionine	0.78 g	n/a	n/a	n/a
Cystine	0.3 g	n/a	n/a	n/a
Phenylalanine	1.41 g	n/a	n/a	n/a
Tyrosine	0.87 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	105.33 mg	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	11.44 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	5.34 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	62.88 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Shrimp with lentils and pea sprout salad

3 servings. Ready in 30 min.

Ingredients

Shrimps, 15 oz (15.2 oz)

Lentils, Fresh, 2 cups (13 oz)

Peas, mature seeds, sprouted, raw, 3 cup (12.9 oz)

Chickpeas (Garbanzos), Canned, 1 can drained, rinsed (9.1 oz)

Peppers, sweet, red, raw, 1 cup (5.3 oz)

Shallots, 4 tbsp chopped (1.4 oz)

Garlic, 4 cloves, peeled (0.5 oz)

Coarse kosher salt, 1.25 tsp (0.2 oz)

Black Pepper, 1 tsp, ground (0.1 oz)

Balsamic vinaigrette, aged balsamic vinegar, honey & mustard, 6 Tbsp (3.2 oz)

Butter, clarified butter (ghee), 4 Teaspoon (0.7 oz)

Lemon Juice, 1 lemon yields (1.7 oz)

Parsley, 1 Tablespoon (0.1 oz)

Instructions/Preparation

For the Salad

1. Place the Fresh lentils into a pot with lightly salted water and boil till lentils are cooked through and tender.
2. Strain and place in a bowl.
3. In a saute pan add the ghee and diced peppers and cook till tender. Add the chickpeas, garlic, shallots and lightly season with salt and pepper. Toss in the pea sprouts and cook for 20 seconds and place on bowl with the lentils and toss together with the balsamic vinaigrette.

For the Shrimp

1. Lightly season the shrimp with salt and pepper and place in a hot sauce pan with Ghee. Once the shrimp are slightly pink turn over and add garlic and shallots.
2. Finally add the lemon juice and parsley. Place over the salad and enjoy!!

Food	Energy/ srv	Protein /srv	Fat/s rv	Carbs/ srv
Shrimps, 15 oz (15.2 oz)	120.4 kcal	28.5 g	0.7 g	0 g
Lentils, Fresh, 2 cups (13 oz)	427.1 kcal	29.9 g	1.3 g	76.9 g
Peas, mature seeds, sprouted, raw, 3 cup (12.9 oz)	148.8 kcal	10.6 g	0.8 g	32.5 g
Chickpeas (Garbanzos), Canned, 1 can drained, rinsed (9.1 oz)	116.8 kcal	6 g	2.1 g	19.4 g
Peppers, sweet, red, raw, 1 cup (5.3 oz)	12.7 kcal	0.5 g	0.1 g	3 g
Shallots, 4 tbsp chopped (1.4 oz)	9.6 kcal	0.3 g	0 g	2.2 g
Garlic, 4 cloves, peeled (0.5 oz)	7.5 kcal	0.3 g	0 g	1.7 g
Coarse kosher salt, 1.25 tsp (0.2 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (0.1 oz)	1.9 kcal	0.1 g	0 g	0.5 g
Balsamic vinaigrette, aged balsamic vinegar, honey & mustard, 6 Tbsp (3.2 oz)	80.1 kcal	0 g	8 g	2 g
Butter, clarified butter (ghee), 4 Teaspoon (0.7 oz)	60 kcal	0 g	6.7 g	0 g
Lemon Juice, 1 lemon yields (1.7 oz)	3.5 kcal	0.1 g	0 g	1.1 g
Parsley, 1 Tablespoon (0.1 oz)	0.5 kcal	0 g	0 g	0.1 g
TOTAL	988.96 kcal	76.19 g	19.8 4 g	139.28 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	0.36 g	n/a	n/a	n/a
Water	327.32 g	n/a	n/a	n/a
Sugars, total	10.42 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	20.16 g	n/a	n/a	n/a
Calcium, Ca	236.35 mg	n/a	n/a	n/a
Iron, Fe	12.81 mg	n/a	n/a	n/a
Magnesium, Mg	207 mg	n/a	n/a	n/a
Phosphorus, P	941.5 mg	n/a	n/a	n/a
Potassium, K	1946.94 mg	n/a	n/a	n/a
Sodium, Na	1304.83 mg	n/a	n/a	n/a
Zinc, Zn	7.89 mg	n/a	n/a	n/a
Copper, Cu	2.06 mg	n/a	n/a	n/a
Manganese, Mn	3.22 mg	n/a	n/a	n/a
Selenium, Se	4.44 µg	n/a	n/a	n/a
Vitamin A, IU	2184.46 IU	n/a	n/a	n/a
Vitamin A, RAE	86.02 µg	n/a	n/a	n/a
Carotene, beta	905.25 µg	n/a	n/a	n/a
Carotene, alpha	9.89 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	1.66 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Lycopene	0.15 µg	n/a	n/a	n/a
Lutein + zeaxanthin	106.88 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	91.19 mg	n/a	n/a	n/a
Thiamin	1.4 mg	n/a	n/a	n/a
Riboflavin	0.51 mg	n/a	n/a	n/a
Niacin	7.56 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	4.09 mg	n/a	n/a	n/a
Vitamin B6	1.33 mg	n/a	n/a	n/a
Folate, total	821.28 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	123.45 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	34.66 µg	n/a	n/a	n/a
Betaine	0.12 mg	n/a	n/a	n/a
Tryptophan	0.34 g	n/a	n/a	n/a
Threonine	1.56 g	n/a	n/a	n/a
Isoleucine	1.79 g	n/a	n/a	n/a
Leucine	3.09 g	n/a	n/a	n/a
Lysine	3 g	n/a	n/a	n/a
Methionine	0.43 g	n/a	n/a	n/a
Cystine	0.67 g	n/a	n/a	n/a
Phenylalanine	2.14 g	n/a	n/a	n/a
Tyrosine	1.12 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	248.08 mg	n/a	n/a	n/a
Fatty acids, total trans	0.01 g	n/a	n/a	n/a
Fatty acids, total saturated	6.2 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.39 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	119.12 g	n/a	n/a	n/a

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Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Grass fed steak with ancho chili yam mash with caramelized onion and swiss chard

3 servings. Ready in 45 min.

Ingredients

Beef, grass-fed, strip steaks, lean only, raw, 12 oz (12.1 oz)

Yam, 1.5 lbs (23.7 oz)

Garlic, 5 garlic clove (0.7 oz)

Chili Powder, 1 tbsp (0.3 oz)

Organic turmeric powder, 3 tsp (0.2 oz)

Swiss Chard, 3 bunch (31.6 oz)

Onion, Fresh, 2 cup (11.2 oz)

Alessi, kosher sea salt, 1 tsp (0.2 oz)

Black Pepper, 1 tsp, ground (0.1 oz)

Olive Oil, 1 tablespoon (0.5 oz)

Butter, clarified butter (ghee), 3 Teaspoon (0.5 oz)

Lemon Juice, 1 tablespoons (0.5 oz)

Beef Stock, 0.5 cup (4.3 oz)

Instructions/Preparation

For Steak

1. Preheat oven to 400 degrees
2. Season with salt and pepper.
3. in a saute pan add ghee and get pan hot, sear steak on both sides and throw in oven for at least ten minutes
4. Remove from oven and let rest for 10-15 minutes

For Yam Mash

1. Rough chop two yams and throw in a pot with water and salt.
2. Bring to a boil and cook till yams are fully cooked and tender.
3. Strain the yams and add back to original pot to steam in.
4. Add 3 cloves garlic minced, ancho chili powder, turmeric powder, olive oil, salt and pepper and mix till all ingredients are mashed together.

For Swiss Chard

1. Bring a pot of water to a boil with salt added to it.
2. Add the chard and cook for 2 minutes, remove and put into an ice bath.
3. Once cooled rinse out excess water and rough chop.
4. In a saute pan add 2 tbsp of ghee and add onions, lightly season with salt and pepper. Cook on medium low heat till onions are brown and caramelized.
5. Add chard to the pan and add 2 cloves minced garlic. Deglaze with lemon juice, stock and season to taste.

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Beef, grass-fed, strip steaks, lean only, raw, 12 oz (12.1 oz)	132.6 kcal	26.1 g	3 g	0 g
Yam, 1.5 lbs (23.7 oz)	261.4 kcal	3.4 g	0.4 g	61.8 g
Garlic, 5 garlic clove (0.7 oz)	9.9 kcal	0.4 g	0 g	2.2 g
Chili Powder, 1 tbsp (0.3 oz)	7.5 kcal	0.4 g	0.4 g	1.3 g
Organic turmeric powder, upc: 803813101816, 3 tsp (0.2 oz)	7 kcal	0 g	0 g	1.5 g
Swiss Chard, 3 bunch (31.6 oz)	56.1 kcal	5.3 g	0.6 g	11 g
Onion, Fresh, 2 cup (11.2 oz)	41.9 kcal	1.2 g	0.1 g	9.8 g
Alessi, kosher sea salt, upc: 071072012178, 1 tsp (0.2 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (0.1 oz)	1.9 kcal	0.1 g	0 g	0.5 g
Olive Oil, 1 tablespoon (0.5 oz)	44.2 kcal	0 g	5 g	0 g
Butter, clarified butter (ghee), 3 Teaspoon (0.5 oz)	45 kcal	0 g	5 g	0 g
Lemon Juice, 1 tablespoons (0.5 oz)	1.1 kcal	0 g	0 g	0.3 g
Beef Stock, 0.5 cup (4.3 oz)	5.2 kcal	0.8 g	0 g	0.5 g
TOTAL	613.76 kcal	37.66 g	14.61 g	88.91 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	651.28 g	n/a	n/a	n/a
Sugars, total	9.4 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	16.86 g	n/a	n/a	n/a
Calcium, Ca	253.59 mg	n/a	n/a	n/a
Iron, Fe	10.31 mg	n/a	n/a	n/a
Magnesium, Mg	332.05 mg	n/a	n/a	n/a
Phosphorus, P	560.36 mg	n/a	n/a	n/a
Potassium, K	3634.03 mg	n/a	n/a	n/a
Sodium, Na	1511.9 mg	n/a	n/a	n/a
Zinc, Zn	6.13 mg	n/a	n/a	n/a
Copper, Cu	1.12 mg	n/a	n/a	n/a
Manganese, Mn	2.44 mg	n/a	n/a	n/a
Selenium, Se	30.66 µg	n/a	n/a	n/a
Vitamin A, IU	19345.72 IU	n/a	n/a	n/a
Vitamin A, RAE	957.96 µg	n/a	n/a	n/a
Carotene, beta	11346.3 µg	n/a	n/a	n/a
Carotene, alpha	188.58 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	8.38 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Lycopene	0.71 µg	n/a	n/a	n/a
Lutein + zeaxanthin	32468.15 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	138.16 mg	n/a	n/a	n/a
Thiamin	0.5 mg	n/a	n/a	n/a
Riboflavin	0.57 mg	n/a	n/a	n/a
Niacin	10.84 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	2.18 mg	n/a	n/a	n/a
Vitamin B6	1.98 mg	n/a	n/a	n/a
Folate, total	129.74 µg	n/a	n/a	n/a
Vitamin B12	1.44 µg	n/a	n/a	n/a
Choline, total	175.41 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	2462.27 µg	n/a	n/a	n/a
Betaine	9.75 mg	n/a	n/a	n/a
Tryptophan	0.1 g	n/a	n/a	n/a
Threonine	0.41 g	n/a	n/a	n/a
Isoleucine	0.59 g	n/a	n/a	n/a
Leucine	0.67 g	n/a	n/a	n/a
Lysine	0.49 g	n/a	n/a	n/a
Methionine	0.12 g	n/a	n/a	n/a
Cystine	0.05 g	n/a	n/a	n/a
Phenylalanine	0.53 g	n/a	n/a	n/a
Tyrosine	0.12 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	77.33 mg	n/a	n/a	n/a
Fatty acids, total trans	0.13 g	n/a	n/a	n/a
Fatty acids, total saturated	5.18 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	1.48 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	0.1 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	0.02 g	n/a	n/a	n/a
Net Carbs (carbs - fiber)	72.05 g	n/a	n/a	n/a

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