



## **Chicken Thighs with Spinach salad, Walnuts, Avocado and Balsamic Vinaigrette**

3 servings. Ready in 30 min.

### Ingredients

Chicken, dark meat, thigh, meat and skin, with added solution, raw, 12 oz (12.1 oz)

Walnuts, 1 cup shelled (50 halves) (3.6 oz)

Spinach, 3 bunch (36.4 oz)

Balsamic Vinegar, 0.66 cup (5.6 oz)

Olive Oil, 2 cup (14.9 oz)

Garlic, 4 garlic clove (0.6 oz)

Shallots, 3 tbsp chopped (1.1 oz)

Coarse kosher salt, 2 tsp (0.3 oz)

Black Pepper, 1 tsp, ground (0.1 oz)

Avocado, 2 avocado (11.3 oz)

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

### Instructions/Preparation

For Chicken Thighs

1. Preheat oven to 400 degrees.
2. Season the thighs with salt and pepper, in a saute pan add the ghee and place the chicken thighs skin side down
3. Cook till skin is brown and crispy and flip over to cook for another 2 minutes.
4. Place in oven for 12-15 minutes or until internal temperature of 165 degrees.
5. Let rest for at least ten minutes.

For Salad.

1. Rough chop the spinach and wash thoroughly (Spinach is usually very dirty).
2. In a bowl add the spinach and walnuts (Crushed) Lightly season with salt and pepper and toss together.

For the Dressing.

1. The best way I like to do my salad dressings is to take a mason jar and add the balsamic vinegar, shallots, garlic, olive oil, salt and pepper.
2. Cap the mason jar and shake till dressing is emulsified.
3. Pour over the salad mix, toss together and enjoy!!

| <b>Food</b>   | <b>Energy/<br/>srv</b> | <b>Protein<br/>/srv</b> | <b>Fat/sr<br/>v</b> | <b>Carbs<br/>/srv</b> |
|---|------------------------|-------------------------|---------------------|-----------------------|
| Chicken, dark meat, thigh, meat and skin, with added solution, raw, 12 oz (12.1 oz) | 223.3 kcal             | 18.8 g                  | 16.5 g              | 0 g                   |
| Walnuts, 1 cup shelled (50 halves) (3.6 oz)   | 218 kcal               | 5.1 g                   | 21.7 g              | 4.6 g                 |
| Spinach, 3 bunch (36.4 oz)  | 78.2 kcal              | 9.7 g                   | 1.3 g               | 12.3 g                |
| Balsamic Vinegar, 0.66 cup (5.6 oz)   | 46.3 kcal              | 0.3 g                   | 0 g                 | 9 g                   |
| Olive Oil, 2 cup (14.9 oz)  | 1225.8 kcal            | 0 g                     | 138.7 g             | 0 g                   |
| Garlic, 4 garlic clove (0.6 oz)   | 7.9 kcal               | 0.3 g                   | 0 g                 | 1.8 g                 |
| Shallots, 3 tbsp chopped (1.1 oz)   | 7.2 kcal               | 0.3 g                   | 0 g                 | 1.7 g                 |
| Coarse kosher salt, 2 tsp (0.3 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                 |
| Avocado, 2 avocado (11.3 oz)  | 168.5 kcal             | 2.1 g                   | 15.4 g              | 9 g                   |
| Butter, clarified butter (ghee), 1.5 Tbsp (0.8 oz)                                  | 64.5 kcal              | 0 g                     | 7.2 g               | 0 g                   |
| <b>TOTAL</b>  | <b>2041.73 kcal</b>    | <b>36.6 g</b>           | <b>200.9 g</b>      | <b>38.8 g</b>         |

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

## Micronutrients Analysis

| <b>Micronutrient</b>           | <b>Amount per day in plan</b> | <b>Dietary Reference Intake</b> | <b>Tolerable Upper Level</b> | <b>DRI %</b> |
|--------------------------------|-------------------------------|---------------------------------|------------------------------|--------------|
| Lactose                        | n/a                           | n/a                             | n/a                          | n/a          |
| Maltose                        | n/a                           | n/a                             | n/a                          | n/a          |
| Water                          | 518.53 g                      | n/a                             | n/a                          | n/a          |
| Sugars, total                  | 11.71 g                       | n/a                             | n/a                          | n/a          |
| Galactose                      | 0.45 g                        | n/a                             | n/a                          | n/a          |
| Fiber, total dietary           | 17.4 g                        | n/a                             | n/a                          | n/a          |
| Calcium, Ca                    | 423.33 mg                     | n/a                             | n/a                          | n/a          |
| Iron, Fe                       | 12.85 mg                      | n/a                             | n/a                          | n/a          |
| Magnesium, Mg                  | 381.01 mg                     | n/a                             | n/a                          | n/a          |
| Phosphorus, P                  | 528.68 mg                     | n/a                             | n/a                          | n/a          |
| Potassium, K                   | 2896.88 mg                    | n/a                             | n/a                          | n/a          |
| Sodium, Na                     | 1744.92 mg                    | n/a                             | n/a                          | n/a          |
| Zinc, Zn                       | 5.07 mg                       | n/a                             | n/a                          | n/a          |
| Copper, Cu                     | 1.28 mg                       | n/a                             | n/a                          | n/a          |
| Manganese, Mn                  | 4.63 mg                       | n/a                             | n/a                          | n/a          |
| Selenium, Se                   | 26.43 µg                      | n/a                             | n/a                          | n/a          |
| Vitamin A, IU                  | 32415.59 IU                   | n/a                             | n/a                          | n/a          |
| Vitamin A, RAE                 | 1627.45 µg                    | n/a                             | n/a                          | n/a          |
| Carotene, beta                 | 19200.65 µg                   | n/a                             | n/a                          | n/a          |
| Carotene, alpha                | 25.37 µg                      | n/a                             | n/a                          | n/a          |
| Vitamin E (alphatocopherol)    | 29.59 mg                      | n/a                             | n/a                          | n/a          |
| Vitamin D                      | 7.93 IU                       | n/a                             | n/a                          | n/a          |
| Vitamin D3 (cholecalciferol)   | 0.23 µg                       | n/a                             | n/a                          | n/a          |
| Vitamin D (D2 + D3)            | 0.23 µg                       | n/a                             | n/a                          | n/a          |
| Lycopene                       | 0.15 µg                       | n/a                             | n/a                          | n/a          |
| Lutein + zeaxanthin            | 41833.65 µg                   | n/a                             | n/a                          | n/a          |
| Vitamin C, total ascorbic acid | 108.97 mg                     | n/a                             | n/a                          | n/a          |
| Thiamin                        | 0.55 mg                       | n/a                             | n/a                          | n/a          |
| Riboflavin                     | 1.04 mg                       | n/a                             | n/a                          | n/a          |
| Niacin                         | 9.79 mg                       | n/a                             | n/a                          | n/a          |

| <b>Micronutrient</b>               | <b>Amount per day in plan</b> | <b>Dietary Reference Intake</b> | <b>Tolerable Upper Level</b> | <b>DRI %</b> |
|------------------------------------|-------------------------------|---------------------------------|------------------------------|--------------|
| Pantothenic acid                   | 2.91 mg                       | n/a                             | n/a                          | n/a          |
| Vitamin B6                         | 1.59 mg                       | n/a                             | n/a                          | n/a          |
| Folate, total                      | 784.68 µg                     | n/a                             | n/a                          | n/a          |
| Vitamin B12                        | 0.68 µg                       | n/a                             | n/a                          | n/a          |
| Choline, total                     | 164.97 mg                     | n/a                             | n/a                          | n/a          |
| Vitamin K (phylloquinone)          | 1749.78 µg                    | n/a                             | n/a                          | n/a          |
| Betaine                            | 362.24 mg                     | n/a                             | n/a                          | n/a          |
| Tryptophan                         | 0.4 g                         | n/a                             | n/a                          | n/a          |
| Threonine                          | 1.51 g                        | n/a                             | n/a                          | n/a          |
| Isoleucine                         | 1.62 g                        | n/a                             | n/a                          | n/a          |
| Leucine                            | 2.76 g                        | n/a                             | n/a                          | n/a          |
| Lysine                             | 2.47 g                        | n/a                             | n/a                          | n/a          |
| Methionine                         | 0.78 g                        | n/a                             | n/a                          | n/a          |
| Cystine                            | 0.42 g                        | n/a                             | n/a                          | n/a          |
| Phenylalanine                      | 1.49 g                        | n/a                             | n/a                          | n/a          |
| Tyrosine                           | 1.2 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                        | 129.17 mg                     | n/a                             | n/a                          | n/a          |
| Fatty acids, total trans           | 0.1 g                         | n/a                             | n/a                          | n/a          |
| Fatty acids, total saturated       | 32.47 g                       | n/a                             | n/a                          | n/a          |
| Stigmasterol                       | 2.11 mg                       | n/a                             | n/a                          | n/a          |
| Campesterol                        | 6.93 mg                       | n/a                             | n/a                          | n/a          |
| Beta-sitosterol                    | 109.05 mg                     | n/a                             | n/a                          | n/a          |
| Fatty acids, total polyunsaturated | 36.65 g                       | n/a                             | n/a                          | n/a          |
| Fatty acids, total transmonoenoic  | 0.07 g                        | n/a                             | n/a                          | n/a          |
| Fatty acids, total transpolyenoic  | 0.03 g                        | n/a                             | n/a                          | n/a          |
| Net Carbs (carbs - fiber)          | 21.4 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.



## **Grass Fed Steak with Italian style baby broccoli and Pine nuts**

3 servings. Ready in 25 min.

### Ingredients

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

Garlic, 2 tbs cloves minced (0.4 oz)

Shallots, 2 tbs chopped (0.7 oz)

Red chili flakes, upc: 016291441859, 0.5 tsp (0 oz)

Lemon Juice, 2 tablespoons (1.1 oz)

Nuts, pine nuts, dried, 2 tablespoons (0.7 oz)

Butter, clarified butter (ghee), 2 Teaspoon (0.4 oz)

Beef Stock, 0.5 cup (4.3 oz)

Baby broccoli florets, upc: 014500002563, 5 cup (13 oz)

### Instructions/Preparation

1. Preheat oven to 400 degrees.
2. Heat a saute pan with half the ghee and get hot. add seasoned grass fed beef and sear well on both sides.
3. Place in oven till desired cooked temperature.
4. Bring a pot of salted water to a boil, cut at least a 1/4 inch of the baby broccoli bottoms off and add to the water till tender. Add to an ice bath to cool.
5. Heat saute pan with rest of the ghee, add the garlic, shallots, chili flake, pine nuts and saute for a minute constantly stirring so nothing burns. Add The baby broccoli and saute for a few minutes. Season with salt and pepper
6. Deglaze with lemon juice and then add beef stock.
7. To serve add broccoli on the bottom and steak thinly sliced over the top.

| <b>Food</b>  | <b>Energy/srv</b>  | <b>Protein/srv</b> | <b>Fat/srv</b> | <b>Carbs/srv</b> |
|--|--------------------|--------------------|----------------|------------------|
| Beef, grass-fed, strip steaks, lean only, raw, 12 oz (12.1 oz) | 132.6 kcal         | 26.1 g             | 3 g            | 0 g              |
| Garlic, 2 tbs cloves minced (0.4 oz)                           | 5 kcal             | 0.2 g              | 0 g            | 1.1 g            |
| Shallots, 2 tbs chopped (0.7 oz)                               | 4.8 kcal           | 0.2 g              | 0 g            | 1.1 g            |
| Red chili flakes, upc: 016291441859, 0.5 tsp (0 oz)            | 0 kcal             | 0 g                | 0 g            | 0 g              |
| Lemon Juice, 2 tablespoons (1.1 oz)                            | 2.2 kcal           | 0 g                | 0 g            | 0.7 g            |
| Nuts, pine nuts, dried, 2 tablespoons (0.7 oz)                 | 44.9 kcal          | 0.9 g              | 4.6 g          | 0.9 g            |
| Butter, clarified butter (ghee), 2 Teaspoon (0.4 oz)           | 30 kcal            | 0 g                | 3.3 g          | 0 g              |
| Beef Stock, 0.5 cup (4.3 oz)                                   | 5.2 kcal           | 0.8 g              | 0 g            | 0.5 g            |
| Baby broccoli florets, upc: 014500002563, 5 cup (13 oz)        | 40 kcal            | 2.7 g              | 0 g            | 5.3 g            |
| <b>TOTAL</b>   | <b>264.67 kcal</b> | <b>30.93 g</b>     | <b>11.02 g</b> | <b>9.61 g</b>    |

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

## Micronutrients Analysis

| <b>Micronutrient</b>           | <b>Amount per day in plan</b> | <b>Dietary Reference Intake</b> | <b>Tolerable Upper Level</b> | <b>DRI %</b> |
|--------------------------------|-------------------------------|---------------------------------|------------------------------|--------------|
| Lactose                        | n/a                           | n/a                             | n/a                          | n/a          |
| Maltose                        | n/a                           | n/a                             | n/a                          | n/a          |
| Water                          | 138.24 g                      | n/a                             | n/a                          | n/a          |
| Sugars, total                  | 3.94 g                        | n/a                             | n/a                          | n/a          |
| Galactose                      | n/a                           | n/a                             | n/a                          | n/a          |
| Fiber, total dietary           | 3.23 g                        | n/a                             | n/a                          | n/a          |
| Calcium, Ca                    | 76.95 mg                      | n/a                             | n/a                          | n/a          |
| Iron, Fe                       | 2.72 mg                       | n/a                             | n/a                          | n/a          |
| Magnesium, Mg                  | 48.43 mg                      | n/a                             | n/a                          | n/a          |
| Phosphorus, P                  | 300.9 mg                      | n/a                             | n/a                          | n/a          |
| Potassium, K                   | 547.33 mg                     | n/a                             | n/a                          | n/a          |
| Sodium, Na                     | 175.89 mg                     | n/a                             | n/a                          | n/a          |
| Zinc, Zn                       | 4.66 mg                       | n/a                             | n/a                          | n/a          |
| Copper, Cu                     | 0.2 mg                        | n/a                             | n/a                          | n/a          |
| Manganese, Mn                  | 0.67 mg                       | n/a                             | n/a                          | n/a          |
| Selenium, Se                   | 25 µg                         | n/a                             | n/a                          | n/a          |
| Vitamin A, IU                  | 136.43 IU                     | n/a                             | n/a                          | n/a          |
| Vitamin A, RAE                 | 0.07 µg                       | n/a                             | n/a                          | n/a          |
| Carotene, beta                 | 1.6 µg                        | n/a                             | n/a                          | n/a          |
| Carotene, alpha                | n/a                           | n/a                             | n/a                          | n/a          |
| Vitamin E (alphatocopherol)    | 0.9 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                       | n/a                           | n/a                             | n/a                          | n/a          |
| Lutein + zeaxanthin            | 3.57 µg                       | n/a                             | n/a                          | n/a          |
| Vitamin C, total ascorbic acid | 53.54 mg                      | n/a                             | n/a                          | n/a          |
| Thiamin                        | 0.11 mg                       | n/a                             | n/a                          | n/a          |
| Riboflavin                     | 0.2 mg                        | n/a                             | n/a                          | n/a          |
| Niacin                         | 8.29 mg                       | n/a                             | n/a                          | n/a          |

| Micronutrient                      | Amount per day in plan | Dietary Reference Intake | Tolerable Upper Level | DRI % |
|------------------------------------|------------------------|--------------------------|-----------------------|-------|
| Pantothenic acid                   | 0.84 mg                | n/a                      | n/a                   | n/a   |
| Vitamin B6                         | 0.83 mg                | n/a                      | n/a                   | n/a   |
| Folate, total                      | 22.17 µg               | n/a                      | n/a                   | n/a   |
| Vitamin B12                        | 1.44 µg                | n/a                      | n/a                   | n/a   |
| Choline, total                     | 81.46 mg               | n/a                      | n/a                   | n/a   |
| Vitamin K (phylloquinone)          | 4.76 µg                | n/a                      | n/a                   | n/a   |
| Betaine                            | 8.64 mg                | n/a                      | n/a                   | n/a   |
| Tryptophan                         | 0.01 g                 | n/a                      | n/a                   | n/a   |
| Threonine                          | 0.04 g                 | n/a                      | n/a                   | n/a   |
| Isoleucine                         | 0.05 g                 | n/a                      | n/a                   | n/a   |
| Leucine                            | 0.09 g                 | n/a                      | n/a                   | n/a   |
| Lysine                             | 0.06 g                 | n/a                      | n/a                   | n/a   |
| Methionine                         | 0.02 g                 | n/a                      | n/a                   | n/a   |
| Cystine                            | 0.02 g                 | n/a                      | n/a                   | n/a   |
| Phenylalanine                      | 0.05 g                 | n/a                      | n/a                   | n/a   |
| Tyrosine                           | 0.04 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                        | 72.33 mg               | n/a                      | n/a                   | n/a   |
| Fatty acids, total trans           | 0.13 g                 | n/a                      | n/a                   | n/a   |
| Fatty acids, total saturated       | 3.52 g                 | n/a                      | n/a                   | n/a   |
| Stigmasterol                       | n/a                    | n/a                      | n/a                   | n/a   |
| Campesterol                        | 1.33 mg                | n/a                      | n/a                   | n/a   |
| Beta-sitosterol                    | 8.8 mg                 | n/a                      | n/a                   | n/a   |
| Fatty acids, total polyunsaturated | 2.54 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)          | 6.38 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 power green saute with pine nuts**

3 servings. Ready in 40 min.

### Ingredients

Salmon, Fresh, 12 oz (12.1 oz)

Kale, 2 bunch (9.4 oz)

Baby broccoli florets, 2.5 cup (6.5 oz)

Asparagus, Fresh, 1 bunch (15.5 oz)

Red chili flakes, 1 tsp (0.1 oz)

Garlic, 4 garlic clove (0.6 oz)

Shallots, 3 tbsp chopped (1.1 oz)

Lemon Juice, 1 cup (8.7 oz)

Chicken Stock, 0.5 cups (4.3 oz)

Nuts, pine nuts, dried, 0.5 cup (2.3 oz)

Butter, clarified butter (ghee), 1 Teaspoon (0.2 oz)

### Instructions/Preparation

#### For Salmon

1. Preheat oven to 350 degrees and season salmon with salt and pepper
2. Add ghee to non stick pan and sear salmon on both sides and place in oven for 8-10 minutes.
3. Remove from oven and let rest for 10 minutes.

#### For Power Green Saute

1. Bring a pot of water to a boil seasoned with salt.
- 2 Add kale and cook for 2-3 minutes, place in ice bath to cool, then add the asparagus and cook till tender and place in ice bath. Repeat the same step with the baby broccoli.
3. Once cooled strain from the water.
4. In a saute pan add ghee and add garlic, shallots, red chili flakes and pine nuts. Stir constantly so nothing burns and then add all your power greens. Season with salt and pepper.
5. Deglaze with lemon juice and chicken stock. Remove veggies from the pan and reduce the sauce for 2-3 minutes and add on top of veggies and enjoy!!

| <b>Food</b>  | <b>Energy/srv</b>  | <b>Protein/srv</b> | <b>Fat/srv</b> | <b>Carbs/srv</b> |
|--|--------------------|--------------------|----------------|------------------|
| Salmon, Fresh, 12 oz (12.1 oz)                       | 160.9 kcal         | 22.5 g             | 7.2 g          | 0 g              |
| Kale, 2 bunch (9.4 oz)                               | 42.8 kcal          | 3.7 g              | 0.8 g          | 7.6 g            |
| Baby broccoli florets, 2.5 cup (6.5 oz)              | 20 kcal            | 1.3 g              | 0 g            | 2.7 g            |
| Asparagus, Fresh, 1 bunch (15.5 oz)                  | 28.9 kcal          | 3.2 g              | 0.2 g          | 5.6 g            |
| Red chili flakes, 1 tsp (0.1 oz)                     | 0 kcal             | 0 g                | 0 g            | 0 g              |
| Garlic, 4 garlic clove (0.6 oz)                      | 7.9 kcal           | 0.3 g              | 0 g            | 1.8 g            |
| Shallots, 3 tbsp chopped (1.1 oz)                    | 7.2 kcal           | 0.3 g              | 0 g            | 1.7 g            |
| Lemon Juice, 1 cup (8.7 oz)                          | 17.9 kcal          | 0.3 g              | 0.2 g          | 5.6 g            |
| Chicken Stock, 0.5 cups (4.3 oz)                     | 14.6 kcal          | 1 g                | 0.5 g          | 1.4 g            |
| Nuts, pine nuts, dried, 0.5 cup (2.3 oz)             | 145.8 kcal         | 3 g                | 14.8 g         | 2.8 g            |
| Butter, clarified butter (ghee), 1 Teaspoon (0.2 oz) | 15 kcal            | 0 g                | 1.7 g          | 0 g              |
| <b>TOTAL</b>   | <b>461.05 kcal</b> | <b>35.59 g</b>     | <b>25.37 g</b> | <b>29.23 g</b>   |

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

## Micronutrients Analysis

| <b>Micronutrient</b>           | <b>Amount per day in plan</b> | <b>Dietary Reference Intake</b> | <b>Tolerable Upper Level</b> | <b>DRI %</b> |
|--------------------------------|-------------------------------|---------------------------------|------------------------------|--------------|
| Lactose                        | n/a                           | n/a                             | n/a                          | n/a          |
| Maltose                        | n/a                           | n/a                             | n/a                          | n/a          |
| Water                          | 409.58 g                      | n/a                             | n/a                          | n/a          |
| Sugars, total                  | 10.33 g                       | n/a                             | n/a                          | n/a          |
| Galactose                      | n/a                           | n/a                             | n/a                          | n/a          |
| Fiber, total dietary           | 8.99 g                        | n/a                             | n/a                          | n/a          |
| Calcium, Ca                    | 228.85 mg                     | n/a                             | n/a                          | n/a          |
| Iron, Fe                       | 6.84 mg                       | n/a                             | n/a                          | n/a          |
| Magnesium, Mg                  | 158.44 mg                     | n/a                             | n/a                          | n/a          |
| Phosphorus, P                  | 538.25 mg                     | n/a                             | n/a                          | n/a          |
| Potassium, K                   | 1586.13 mg                    | n/a                             | n/a                          | n/a          |
| Sodium, Na                     | 163.59 mg                     | n/a                             | n/a                          | n/a          |
| Zinc, Zn                       | 3.59 mg                       | n/a                             | n/a                          | n/a          |
| Copper, Cu                     | 2.22 mg                       | n/a                             | n/a                          | n/a          |
| Manganese, Mn                  | 2.86 mg                       | n/a                             | n/a                          | n/a          |
| Selenium, Se                   | 47.47 µg                      | n/a                             | n/a                          | n/a          |
| Vitamin A, IU                  | 9941.02 IU                    | n/a                             | n/a                          | n/a          |
| Vitamin A, RAE                 | 505.74 µg                     | n/a                             | n/a                          | n/a          |
| Carotene, beta                 | 5829.37 µg                    | n/a                             | n/a                          | n/a          |
| Carotene, alpha                | 60.15 µg                      | n/a                             | n/a                          | n/a          |
| Vitamin E (alphatocopherol)    | 5.14 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                       | n/a                           | n/a                             | n/a                          | n/a          |
| Lutein + zeaxanthin            | 8200.56 µg                    | n/a                             | n/a                          | n/a          |
| Vitamin C, total ascorbic acid | 171.1 mg                      | n/a                             | n/a                          | n/a          |
| Thiamin                        | 0.69 mg                       | n/a                             | n/a                          | n/a          |
| Riboflavin                     | 0.85 mg                       | n/a                             | n/a                          | n/a          |
| Niacin                         | 12.91 mg                      | n/a                             | n/a                          | n/a          |

| Micronutrient                      | Amount per day in plan | Dietary Reference Intake | Tolerable Upper Level | DRI % |
|------------------------------------|------------------------|--------------------------|-----------------------|-------|
| Pantothenic acid                   | 2.6 mg                 | n/a                      | n/a                   | n/a   |
| Vitamin B6                         | 1.47 mg                | n/a                      | n/a                   | n/a   |
| Folate, total                      | 255.75 µg              | n/a                      | n/a                   | n/a   |
| Vitamin B12                        | 3.6 µg                 | n/a                      | n/a                   | n/a   |
| Choline, total                     | 46.12 mg               | n/a                      | n/a                   | n/a   |
| Vitamin K (phylloquinone)          | 687.5 µg               | n/a                      | n/a                   | n/a   |
| Betaine                            | 0.95 mg                | n/a                      | n/a                   | n/a   |
| Tryptophan                         | 0.32 g                 | n/a                      | n/a                   | n/a   |
| Threonine                          | 1.21 g                 | n/a                      | n/a                   | n/a   |
| Isoleucine                         | 1.28 g                 | n/a                      | n/a                   | n/a   |
| Leucine                            | 2.25 g                 | n/a                      | n/a                   | n/a   |
| Lysine                             | 2.36 g                 | n/a                      | n/a                   | n/a   |
| Methionine                         | 0.77 g                 | n/a                      | n/a                   | n/a   |
| Cystine                            | 0.35 g                 | n/a                      | n/a                   | n/a   |
| Phenylalanine                      | 1.12 g                 | n/a                      | n/a                   | n/a   |
| Tyrosine                           | 0.96 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                        | 68.55 mg               | n/a                      | n/a                   | n/a   |
| Fatty acids, total trans           | n/a                    | n/a                      | n/a                   | n/a   |
| Fatty acids, total saturated       | 3.48 g                 | n/a                      | n/a                   | n/a   |
| Stigmasterol                       | n/a                    | n/a                      | n/a                   | n/a   |
| Campesterol                        | 4.33 mg                | n/a                      | n/a                   | n/a   |
| Beta-sitosterol                    | 28.6 mg                | n/a                      | n/a                   | n/a   |
| Fatty acids, total polyunsaturated | 10.82 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)          | 20.25 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.



## **Oxtail Stroganoff with shirataki noodles and maitake mushrooms**

3 servings. Ready in 200 min.

### Ingredients

Beef oxtails cut, unprepared, 48 oz (48 oz)  
Carrot, 2 carrot (4.6 oz)  
Celery, 1 cup (3.4 oz)  
Onion, Fresh, 2 cup (11.2 oz)  
Beef Stock, 4 cup (34.3 oz)  
Alcoholic beverage, wine, table, red, 1 serving (5 fl oz) (5.3 oz)  
Tomato products, canned, paste, without salt added, 1 tbsp (0.6 oz)  
Thyme, 2 handful (0.1 oz)  
Spices, bay leaf, 2 bay leaves (0.1 oz)  
Garlic, 6 garlic clove (0.9 oz)  
Maitake Mushrooms, 2 cup diced (5 oz)  
Shallots, 2 tbsp chopped (0.7 oz)  
Clover valley, coarse kosher salt, 4 tsp (0.7 oz)  
Black Pepper, 2 tsp, ground (0.2 oz)  
Shirataki yam noodle, 9 ONZ (9.1 oz)  
Butter, clarified butter (ghee), 6 Tbsp (3.1 oz)  
Parsley, 2 Tablespoon (0.3 oz)

### Instructions/Preparation

For Oxtails.

1. In a pot add 4 tbsp of ghee and season the oxtails with salt and pepper.
2. Sear oxtails till they are nice and brown on both sides and remove from the pot.
3. Add the carrot, onion and celery, season lightly with salt and pepper and cook for 2 minutes. add the bay leaf, thyme and 4 whole garlic cloves. Add the tomato paste and cook for another 2-3 minutes.
4. Deglaze with red wine and reduce till it's a thick syrup. Add the oxtails and then the beef stock (should just cover the oxtails).
5. bring to a boil and then reduce to a simmer. Cook for 2-3 hours or until oxtails are fork tender.
6. Remove the oxtails and strain the braising liquid and reserve.
7. In another pot add the reserved liquid and reduce by at least half.

For stroganoff

1. Once oxtails are cooled take the meat off of the tails and reserve
2. In a large pan add the rest of the ghee and add the mushrooms. Lightly season with salt and pepper. Cook till there is nice color on the mushrooms.
2. Add the shallot and rest of the garlic diced. cook for two minutes and add the oxtail meat.
3. finally add the noodles and the reduced braising liquid, add the parsley, season to taste and enjoy!!

| <b>Food</b>  | <b>Energy/srv</b>      | <b>Protein/srv</b> | <b>Fat/srv</b>      | <b>Carbs/srv</b>   |
|--|------------------------|--------------------|---------------------|--------------------|
| Beef oxtails cut, unprepared, 48 oz (48 oz)                            | 0<br>undefined         | 84 g               | 84 g                | 0 g                |
| Carrot, 2 carrot (4.6 oz)  | 17.5 kcal              | 0.4 g              | 0.1 g               | 4.1 g              |
| Celery, 1 cup (3.4 oz)   | 5 kcal                 | 0.2 g              | 0.1 g               | 0.9 g              |
| Onion, Fresh, 2 cup (11.2 oz)  | 41.9 kcal              | 1.2 g              | 0.1 g               | 9.8 g              |
| Beef Stock, 4 cup (34.3 oz)  | 41.6 kcal              | 6.3 g              | 0.3 g               | 3.8 g              |
| Alcoholic beverage, wine, table, red, 1 serving (5 fl oz)<br>(5.3 oz)  | 41.7 kcal              | 0 g                | 0 g                 | 1.3 g              |
| Tomato products, canned, paste, without salt added,<br>1 tbsp (0.6 oz) | 4.4 kcal               | 0.2 g              | 0 g                 | 1 g                |
| Thyme, 2 handful (0.1 oz)  | 1.3 kcal               | 0.1 g              | 0 g                 | 0.3 g              |
| Spices, bay leaf, 2 bay leaves (0.1 oz)                                | 2.1 kcal               | 0.1 g              | 0.1 g               | 0.5 g              |
| Garlic, 6 garlic clove (0.9 oz)  | 11.9 kcal              | 0.5 g              | 0 g                 | 2.6 g              |
| Maitake Mushrooms, 2 cup diced (5 oz)                                  | 14.5 kcal              | 0.9 g              | 0.1 g               | 3.3 g              |
| Shallots, 2 tbsp chopped (0.7 oz)                                      | 4.8 kcal               | 0.2 g              | 0 g                 | 1.1 g              |
| Clover valley, coarse kosher salt, 4 tsp (0.7 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                |
| Shirataki yam noodle, 9 ONZ (9.1 oz)                                   | 0 kcal                 | 0 g                | 0 g                 | 1 g                |
| Butter, clarified butter (ghee), 6 Tbsp (3.1 oz)                       | 258 kcal               | 0 g                | 28.7 g              | 0 g                |
| Parsley, 2 Tablespoon (0.3 oz)   | 1 kcal                 | 0.1 g              | 0 g                 | 0.2 g              |
| <b>TOTAL</b>   | <b>449.43<br/>kcal</b> | <b>94.28 g</b>     | <b>113.53<br/>g</b> | <b>30.92<br/>g</b> |

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

## Micronutrients Analysis

| <b>Micronutrient</b>           | <b>Amount per day in plan</b> | <b>Dietary Reference Intake</b> | <b>Tolerable Upper Level</b> | <b>DRI %</b> |
|--------------------------------|-------------------------------|---------------------------------|------------------------------|--------------|
| Lactose                        | 0.15 g                        | n/a                             | n/a                          | n/a          |
| Maltose                        | 0.01 g                        | n/a                             | n/a                          | n/a          |
| Water                          | 569.74 g                      | n/a                             | n/a                          | n/a          |
| Sugars, total                  | 11.16 g                       | n/a                             | n/a                          | n/a          |
| Galactose                      | 0.15 g                        | n/a                             | n/a                          | n/a          |
| Fiber, total dietary           | 6.17 g                        | n/a                             | n/a                          | n/a          |
| Calcium, Ca                    | 181.32 mg                     | n/a                             | n/a                          | n/a          |
| Iron, Fe                       | 11.5 mg                       | n/a                             | n/a                          | n/a          |
| Magnesium, Mg                  | 64.51 mg                      | n/a                             | n/a                          | n/a          |
| Phosphorus, P                  | 224.61 mg                     | n/a                             | n/a                          | n/a          |
| Potassium, K                   | 2305.87 mg                    | n/a                             | n/a                          | n/a          |
| Sodium, Na                     | 3521.94 mg                    | n/a                             | n/a                          | n/a          |
| Zinc, Zn                       | 1.53 mg                       | n/a                             | n/a                          | n/a          |
| Copper, Cu                     | 0.44 mg                       | n/a                             | n/a                          | n/a          |
| Manganese, Mn                  | 0.77 mg                       | n/a                             | n/a                          | n/a          |
| Selenium, Se                   | 7.26 µg                       | n/a                             | n/a                          | n/a          |
| Vitamin A, IU                  | 8838.25 IU                    | n/a                             | n/a                          | n/a          |
| Vitamin A, RAE                 | 384.09 µg                     | n/a                             | n/a                          | n/a          |
| Carotene, beta                 | 3847.26 µg                    | n/a                             | n/a                          | n/a          |
| Carotene, alpha                | 1485.25 µg                    | n/a                             | n/a                          | n/a          |
| Vitamin E (alphatocopherol)    | 0.7 mg                        | n/a                             | n/a                          | n/a          |
| Vitamin D                      | 524.07 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                       | 1534.81 µg                    | n/a                             | n/a                          | n/a          |
| Lutein + zeaxanthin            | 365.29 µg                     | n/a                             | n/a                          | n/a          |
| Vitamin C, total ascorbic acid | 21.42 mg                      | n/a                             | n/a                          | n/a          |
| Thiamin                        | 0.28 mg                       | n/a                             | n/a                          | n/a          |
| Riboflavin                     | 0.52 mg                       | n/a                             | n/a                          | n/a          |
| Niacin                         | 6.94 mg                       | n/a                             | n/a                          | n/a          |

| Micronutrient                      | Amount per day in plan | Dietary Reference Intake | Tolerable Upper Level | DRI % |
|------------------------------------|------------------------|--------------------------|-----------------------|-------|
| Pantothenic acid                   | 0.57 mg                | n/a                      | n/a                   | n/a   |
| Vitamin B6                         | 0.59 mg                | n/a                      | n/a                   | n/a   |
| Folate, total                      | 65.22 µg               | n/a                      | n/a                   | n/a   |
| Vitamin B12                        | n/a                    | n/a                      | n/a                   | n/a   |
| Choline, total                     | 59.22 mg               | n/a                      | n/a                   | n/a   |
| Vitamin K (phylloquinone)          | 62.79 µg               | n/a                      | n/a                   | n/a   |
| Betaine                            | 0.61 mg                | n/a                      | n/a                   | n/a   |
| Tryptophan                         | 0.05 g                 | n/a                      | n/a                   | n/a   |
| Threonine                          | 0.19 g                 | n/a                      | n/a                   | n/a   |
| Isoleucine                         | 0.12 g                 | n/a                      | n/a                   | n/a   |
| Leucine                            | 0.18 g                 | n/a                      | n/a                   | n/a   |
| Lysine                             | 0.19 g                 | n/a                      | n/a                   | n/a   |
| Methionine                         | 0.03 g                 | n/a                      | n/a                   | n/a   |
| Cystine                            | 0.07 g                 | n/a                      | n/a                   | n/a   |
| Phenylalanine                      | 0.12 g                 | n/a                      | n/a                   | n/a   |
| Tyrosine                           | 0.09 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                        | 386.16 mg              | n/a                      | n/a                   | n/a   |
| Fatty acids, total trans           | n/a                    | n/a                      | n/a                   | n/a   |
| Fatty acids, total saturated       | 49.45 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 | 1.37 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)          | 24.75 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.





## **Scrambled eggs with ground venison and avocado**

1 serving. Ready in 10 min.

### Ingredients

Game meat, deer, ground, raw, 2 oz (2 oz)

Egg, whole, raw, fresh, 3 egg (4.6 oz)

Shallots, 1 tbsp chopped (0.4 oz)

Garlic, 1 garlic clove (0.1 oz)

Spinach, 1 cups (1 oz)

Butter, clarified butter (ghee), 1 Teaspoon (0.2 oz)

Parmesan Cheese, 1 Tbsps (0.2 oz)

Parsley, 1 Tablespoon (0.1 oz)

Avocado, 0.5 avocado (2.8 oz)

### Instructions/Preparation

1. In a non stick pan add the ghee and ground venison. Season with salt and pepper.
2. Once fully cooked add the shallots and garlic, cook for another 2-3 minutes.
3. Add the spinach and cook till wilted, add the eggs and stir constantly till fully cooked, add the parmesan cheese to the mix and the parsley.
4. Once done add the avocado on top and enjoy!!

| <b>Food</b>  | <b>Energy/srv</b>  | <b>Protein/srv</b> | <b>Fat/srv</b> | <b>Carbs/srv</b> |
|--|--------------------|--------------------|----------------|------------------|
| Game meat, deer, ground, raw, 2 oz (2 oz)            | 89 kcal            | 12.3 g             | 4 g            | 0 g              |
| Egg, whole, raw, fresh, 3 egg (4.6 oz)               | 184.5 kcal         | 16.2 g             | 12.3 g         | 0.9 g            |
| Shallots, 1 tbsp chopped (0.4 oz)                    | 7.2 kcal           | 0.3 g              | 0 g            | 1.7 g            |
| Garlic, 1 garlic clove (0.1 oz)                      | 6 kcal             | 0.3 g              | 0 g            | 1.3 g            |
| Spinach, 1 cups (1 oz)                               | 6.7 kcal           | 0.8 g              | 0.1 g          | 1.1 g            |
| Butter, clarified butter (ghee), 1 Teaspoon (0.2 oz) | 45 kcal            | 0 g                | 5 g            | 0 g              |
| Parmesan Cheese, 1 Tbsps (0.2 oz)                    | 23.5 kcal          | 2.1 g              | 1.5 g          | 0.2 g            |
| Parsley, 1 Tablespoon (0.1 oz)                       | 1.4 kcal           | 0.1 g              | 0 g            | 0.3 g            |
| Avocado, 0.5 avocado (2.8 oz)                        | 126.4 kcal         | 1.6 g              | 11.6 g         | 6.7 g            |
| <b>TOTAL</b>   | <b>489.68 kcal</b> | <b>33.73 g</b>     | <b>34.61 g</b> | <b>12.16 g</b>   |

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

## Micronutrients Analysis

| <b>Micronutrient</b>           | <b>Amount per day in plan</b> | <b>Dietary Reference Intake</b> | <b>Tolerable Upper Level</b> | <b>DRI %</b> |
|--------------------------------|-------------------------------|---------------------------------|------------------------------|--------------|
| Lactose                        | n/a                           | n/a                             | n/a                          | n/a          |
| Maltose                        | n/a                           | n/a                             | n/a                          | n/a          |
| Water                          | 238.54 g                      | n/a                             | n/a                          | n/a          |
| Sugars, total                  | 2.03 g                        | n/a                             | n/a                          | n/a          |
| Galactose                      | 0.11 g                        | n/a                             | n/a                          | n/a          |
| Fiber, total dietary           | 6.46 g                        | n/a                             | n/a                          | n/a          |
| Calcium, Ca                    | 204.17 mg                     | n/a                             | n/a                          | n/a          |
| Iron, Fe                       | 5.63 mg                       | n/a                             | n/a                          | n/a          |
| Magnesium, Mg                  | 80.95 mg                      | n/a                             | n/a                          | n/a          |
| Phosphorus, P                  | 480.76 mg                     | n/a                             | n/a                          | n/a          |
| Potassium, K                   | 987.22 mg                     | n/a                             | n/a                          | n/a          |
| Sodium, Na                     | 340.83 mg                     | n/a                             | n/a                          | n/a          |
| Zinc, Zn                       | 5 mg                          | n/a                             | n/a                          | n/a          |
| Copper, Cu                     | 0.39 mg                       | n/a                             | n/a                          | n/a          |
| Manganese, Mn                  | 0.53 mg                       | n/a                             | n/a                          | n/a          |
| Selenium, Se                   | 47.92 µg                      | n/a                             | n/a                          | n/a          |
| Vitamin A, IU                  | 4115.85 IU                    | n/a                             | n/a                          | n/a          |
| Vitamin A, RAE                 | 377.2 µg                      | n/a                             | n/a                          | n/a          |
| Carotene, beta                 | 1887.14 µg                    | n/a                             | n/a                          | n/a          |
| Carotene, alpha                | 18.96 µg                      | n/a                             | n/a                          | n/a          |
| Vitamin E (alphatocopherol)    | 3.88 mg                       | n/a                             | n/a                          | n/a          |
| Vitamin D                      | 106.92 IU                     | n/a                             | n/a                          | n/a          |
| Vitamin D3 (cholecalciferol)   | 2.61 µg                       | n/a                             | n/a                          | n/a          |
| Vitamin D (D2 + D3)            | 2.61 µg                       | n/a                             | n/a                          | n/a          |
| Lycopene                       | n/a                           | n/a                             | n/a                          | n/a          |
| Lutein + zeaxanthin            | 4624.26 µg                    | n/a                             | n/a                          | n/a          |
| Vitamin C, total ascorbic acid | 23.42 mg                      | n/a                             | n/a                          | n/a          |
| Thiamin                        | 0.45 mg                       | n/a                             | n/a                          | n/a          |
| Riboflavin                     | 0.92 mg                       | n/a                             | n/a                          | n/a          |
| Niacin                         | 5.03 mg                       | n/a                             | n/a                          | n/a          |

| <b>Micronutrient</b>               | <b>Amount per day in plan</b> | <b>Dietary Reference Intake</b> | <b>Tolerable Upper Level</b> | <b>DRI %</b> |
|------------------------------------|-------------------------------|---------------------------------|------------------------------|--------------|
| Pantothenic acid                   | 3.59 mg                       | n/a                             | n/a                          | n/a          |
| Vitamin B6                         | 0.83 mg                       | n/a                             | n/a                          | n/a          |
| Folate, total                      | 193.17 µg                     | n/a                             | n/a                          | n/a          |
| Vitamin B12                        | 2.28 µg                       | n/a                             | n/a                          | n/a          |
| Choline, total                     | 449.15 mg                     | n/a                             | n/a                          | n/a          |
| Vitamin K (phylloquinone)          | 223.55 µg                     | n/a                             | n/a                          | n/a          |
| Betaine                            | 38 mg                         | n/a                             | n/a                          | n/a          |
| Tryptophan                         | 0.39 g                        | n/a                             | n/a                          | n/a          |
| Threonine                          | 1.38 g                        | n/a                             | n/a                          | n/a          |
| Isoleucine                         | 1.64 g                        | n/a                             | n/a                          | n/a          |
| Leucine                            | 2.74 g                        | n/a                             | n/a                          | n/a          |
| Lysine                             | 2.56 g                        | n/a                             | n/a                          | n/a          |
| Methionine                         | 0.89 g                        | n/a                             | n/a                          | n/a          |
| Cystine                            | 0.5 g                         | n/a                             | n/a                          | n/a          |
| Phenylalanine                      | 1.61 g                        | n/a                             | n/a                          | n/a          |
| Tyrosine                           | 1.22 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                        | 544.32 mg                     | n/a                             | n/a                          | n/a          |
| Fatty acids, total trans           | 0.05 g                        | n/a                             | n/a                          | n/a          |
| Fatty acids, total saturated       | 11.63 g                       | n/a                             | n/a                          | n/a          |
| Stigmasterol                       | 1.58 mg                       | n/a                             | n/a                          | n/a          |
| Campesterol                        | 3.95 mg                       | n/a                             | n/a                          | n/a          |
| Beta-sitosterol                    | 60.04 mg                      | n/a                             | n/a                          | n/a          |
| Fatty acids, total polyunsaturated | 4.41 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)          | 5.7 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.

For information about references used on this table, please check  
<https://nutriadmin.com/docs/reference-for-nutritional-information-and-formulas-in-nutriadmin>