



Shrimp with black rice, roasted butternut squash, and spinach

3 servings. Ready in 45 min.

Ingredients

Shrimps, 15 oz (15.2 oz)
Black rice, 1 cup (7.3 oz)
Garlic, 4 garlic clove (0.6 oz)
Onion, Fresh, 0.5 cup (2.8 oz)
Thyme, 6 sprigs (0.2 oz)
Spinach, 2 bunch (24.3 oz)
Butternut, 2 cup (9.8 oz)
Olive Oil, 3 tablespoon (1.6 oz)
Coarse kosher salt, 2.5 tsp (0.4 oz)
Black Pepper, 2 tsp, ground (0.2 oz)
Parsley, 1 Tablespoon (0.1 oz)
Turmeric, 1 tsp (0.1 oz)
Chili Powder, 1 C (6.9 oz)
Lemon Juice, 1 lemon yields (1.7 oz)
Chicken Stock, 2.5 cups (21.7 oz)

Instructions/Preparation

For butternut squash

1. In a bowl and the cubed butternut squash, 2 garlic cloves, half the thyme, salt and pepper, 1 tbsp olive oil and toss together .
2. Place in a 400 degree oven and back till fork tender (15 minutes).

For black rice.

1. In a small pot add olive oil and add onion and garlic. Lightly season with salt and pepper. Add the rest of the thyme and lightly stir together. add the black rice and coat with the other ingredients and add 2 C of chicken stock. bring to a boil and then reduce to a simmer, cover with a lid and let simmer for 30 minutes or until all the liquid has absorbed into the rice. Cut the heat and cover for five minutes to the let the rice steam.
2. In a bowl add the rough chopped spinach after it has been cleaned, add the cooked rice on top and stir to wilt the spinach. Add the butternut squash and stir again.

For the shrimp

1. In a saute pan add 1 tbsp of olive oil. Once hot add the shrimp and lightly season with salt and pepper. Once slightly pink turn the shrimp over and add the garlic, chili powder and turmeric. Deglaze with lemon juice and 1/2 cup chicken stock. Add the parsley and let the stock reduce to a thick sauce, place over the rice mixture and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Shrimps, 15 oz (15.2 oz)	120.4 kcal	28.5 g	0.7 g	0 g
Black rice, 1 cup (7.3 oz)	240 kcal	5.3 g	1.3 g	52 g
Garlic, 4 garlic clove (0.6 oz)	7.9 kcal	0.3 g	0 g	1.8 g
Onion, Fresh, 0.5 cup (2.8 oz)	10.5 kcal	0.3 g	0 g	2.4 g
Thyme, 6 sprigs (0.2 oz)	2 kcal	0.1 g	0 g	0.5 g
Spinach, 2 bunch (24.3 oz)	52.1 kcal	6.5 g	0.9 g	8.2 g
Butternut, 2 cup (9.8 oz)	41.1 kcal	0.9 g	0.1 g	10.7 g
Olive Oil, 3 tablespoon (1.6 oz)	132.6 kcal	0 g	15 g	0 g
Coarse kosher salt, 2.5 tsp (0.4 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
Parsley, 1 Tablespoon (0.1 oz)	0.5 kcal	0 g	0 g	0.1 g
Turmeric, 1 tsp (0.1 oz)	2.1 kcal	0.1 g	0 g	0.4 g
Chili Powder, 1 C (6.9 oz)	181.4 kcal	8.7 g	9.2 g	32 g
Lemon Juice, 1 lemon yields (1.7 oz)	3.5 kcal	0.1 g	0 g	1.1 g
Chicken Stock, 2.5 cups (21.7 oz)	72.9 kcal	5.1 g	2.4 g	7.1 g
TOTAL	870.97 kcal	56.02 g	29.86 g	117.33 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	634.71 g	n/a	n/a	n/a
Sugars, total	12.4 g	n/a	n/a	n/a
Galactose	0.23 g	n/a	n/a	n/a
Fiber, total dietary	37.33 g	n/a	n/a	n/a
Calcium, Ca	611.92 mg	n/a	n/a	n/a
Iron, Fe	20.93 mg	n/a	n/a	n/a
Magnesium, Mg	376.45 mg	n/a	n/a	n/a
Phosphorus, P	716.39 mg	n/a	n/a	n/a
Potassium, K	3664.21 mg	n/a	n/a	n/a
Sodium, Na	4142.18 mg	n/a	n/a	n/a
Zinc, Zn	6.5 mg	n/a	n/a	n/a
Copper, Cu	1.74 mg	n/a	n/a	n/a
Manganese, Mn	3.85 mg	n/a	n/a	n/a
Selenium, Se	21.32 µg	n/a	n/a	n/a
Vitamin A, IU	50261.87 IU	n/a	n/a	n/a
Vitamin A, RAE	2515.84 µg	n/a	n/a	n/a
Carotene, beta	26391.86 µg	n/a	n/a	n/a
Carotene, alpha	2106.47 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	32.76 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	13.82 µg	n/a	n/a	n/a
Lutein + zeaxanthin	27935.67 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	98.5 mg	n/a	n/a	n/a
Thiamin	0.52 mg	n/a	n/a	n/a
Riboflavin	1.25 mg	n/a	n/a	n/a
Niacin	13.57 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	1.21 mg	n/a	n/a	n/a
Vitamin B6	2.17 mg	n/a	n/a	n/a
Folate, total	504.19 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	109.53 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	1197.67 µg	n/a	n/a	n/a
Betaine	234.54 mg	n/a	n/a	n/a
Tryptophan	0.16 g	n/a	n/a	n/a
Threonine	0.5 g	n/a	n/a	n/a
Isoleucine	0.65 g	n/a	n/a	n/a
Leucine	1.02 g	n/a	n/a	n/a
Lysine	0.69 g	n/a	n/a	n/a
Methionine	0.22 g	n/a	n/a	n/a
Cystine	0.21 g	n/a	n/a	n/a
Phenylalanine	0.6 g	n/a	n/a	n/a
Tyrosine	0.41 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	234.16 mg	n/a	n/a	n/a
Fatty acids, total trans	0.01 g	n/a	n/a	n/a
Fatty acids, total saturated	4.68 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	7.84 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)	80.01 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.



Spinach, mushroom and goat cheese omelet with chives served with oatmeal

1 serving. Ready in 15 min.

Ingredients

Egg, whole, raw, fresh, 2 egg (3.1 oz)

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

Spinach, 1 cups (1 oz)

Maitake Mushrooms, 0.5 cup diced (1.3 oz)

Goat Cheese, 1 oz (1 oz)

Chives, 1 tbsp chopped (0.1 oz)

Coarse kosher salt, 1 tsp (0.2 oz)

Spices, pepper, black, 0.5 tsp, ground (0 oz)

Rolled Oats (oatmeal), gluten-free, 0.5 cup (0.8 oz)

Instructions/Preparation

1. In a non stick pan add the ghee and saute the mushrooms until nice and brown. In a bowl mix the eggs and season with kosher salt, pepper and fresh chives.
2. Add the spinach and cook till wilted, add the egg mixture. Cook till no longer wet and add the goat cheese. With a spatula flip the egg mixture over and cook till the cheese melts. Serve and Enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Egg, whole, raw, fresh, 2 egg (3.1 oz)	123 kcal	10.8 g	8.2 g	0.6 g
Butter, clarified butter (ghee), 2 Teaspoon (0.4 oz)	90 kcal	0 g	10 g	0 g
Spinach, 1 cups (1 oz)	6.7 kcal	0.8 g	0.1 g	1.1 g
Maitake Mushrooms, 0.5 cup diced (1.3 oz)	10.9 kcal	0.7 g	0.1 g	2.4 g
Goat Cheese, 1 oz (1 oz)	103.2 kcal	6.1 g	8.5 g	0 g
Chives, 1 tbsp chopped (0.1 oz)	0.9 kcal	0.1 g	0 g	0.1 g
Coarse kosher salt, 1 tsp (0.2 oz)	0 kcal	0 g	0 g	0 g
Spices, pepper, black, 0.5 tsp, ground (0 oz)	2.9 kcal	0.1 g	0 g	0.7 g
Rolled Oats (oatmeal), gluten-free, 0.5 cup (0.8 oz)	85.1 kcal	2.5 g	1.5 g	15.5 g
TOTAL	422.53 kcal	21.15 g	28.38 g	20.51 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	0.12 g	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	139.44 g	n/a	n/a	n/a
Sugars, total	1.26 g	n/a	n/a	n/a
Galactose	0.03 g	n/a	n/a	n/a
Fiber, total dietary	4.46 g	n/a	n/a	n/a
Calcium, Ca	183.95 mg	n/a	n/a	n/a
Iron, Fe	3.53 mg	n/a	n/a	n/a
Magnesium, Mg	48.18 mg	n/a	n/a	n/a
Phosphorus, P	320.26 mg	n/a	n/a	n/a
Potassium, K	499.38 mg	n/a	n/a	n/a
Sodium, Na	2183.35 mg	n/a	n/a	n/a
Zinc, Zn	1.74 mg	n/a	n/a	n/a
Copper, Cu	0.37 mg	n/a	n/a	n/a
Manganese, Mn	0.49 mg	n/a	n/a	n/a
Selenium, Se	28.63 µg	n/a	n/a	n/a
Vitamin A, IU	4135.65 IU	n/a	n/a	n/a
Vitamin A, RAE	395.84 µg	n/a	n/a	n/a
Carotene, beta	1735.3 µg	n/a	n/a	n/a
Carotene, alpha	0.14 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	1.58 mg	n/a	n/a	n/a
Vitamin D	469.81 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	1.86 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	11.7 µg	n/a	n/a	n/a
Lycopene	0.23 µg	n/a	n/a	n/a
Lutein + zeaxanthin	3984.91 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	9.89 mg	n/a	n/a	n/a
Thiamin	0.12 mg	n/a	n/a	n/a
Riboflavin	0.71 mg	n/a	n/a	n/a
Niacin	2.93 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	1.51 mg	n/a	n/a	n/a
Vitamin B6	0.25 mg	n/a	n/a	n/a
Folate, total	107.95 µg	n/a	n/a	n/a
Vitamin B12	0.83 µg	n/a	n/a	n/a
Choline, total	280.82 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	149.27 µg	n/a	n/a	n/a
Betaine	30.11 mg	n/a	n/a	n/a
Tryptophan	0.22 g	n/a	n/a	n/a
Threonine	0.78 g	n/a	n/a	n/a
Isoleucine	0.89 g	n/a	n/a	n/a
Leucine	1.57 g	n/a	n/a	n/a
Lysine	1.3 g	n/a	n/a	n/a
Methionine	0.52 g	n/a	n/a	n/a
Cystine	0.28 g	n/a	n/a	n/a
Phenylalanine	0.89 g	n/a	n/a	n/a
Tyrosine	0.73 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	372.32 mg	n/a	n/a	n/a
Fatty acids, total trans	0.03 g	n/a	n/a	n/a
Fatty acids, total saturated	14.84 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	0.7 mg	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.34 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	0.02 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	0.01 g	n/a	n/a	n/a
Net Carbs (carbs - fiber)	16.05 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.



Roasted Beets with Swiss Chard, Goat Cheese and Pistachios

3 servings. Ready in 45 min.

Ingredients

Beets, 3 cup (14.6 oz)

Swiss Chard, 2 bunch (21.1 oz)

Pistachio, Nut, 0.5 cup (2.2 oz)

Goat Cheese, 3 oz (3 oz)

Coarse kosher salt, 1 tsp (0.2 oz)

Black Pepper, 1 tsp, ground (0.1 oz)

Olive Oil, 4 tablespoon (2.1 oz)

Orange Juice, 1 fl oz (1.1 oz)

Spices, bay leaf, 2 bay leaves (0.1 oz)

Thyme, 1 handful (0.1 oz)

Garlic, 3 garlic clove (0.4 oz)

Instructions/Preparation

For the Beets.

1. Preheat an oven to 400 Degrees. In a deep roasting pan add the beets, 3 tbsp olive oil, orange juice, thyme, garlic, bay leaf, 1/2 cup water, lightly season with salt and pepper. Cover with aluminum foil and bake till beets are tender. Take out and let cool. Once fully cooled peel the beets and quarter them.

2. In a saute pan add the rest of the olive oil and add the beets. Add the swiss chard and cook down. Lightly season with salt and pepper. Add the fine chopped pistachios and goat cheese and toss together.

3. Plate up and Enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Beets, 3 cup (14.6 oz)	58.5 kcal	2.2 g	0.2 g	13 g
Swiss Chard, 2 bunch (21.1 oz)	37.4 kcal	3.5 g	0.4 g	7.4 g
Pistachio, Nut, 0.5 cup (2.2 oz)	114.8 kcal	4.1 g	9.3 g	5.6 g
Goat Cheese, 3 oz (3 oz)	103.2 kcal	6.1 g	8.5 g	0 g
Coarse kosher salt, 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, 4 tablespoon (2.1 oz)	176.8 kcal	0 g	20 g	0 g
Orange Juice, 1 fl oz (1.1 oz)	5.6 kcal	0 g	0 g	1.4 g
Spices, bay leaf, 2 bay leaves (0.1 oz)	2.1 kcal	0.1 g	0.1 g	0.5 g
Thyme, 1 handful (0.1 oz)	0.7 kcal	0 g	0 g	0.2 g
Garlic, 3 garlic clove (0.4 oz)	6 kcal	0.3 g	0 g	1.3 g
TOTAL	506.88 kcal	16.42 g	38.48 g	29.83 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	0.03 g	n/a	n/a	n/a
Water	326.99 g	n/a	n/a	n/a
Sugars, total	13.97 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	9.69 g	n/a	n/a	n/a
Calcium, Ca	247.37 mg	n/a	n/a	n/a
Iron, Fe	6.56 mg	n/a	n/a	n/a
Magnesium, Mg	228.09 mg	n/a	n/a	n/a
Phosphorus, P	360.83 mg	n/a	n/a	n/a
Potassium, K	1480.66 mg	n/a	n/a	n/a
Sodium, Na	1284.49 mg	n/a	n/a	n/a
Zinc, Zn	1.92 mg	n/a	n/a	n/a
Copper, Cu	0.92 mg	n/a	n/a	n/a
Manganese, Mn	1.67 mg	n/a	n/a	n/a
Selenium, Se	5.86 µg	n/a	n/a	n/a
Vitamin A, IU	12675.86 IU	n/a	n/a	n/a
Vitamin A, RAE	729.29 µg	n/a	n/a	n/a
Carotene, beta	7306.3 µg	n/a	n/a	n/a
Carotene, alpha	90.75 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	7.31 mg	n/a	n/a	n/a
Vitamin D	6.24 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	0.14 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	0.14 µg	n/a	n/a	n/a
Lycopene	0.15 µg	n/a	n/a	n/a
Lutein + zeaxanthin	22235.58 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	70.99 mg	n/a	n/a	n/a
Thiamin	0.37 mg	n/a	n/a	n/a
Riboflavin	0.51 mg	n/a	n/a	n/a
Niacin	2.42 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	0.75 mg	n/a	n/a	n/a
Vitamin B6	0.77 mg	n/a	n/a	n/a
Folate, total	188.96 µg	n/a	n/a	n/a
Vitamin B12	0.06 µg	n/a	n/a	n/a
Choline, total	49 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	1646.68 µg	n/a	n/a	n/a
Betaine	175.71 mg	n/a	n/a	n/a
Tryptophan	0.18 g	n/a	n/a	n/a
Threonine	0.6 g	n/a	n/a	n/a
Isoleucine	0.81 g	n/a	n/a	n/a
Leucine	1.23 g	n/a	n/a	n/a
Lysine	0.96 g	n/a	n/a	n/a
Methionine	0.3 g	n/a	n/a	n/a
Cystine	0.12 g	n/a	n/a	n/a
Phenylalanine	0.76 g	n/a	n/a	n/a
Tyrosine	0.4 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	22.4 mg	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	9.95 g	n/a	n/a	n/a
Stigmasterol	1.03 mg	n/a	n/a	n/a
Campesterol	2.05 mg	n/a	n/a	n/a
Beta-sitosterol	40.59 mg	n/a	n/a	n/a
Fatty acids, total polyunsaturated	5.5 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)	20.13 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.