



Avocado Chocolate Grilled Sandwich

4 servings. Ready in 20 min.

Ingredients

Avocado - 1, 7.2 oz

Banana - 1, 4.2 oz

Sourdough bread slices - 4, 4.1 oz

Coconut oil, unrefined, 0.5 oz

Cacao nibs, 70% dark chocolate, 2.1 oz



Instructions/Preparation

1. Cut the Avocado into 2, remove the seed and scoop out the pulp and place it in a bowl. Mash well with a fork. You can also turn it into a pulp in a mixer/grinder.
2. Slice the bananas into thin roundels and keep aside. Apply the mashed avocado on one side of all the bread slices. Arrange the banana slices on top of the avocado mash.
3. Sprinkle the cacao nibs on the banana slices and close with the other bread slice along with the avocado mash facing down and press slightly together but firm.
4. Place the sandwich on a hot pan and drizzle coconut oil around the sandwich and cook till golden brown and crisp.
5. Place an object that's heavy on top of the sandwich so that that they can stick together. Very gently flip the sandwich to the other side and let it cook for a few seconds till it becomes golden brown and crisp too. You can also grill the sandwich in the sandwich maker.
6. Cut the sandwich either diagonally or vertically. Serve piping hot immediately.

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Avocado - 1, 7.2 oz	80.4 kcal	1 g	7.4 g	4.3 g
Banana - 1, 4.2 oz	26.3 kcal	0.3 g	0.1 g	6.8 g
Sourdough bread slices - 4, 4.1 oz	71.6 kcal	2.9 g	0 g	13.9 g
Coconut oil, unrefined, 0.5 oz	30 kcal	0 g	3.5 g	0 g
Cacao nibs, 70% dark chocolate, 2.1 oz	86.2 kcal	1.6 g	5.8 g	7.4 g
TOTAL	294.42 kcal	5.77 g	16.74 g	32.22 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	58.9 g	n/a	n/a	n/a
Sugars, total	8.09 g	n/a	n/a	n/a
Galactose	0.05 g	n/a	n/a	n/a
Fiber, total dietary	6.73 g	n/a	n/a	n/a
Calcium, Ca	7.51 mg	1000 mg	2500 mg	1
Iron, Fe	0.87 mg	10 mg	40 mg	9
Magnesium, Mg	22.54 mg	130 mg	*110 mg	17
Phosphorus, P	32.62 mg	500 mg	3000 mg	7
Potassium, K	349.32 mg	3800 mg	n/a	9
Sodium, Na	137.61 mg	1200 mg	1900 mg	11
Zinc, Zn	0.37 mg	5 mg	12 mg	7
Copper, Cu	0.12 mg	440 mg	3000 mg	n/a
Fluoride, F	4.17 µg	1 µg	2.2 µg	417
Manganese, Mn	0.15 mg	1.5 mg	3 mg	10
Selenium, Se	0.5 µg	30 µg	150 µg	2
Vitamin A, IU	92.24 IU	n/a	n/a	n/a
Retinol	n/a	n/a	n/a	n/a
Vitamin A, RAE	4.4 µg	400 µg	900 µg	1
Carotene, beta	38.83 µg	n/a	n/a	n/a
Carotene, alpha	19.44 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	1.07 mg	7 mg	300 mg	15
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	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	15	75	n/a
Cryptoxanthin, beta	14.07 µg	n/a	n/a	n/a
Lycopene	n/a	n/a	n/a	n/a
Lutein + zeaxanthin	142.67 µg	n/a	n/a	n/a
Tocopherol, beta	0.03 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Tocopherol, gamma	0.17 mg	n/a	n/a	n/a
Tocopherol, delta	0.01 mg	n/a	n/a	n/a
Tocotrienol, alpha	0.02 mg	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	n/a	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	7.59 mg	25 mg	650 mg	30
Thiamin	0.04 mg	0.6 mg	n/a	7
Riboflavin	0.09 mg	0.6 mg	n/a	15
Niacin	1.07 mg	8 mg	15 mg	13
Pantothenic acid	0.8 mg	3 mg	n/a	27
Vitamin B6	0.24 mg	0.6 mg	40 mg	40
Folate, total	46.6 µg	200 µg	400 µg	23
Vitamin B12	n/a	1.2	n/a	n/a
Choline, total	10.03 mg	250 mg	1 mg	4
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	10.7 µg	55 µg	n/a	19
Folic acid	n/a	n/a	n/a	n/a
Folate, food	46.6 µg	n/a	n/a	n/a
Folate, DFE	46.6 µg	n/a	n/a	n/a
Betaine	0.38 mg	n/a	n/a	n/a
Tryptophan	0.02 g	n/a	n/a	n/a
Threonine	0.05 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	0.08 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	0.06 g	n/a	n/a	n/a
Tyrosine	0.03 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	n/a	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	8.02 g	n/a	n/a	n/a
Phytosterols	4.72 mg	n/a	n/a	n/a
Stigmasterol	1 mg	n/a	n/a	n/a
Beta-sitosterol	38.19 mg	n/a	n/a	n/a
Fatty acids, total monounsaturated	5.19 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	0.94 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)	25.5 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.



Guilt Free BBQ Chicken Pizza

6 servings. Ready in 20 min.

Ingredients

- 3/4 cup diced grilled chicken breast, 6 oz
- 1/2 cup bbq sauce, divided, 4 oz
- 2 tbsp chopped cilantro, 0.1 oz
- 1/2 red onion, small to medium sized, 0.7 oz
- 1/4 cup cheddar cheese, shredded, 2 oz
- 1/3 cup parmesan cheese, shredded, 2.4 oz
- 1 - cauliflower pizza crust, 6.1 oz

Instructions/Preparation

1. Preheat the oven to 425 degrees.
2. Spread half the BBQ sauce evenly over the crust
3. Combine the cheddar and parmesan cheeses together and sprinkle over the crust.
4. Toss the chicken breast in the remaining BBQ sauce and divide evenly on top of the pizza.
5. Sprinkle with the diced onions and bake for 10 minutes or until cheese is bubbling.
6. Remove from oven and sprinkle with cilantro.
7. Cut the pizza into 6 pieces

Enjoy!!



Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
3/4 cup diced grilled chicken breast, 6 oz	33.5 kcal	6.3 g	0.7 g	0 g
1/2 cup bbq sauce, divided, 4 oz	32.3 kcal	0.2 g	0.1 g	7.7 g
2 tbsp chopped cilantro, 0.1 oz	0.1 kcal	0 g	0 g	0 g
1/2 red onion, small to medium sized, 0.7 oz	1.3 kcal	0 g	0 g	0.3 g
1/4 cup cheddar cheese, shredded, 2 oz	37.6 kcal	2.3 g	3.1 g	0.1 g
1/3 cup parmesan cheese, shredded, 2.4 oz	44 kcal	3.2 g	3.2 g	0.4 g
1 - cauliflower pizza crust, 6.1 oz	30 kcal	1 g	1 g	4.5 g
TOTAL	178.8 kcal	12.99 g	8.14 g	13 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	31.19 g	n/a	n/a	n/a
Sugars, total	6.94 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	0.92 g	n/a	n/a	n/a
Calcium, Ca	165.68 mg	1300 mg	3000 mg	13
Iron, Fe	0.57 mg	8 mg	40 mg	7
Magnesium, Mg	13.28 mg	240 mg	*350 mg	6
Phosphorus, P	112.01 mg	1250 mg	4000 mg	9
Potassium, K	152.46 mg	4500 mg	n/a	3
Sodium, Na	477.73 mg	1500 mg	2200 mg	32
Zinc, Zn	0.52 mg	8 mg	23 mg	6
Copper, Cu	0.03 mg	700 mg	5000 mg	n/a
Fluoride, F	n/a	2	10	n/a
Manganese, Mn	0.03 mg	1.9 mg	6 mg	2
Selenium, Se	7.9 µg	40 µg	280 µg	20
Vitamin A, IU	166.35 IU	n/a	n/a	n/a
Retinol	2.51 µg	n/a	n/a	n/a
Vitamin A, RAE	5.7 µg	600 µg	1700 µg	1
Carotene, beta	38.08 µg	n/a	n/a	n/a
Carotene, alpha	0.12 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	0.34 mg	11 mg	600 mg	3
Vitamin D	0.28 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	0.06 ug	15 ug	100 ug	n/a
Cryptoxanthin, beta	1.05 µg	n/a	n/a	n/a
Lycopene	854.72 µg	n/a	n/a	n/a
Lutein + zeaxanthin	19.41 µg	n/a	n/a	n/a
Tocopherol, beta	0.01 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Tocopherol, gamma	0.06 mg	n/a	n/a	n/a
Tocopherol, delta	n/a	n/a	n/a	n/a
Tocotrienol, alpha	0.03 mg	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	n/a	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	0.45 mg	45 mg	1200 mg	1
Thiamin	0.04 mg	0.9 mg	n/a	4
Riboflavin	0.1 mg	0.9 mg	n/a	11
Niacin	2.79 mg	12 mg	20 mg	23
Pantothenic acid	0.49 mg	4 mg	n/a	12
Vitamin B6	0.25 mg	1 mg	60 mg	25
Folate, total	5.4 µg	300 µg	600 µg	2
Vitamin B12	0.14 µg	1.8 µg	n/a	8
Choline, total	24.27 mg	375 mg	2 mg	6
Menaquinone-4	2.34 µg	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	1.63 µg	60 µg	n/a	3
Folic acid	n/a	n/a	n/a	n/a
Folate, food	3.09 µg	n/a	n/a	n/a
Folate, DFE	3.09 µg	n/a	n/a	n/a
Betaine	2.03 mg	n/a	n/a	n/a
Tryptophan	0.08 g	n/a	n/a	n/a
Threonine	0.28 g	n/a	n/a	n/a
Isoleucine	0.31 g	n/a	n/a	n/a
Leucine	0.52 g	n/a	n/a	n/a
Lysine	0.6 g	n/a	n/a	n/a
Methionine	0.16 g	n/a	n/a	n/a
Cystine	0.07 g	n/a	n/a	n/a
Phenylalanine	0.25 g	n/a	n/a	n/a
Tyrosine	0.23 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	40.11 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	4.87 g	n/a	n/a	n/a
Phytosterols	0.02 mg	n/a	n/a	n/a
Stigmasterol	0.01 mg	n/a	n/a	n/a
Beta-sitosterol	0.01 mg	n/a	n/a	n/a
Fatty acids, total monounsaturated	0.21 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	0.14 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)	12.09 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.



Turkey and Broccoli Lasagna

12 servings. Ready in 45 min.

Ingredients

¼ cup parmesan cheese, 0.9 oz
1 pound ground turkey, 16.9 oz
10 ounces broccoli, chopped, 10.4 oz
1 large onion, chopped, 5.6 oz
48 ounces canned diced tomato, 49.7 oz
italian seasoning, 0.1 oz
tomato paste, 16.2 oz
24 ounces fat-free feta cheese, 24.9 oz
1 large egg, brown pasture raised, 2.1 oz
1 tablespoon avocado oil, 0.5 oz
lasagna noodles, gluten free, 16.1 oz
1.5 teaspoons himalayan pink salt, 0.3 oz
1.5 teaspoons pepper, 0.3 oz
shredded mozzarella cheese, fat-free, 16.2 oz



Instructions/Preparation

Prepare sauce:

In the oven over high heat in hot avocado oil, cook the ground turkey and onion until lightly browned. Add the tomato puree & paste, Italian seasoning, salt, pepper, and 1/4 cup water. Heat until boiling. Reduce the heat to low. Cover and simmer for 30 minutes, stirring occasionally.

1. Meanwhile, cook the lasagna noodles and broccoli; drain well.
2. In a large bowl, mix the 3 kinds of cheese, egg and nutmeg to make the cheese mixture. Retain and set aside a 1/2 cup of mozzarella cheese for topping.
3. Preheat the oven to 375 degrees. In 13 x 9-inch baking dish, evenly spoon 1 cup of the sauce.
4. Arrange 1/3 of the noodles over the sauce.
5. Spread 1/3 of the cheese mixture over the noodles.
6. Spoon 2 cups of the sauce over the cheese.
7. Put all of the broccoli in the middle, then repeat layering twice.
8. Sprinkle the top of the lasagna layers with the remaining 1/2 cup of mozzarella cheese.
9. Bake 45 minutes or until heated through. Let stand 10 minutes before serving.

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
¼ cup parmesan cheese, 0.9 oz	8.6 kcal	0.8 g	0.6 g	0.1 g
1 pound ground turkey, 16.9 oz	44.2 kcal	9.3 g	0.8 g	0 g
10 ounces broccoli, chopped, 10.4 oz	8.2 kcal	0.7 g	0.1 g	1.6 g
1 large onion, chopped, 5.6 oz	5.2 kcal	0.1 g	0 g	1.2 g
48 ounces canned diced tomato, 49.7 oz	20.9 kcal	1 g	0.2 g	4.5 g
italian seasoning, 0.1 oz	0.6 kcal	0 g	0 g	0.2 g
tomato paste, 16.2 oz	31 kcal	1.6 g	0.2 g	7.2 g
24 ounces fat-free feta cheese, 24.9 oz	72.6 kcal	14.5 g	0 g	2.1 g
1 large egg, brown pasture raised, 2.1 oz	6.9 kcal	0.6 g	0.4 g	0.1 g
1 tablespoon avocado oil, 0.5 oz	9.3 kcal	0 g	1.1 g	0 g
lasagna noodles, gluten free, 16.1 oz	134.1 kcal	2 g	0.7 g	30.2 g
1.5 teaspoons himalayan pink salt, 0.3 oz	0 kcal	0 g	0 g	0 g
1.5 teaspoons pepper, 0.3 oz	1.8 kcal	0.1 g	0 g	0.5 g
shredded mozzarella cheese, fat-free, 16.2 oz	54.1 kcal	12.2 g	0 g	1.3 g
TOTAL	397.37 kcal	42.92 g	4.08 g	48.87 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	0.05 g	n/a	n/a	n/a
Maltose	0.05 g	n/a	n/a	n/a
Water	173.04 g	n/a	n/a	n/a
Sugars, total	8.65 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	6.83 g	n/a	n/a	n/a
Calcium, Ca	724.29 mg	1300 mg	3000 mg	56
Iron, Fe	2.43 mg	8 mg	40 mg	30
Magnesium, Mg	49.22 mg	240 mg	*350 mg	21
Phosphorus, P	185.05 mg	1250 mg	4000 mg	15
Potassium, K	884.1 mg	4500 mg	n/a	20
Sodium, Na	1839.62 mg	1500 mg	2200 mg	123
Zinc, Zn	1.33 mg	8 mg	23 mg	17
Copper, Cu	0.26 mg	700 mg	5000 mg	n/a
Fluoride, F	3.05 µg	2 µg	10 µg	153
Manganese, Mn	0.42 mg	1.9 mg	6 mg	22
Selenium, Se	11.92 µg	40 µg	280 µg	30
Vitamin A, IU	2847.57 IU	n/a	n/a	n/a
Retinol	7.16 µg	n/a	n/a	n/a
Vitamin A, RAE	63.69 µg	600 µg	1700 µg	11
Carotene, beta	611.83 µg	n/a	n/a	n/a
Carotene, alpha	123.29 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	2.52 mg	11 mg	600 mg	23
Vitamin D	5.93 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	0.01 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	0.17 µg	15 µg	100 µg	1
Cryptoxanthin, beta	0.42 µg	n/a	n/a	n/a
Lycopene	2984.82 µg	n/a	n/a	n/a
Lutein + zeaxanthin	485.44 µg	n/a	n/a	n/a
Tocopherol, beta	0.02 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Tocopherol, gamma	0.26 mg	n/a	n/a	n/a
Tocopherol, delta	0.01 mg	n/a	n/a	n/a
Tocotrienol, alpha	0.04 mg	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	n/a	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	46.7 mg	45 mg	1200 mg	104
Thiamin	0.12 mg	0.9 mg	n/a	13
Riboflavin	0.16 mg	0.9 mg	n/a	18
Niacin	5.87 mg	12 mg	20 mg	49
Pantothenic acid	0.68 mg	4 mg	n/a	17
Vitamin B6	0.58 mg	1 mg	60 mg	58
Folate, total	43.61 µg	300 µg	600 µg	15
Vitamin B12	0.23 µg	1.8 µg	n/a	13
Choline, total	32.39 mg	375 mg	2 mg	9
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	40.66 µg	60 µg	n/a	68
Folic acid	n/a	n/a	n/a	n/a
Folate, food	38.54 µg	n/a	n/a	n/a
Folate, DFE	38.54 µg	n/a	n/a	n/a
Betaine	2.34 mg	n/a	n/a	n/a
Tryptophan	0.13 g	n/a	n/a	n/a
Threonine	0.51 g	n/a	n/a	n/a
Isoleucine	0.5 g	n/a	n/a	n/a
Leucine	0.91 g	n/a	n/a	n/a
Lysine	0.97 g	n/a	n/a	n/a
Methionine	0.31 g	n/a	n/a	n/a
Cystine	0.12 g	n/a	n/a	n/a
Phenylalanine	0.47 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	54.77 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Fatty acids, total trans	0.01 g	n/a	n/a	n/a
Fatty acids, total saturated	1.29 g	n/a	n/a	n/a
Phytosterols	10.73 mg	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total monounsaturated	1.19 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	0.59 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)	42.04 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.



Chocolate Peanut Butter Oatmeal

4 servings. Ready in 15 min.

Ingredients

- 1 1/3 cups rolled oats (gluten-free), 10.4 oz
- 4 medium ripe bananas, mashed, 16.8 oz
- 1/3 cup unsweetened peanut butter, 2.4 oz
- 1/4 cup unsalted peanuts, chopped, 2.0 oz
- 1 1/2 teaspoons cocoa powder, 0.8 oz
- 1 1/2 cups vanilla almond milk, unsweetened, 12 oz
- 1/4 cup cacao nibs/chunks (70-100%), 2.0 oz

Instructions/Preparation

1. In a small saucepan, combine the oats, bananas, almond milk and cocoa powder into a mixture.
2. Let simmer for 4-6 minutes until the milk has absorbed into the oats. Stir frequently to prevent the oats from burning or sticking,
3. Place the mixture into a serving bowl. Then add the peanut butter and top with the cacao nibs and peanuts.

Enjoy hot!

*ADD chia seeds and flax seeds as additional toppings to increase the nutrient value



Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
1 1/3 cups rolled oats (gluten-free), 10.4 oz	275.8 kcal	9.6 g	4.8 g	49.3 g
4 medium ripe bananas, mashed, 16.8 oz	104.8 kcal	1.3 g	0.4 g	26.9 g
1/3 cup unsweetened peanut butter, 2.4 oz	100.5 kcal	3.7 g	8.6 g	3.8 g
1/4 cup unsalted peanuts, chopped, 2.0 oz	82.1 kcal	3.4 g	7 g	3 g
1 1/2 teaspoons cocoa powder, 0.8 oz	12.8 kcal	1.1 g	0.8 g	3.3 g
1 1/2 cups vanilla almond milk, unsweetened, 12 oz	14.3 kcal	0.4 g	1.1 g	0.7 g
1/4 cup cacao nibs/chunks (70-100%), 2.0 oz	84.2 kcal	1.9 g	6.1 g	5.2 g
TOTAL	674.34 kcal	21.31 g	28.6 g	91.96 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	0.01 g	n/a	n/a	n/a
Water	96.69 g	n/a	n/a	n/a
Sugars, total	18.01 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	19.04 g	n/a	n/a	n/a
Calcium, Ca	234.56 mg	1300 mg	3000 mg	18
Iron, Fe	5.28 mg	8 mg	40 mg	66
Magnesium, Mg	213.28 mg	240 mg	*350 mg	89
Phosphorus, P	472.43 mg	1250 mg	4000 mg	38
Potassium, K	1018.96 mg	4500 mg	n/a	23
Sodium, Na	142.13 mg	1500 mg	2200 mg	9
Zinc, Zn	4.02 mg	8 mg	23 mg	50
Copper, Cu	0.72 mg	700 mg	5000 mg	n/a
Fluoride, F	2.59 µg	2 µg	10 µg	130
Manganese, Mn	3.71 mg	1.9 mg	6 mg	195
Selenium, Se	25 µg	40 µg	280 µg	63
Vitamin A, IU	250.05 IU	n/a	n/a	n/a
Retinol	n/a	n/a	n/a	n/a
Vitamin A, RAE	3.53 µg	600 µg	1700 µg	1
Carotene, beta	30.6 µg	n/a	n/a	n/a
Carotene, alpha	29.43 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	2.65 mg	11 mg	600 mg	24
Vitamin D	35.28 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	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	15	100	n/a
Cryptoxanthin, beta	n/a	n/a	n/a	n/a
Lycopene	n/a	n/a	n/a	n/a
Lutein + zeaxanthin	159.02 µg	n/a	n/a	n/a
Tocopherol, beta	0.16 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Tocopherol, gamma	2.28 mg	n/a	n/a	n/a
Tocopherol, delta	0.22 mg	n/a	n/a	n/a
Tocotrienol, alpha	0.07 mg	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	n/a	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	10.24 mg	45 mg	1200 mg	23
Thiamin	0.43 mg	0.9 mg	n/a	47
Riboflavin	0.27 mg	0.9 mg	n/a	30
Niacin	5.93 mg	12 mg	20 mg	49
Pantothenic acid	1.56 mg	4 mg	n/a	39
Vitamin B6	0.65 mg	1 mg	60 mg	65
Folate, total	76.8 µg	300 µg	600 µg	26
Vitamin B12	n/a	1.8	n/a	n/a
Choline, total	61.23 mg	375 mg	2 mg	16
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	2.23 µg	60 µg	n/a	4
Folic acid	n/a	n/a	n/a	n/a
Folate, food	76.8 µg	n/a	n/a	n/a
Folate, DFE	76.8 µg	n/a	n/a	n/a
Betaine	0.31 mg	n/a	n/a	n/a
Tryptophan	0.23 g	n/a	n/a	n/a
Threonine	0.55 g	n/a	n/a	n/a
Isoleucine	0.66 g	n/a	n/a	n/a
Leucine	1.34 g	n/a	n/a	n/a
Lysine	0.81 g	n/a	n/a	n/a
Methionine	0.26 g	n/a	n/a	n/a
Cystine	0.43 g	n/a	n/a	n/a
Phenylalanine	0.97 g	n/a	n/a	n/a
Tyrosine	0.61 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	n/a	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Fatty acids, total trans	0.02 g	n/a	n/a	n/a
Fatty acids, total saturated	7.95 g	n/a	n/a	n/a
Phytosterols	18.83 mg	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total monounsaturated	10.45 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	5.44 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	0.01 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	0.01 g	n/a	n/a	n/a
Net Carbs (carbs - fiber)	72.91 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.



Pesto Quinoa and Leafy Greens Bowl

4 servings. Ready in 35 min.

Ingredients

1/2 cup freshly grated parmesan cheese, 1.7 oz

6 cups baby spinach/greens/kale, 6.4 oz

2 cups multi-colored quinoa, 12.1 oz

1/3 cup basil pesto sauce, 2.4 oz

1/2 teaspoon himalayan "pink" salt, 0.1 oz



Instructions/Preparation

1. Cook the quinoa in vegetable broth until cooked through, about 20 minutes.
2. Then turn down the heat to medium then add the leafy greens, pesto, salt, and parmesan cheese.
3. Stir together and heat until the leafy greens have wilted, pesto is evenly distributed, and cheese has melted.
4. Serve immediately.
5. Garnish with additional parmesan cheese. (optional)

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
1/2 cup freshly grated parmesan cheese, 1.7 oz	47.5 kcal	4.3 g	3.1 g	0.4 g
6 cups baby spinach/greens/kale, 6.4 oz	10.4 kcal	1.3 g	0.2 g	1.6 g
2 cups multi-colored quinoa, 12.1 oz	312.8 kcal	12 g	5.2 g	54.5 g
1/3 cup basil pesto sauce, 2.4 oz	65 kcal	0.8 g	6.2 g	1.4 g
1/2 teaspoon himalayan "pink" salt, 0.1 oz	0 kcal	0 g	0 g	0 g
TOTAL	435.7 kcal	18.43 g	14.68 g	57.9 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	55.95 g	n/a	n/a	n/a
Sugars, total	0.83 g	n/a	n/a	n/a
Galactose	0.05 g	n/a	n/a	n/a
Fiber, total dietary	7.21 g	n/a	n/a	n/a
Calcium, Ca	255.11 mg	1300 mg	3000 mg	20
Iron, Fe	10.17 mg	8 mg	40 mg	127
Magnesium, Mg	208.33 mg	240 mg	*350 mg	87
Phosphorus, P	494.65 mg	1250 mg	4000 mg	40
Potassium, K	740.81 mg	4500 mg	n/a	16
Sodium, Na	364 mg	1500 mg	2200 mg	24
Zinc, Zn	3.21 mg	8 mg	23 mg	40
Copper, Cu	0.56 mg	700 mg	5000 mg	n/a
Fluoride, F	n/a	2	10	n/a
Manganese, Mn	2.13 mg	1.9 mg	6 mg	112
Selenium, Se	10.4 µg	40 µg	280 µg	26
Vitamin A, IU	4664.93 IU	n/a	n/a	n/a
Retinol	24.37 µg	n/a	n/a	n/a
Vitamin A, RAE	237 µg	600 µg	1700 µg	40
Carotene, beta	2546.5 µg	n/a	n/a	n/a
Carotene, alpha	n/a	n/a	n/a	n/a
Vitamin E (alphatocopherol)	3.02 mg	11 mg	600 mg	27
Vitamin D	2.31 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	0.06 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	0.06 µg	15 µg	100 µg	n/a
Cryptoxanthin, beta	0.85 µg	n/a	n/a	n/a
Lycopene	n/a	n/a	n/a	n/a
Lutein + zeaxanthin	5627.65 µg	n/a	n/a	n/a
Tocopherol, beta	0.07 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Tocopherol, gamma	3.95 mg	n/a	n/a	n/a
Tocopherol, delta	0.3 mg	n/a	n/a	n/a
Tocotrienol, alpha	n/a	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	n/a	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	12.65 mg	45 mg	1200 mg	28
Thiamin	0.35 mg	0.9 mg	n/a	38
Riboflavin	0.4 mg	0.9 mg	n/a	44
Niacin	1.65 mg	12 mg	20 mg	14
Pantothenic acid	0.74 mg	4 mg	n/a	19
Vitamin B6	0.51 mg	1 mg	60 mg	51
Folate, total	244.55 µg	300 µg	600 µg	82
Vitamin B12	0.14 µg	1.8 µg	n/a	8
Choline, total	70.22 mg	375 mg	2 mg	19
Menaquinone-4	0.94 µg	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	217.51 µg	60 µg	n/a	363
Folic acid	n/a	n/a	n/a	n/a
Folate, food	244.55 µg	n/a	n/a	n/a
Folate, DFE	244.55 µg	n/a	n/a	n/a
Betaine	582.01 mg	n/a	n/a	n/a
Tryptophan	0.22 g	n/a	n/a	n/a
Threonine	0.57 g	n/a	n/a	n/a
Isoleucine	0.72 g	n/a	n/a	n/a
Leucine	1.23 g	n/a	n/a	n/a
Lysine	1.13 g	n/a	n/a	n/a
Methionine	0.4 g	n/a	n/a	n/a
Cystine	0.21 g	n/a	n/a	n/a
Phenylalanine	0.8 g	n/a	n/a	n/a
Tyrosine	0.52 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	9.59 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	3.69 g	n/a	n/a	n/a
Phytosterols	4.05 mg	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total monounsaturated	2.29 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.94 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)	50.69 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.



Chocolate Blueberry Baked Apples with Cinnamon Oatmeal Stuffing topped with Pecans

5 servings. Ready in 10 min.

Ingredients

- 1 tbsp cinnamon, 0.3 oz
- 5 medium to large size apples, 26 oz
- 1/3 heaping cup blueberries, 2.7 oz
- 1 cup raw pecans, unsalted, 3.5 oz
- 1/2 cup water, 4.3 oz
- 1/4 cup raw honey, 3.2 oz
- 1/2 cup oatmeal (i.e. rolled oats), gluten-free, 4 oz
- 1 tsp ginger (optional), 0.2 oz
- 1/3 cup cacao butter or spread, divided in half (optional), 2.7 oz

Instructions/Preparation

1. Pour the oats evenly over the bottom of a baking dish.
2. Core the apples and place them upright in the baking dish.
3. Fill the apple core holes with blueberries, half of the cacao butter (optional) and top with the pecans.
4. Sprinkle the cinnamon, ginger (optional), honey, any remaining pecans and the rest of the cacao evenly over the apples and oats.
5. Pour just enough water into the dish to cover the bottom so the oats don't stick to it.
6. Bake for 25 mins or until the apples are tender. Serve hot

*cover the apples with foil if the berries and pecans begin to look over-cooked before baking is complete



Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
1 tbsp cinnamon, 0.3 oz	4 kcal	0.1 g	0 g	1.3 g
5 medium to large size apples, 26 oz	75.7 kcal	0.4 g	0.2 g	20.1 g
1/3 heaping cup blueberries, 2.7 oz	8.7 kcal	0.1 g	0.1 g	2.2 g
1 cup raw pecans, unsalted, 3.5 oz	136.8 kcal	1.8 g	14.3 g	2.7 g
½ cup water, 4.3 oz	0 kcal	0 g	0 g	0 g
¼ cup raw honey, 3.2 oz	53.8 kcal	0.1 g	0 g	14.6 g
1/2 cup oatmeal (i.e. rolled oats), gluten-free, 4 oz	94.4 kcal	3.5 g	3.5 g	13.6 g
1 tsp ginger (optional), 0.2 oz	3.8 kcal	0.1 g	0 g	0.8 g
1/3 cup cacao butter or spread, divided in half (optional), 2.7 oz	140.5 kcal	0 g	15.1 g	0 g
TOTAL	517.56 kcal	6.06 g	33.28 g	55.3 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	0.25 g	n/a	n/a	n/a
Water	165.36 g	n/a	n/a	n/a
Sugars, total	32.63 g	n/a	n/a	n/a
Galactose	0.55 g	n/a	n/a	n/a
Fiber, total dietary	9.76 g	n/a	n/a	n/a
Calcium, Ca	54.48 mg	n/a	n/a	n/a
Iron, Fe	2 mg	n/a	n/a	n/a
Magnesium, Mg	36.11 mg	n/a	n/a	n/a
Phosphorus, P	76.3 mg	n/a	n/a	n/a
Potassium, K	338.55 mg	n/a	n/a	n/a
Sodium, Na	3.98 mg	n/a	n/a	n/a
Zinc, Zn	1.09 mg	n/a	n/a	n/a
Copper, Cu	0.31 mg	n/a	n/a	n/a
Fluoride, F	14.22 µg	n/a	n/a	n/a
Manganese, Mn	1.66 mg	n/a	n/a	n/a
Selenium, Se	1.59 µg	n/a	n/a	n/a
Vitamin A, IU	102.98 IU	n/a	n/a	n/a
Retinol	n/a	n/a	n/a	n/a
Vitamin A, RAE	5.68 µg	n/a	n/a	n/a
Carotene, beta	51.91 µg	n/a	n/a	n/a
Carotene, alpha	0.02 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	0.66 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	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
Cryptoxanthin, beta	19.86 µg	n/a	n/a	n/a
Lycopene	0.24 µg	n/a	n/a	n/a
Lutein + zeaxanthin	61.3 µg	n/a	n/a	n/a
Tocopherol, beta	0.08 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Tocopherol, gamma	5.1 mg	n/a	n/a	n/a
Tocopherol, delta	0.1 mg	n/a	n/a	n/a
Tocotrienol, alpha	n/a	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	0.01 mg	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	8.55 mg	n/a	n/a	n/a
Thiamin	0.16 mg	n/a	n/a	n/a
Riboflavin	0.08 mg	n/a	n/a	n/a
Niacin	0.58 mg	n/a	n/a	n/a
Pantothenic acid	0.3 mg	n/a	n/a	n/a
Vitamin B6	0.12 mg	n/a	n/a	n/a
Folate, total	10.23 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	14.91 mg	n/a	n/a	n/a
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	0.03 µg	n/a	n/a	n/a
Vitamin K (phyloquinone)	7.34 µg	n/a	n/a	n/a
Folic acid	n/a	n/a	n/a	n/a
Folate, food	10.23 µg	n/a	n/a	n/a
Folate, DFE	10.23 µg	n/a	n/a	n/a
Betaine	0.71 mg	n/a	n/a	n/a
Tryptophan	0.02 g	n/a	n/a	n/a
Threonine	0.08 g	n/a	n/a	n/a
Isoleucine	0.09 g	n/a	n/a	n/a
Leucine	0.15 g	n/a	n/a	n/a
Lysine	0.08 g	n/a	n/a	n/a
Methionine	0.04 g	n/a	n/a	n/a
Cystine	0.04 g	n/a	n/a	n/a
Phenylalanine	0.1 g	n/a	n/a	n/a
Tyrosine	0.05 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	n/a	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	14.46 g	n/a	n/a	n/a
Phytosterols	18.82 mg	n/a	n/a	n/a
Stigmasterol	0.59 mg	n/a	n/a	n/a
Beta-sitosterol	23.17 mg	n/a	n/a	n/a
Fatty acids, total monounsaturated	8.11 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	4.39 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)	45.54 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.



Ground Turkey and Spinach Gnocchi

4 servings. Ready in 40 min.

Ingredients

2 heaping cups baby spinach, 2.2 oz

1.5 tsp garlic powder, 0.2 oz

1.5 tsp italian seasoning, 0.3 oz

1.5 tsp red pepper flakes, 0.3 oz

marinara sauce, 8.8 oz

mini gnocchi, gluten free, 4 oz

2/3 cup shredded parmesan cheese, 2.6 oz

4 tablespoons unrefined extra virgin coconut oil (or avocado oil, ghee), 2 oz

1/3 cup ground turkey, 93% lean, 2.6 oz



Instructions/Preparation

1. Defrost the gnocchi if necessary.
2. In a medium non-stick skillet heat 2 tbsp of the coconut oil until its hot
3. Add the ground turkey and cook for 3-5 minutes, until brown. Set aside.
4. In a large non-stick ceramic skillet heat the coconut oil until its hot.
5. Add the gnocchi in an even layer and let sit for 3 minutes.
6. Flip the gnocchi and repeat until they are a light brown and crispy.
7. Add in the spinach and stir until it is wilted.
8. Add in the garlic powder, italian seasoning, red pepper flakes to taste. Then add the cooked ground turkey, marinara sauce and toss until combined.
9. Sprinkle with cheese on top and cover for 3-5 minute or until the cheese and sauce is hot and bubbly.
10. Serve immediately.

Food	Energy/ srv	Protein/ srv	Fat/s rv	Carbs/ srv
2 heaping cups baby spinach, 2.2 oz	3.5 kcal	0.5 g	0.1 g	0.6 g
1.5 tsp garlic powder, 0.2 oz	5.8 kcal	0.3 g	0 g	1.3 g
1.5 tsp italian seasoning, 0.3 oz	4.7 kcal	0.2 g	0.1 g	1.2 g
1.5 tsp red pepper flakes, 0.3 oz	4.9 kcal	0.2 g	0.3 g	0.9 g
marinara sauce, 8.8 oz	14.8 kcal	0.8 g	0.1 g	3.3 g
mini gnocchi, gluten free, 4 oz	42.4 kcal	0.7 g	0 g	9.9 g
2/3 cup shredded parmesan cheese, 2.6 oz	65 kcal	5.9 g	4.6 g	0.7 g
4 tablespoons unrefined extra virgin coconut oil (or avocado oil, ghee), 2 oz	111.9 kcal	0 g	13.1 g	0 g
1/3 cup ground turkey, 93% lean, 2.6 oz	27.3 kcal	3.4 g	1.5 g	0 g
TOTAL	280.22 kcal	11.88 g	19.63 g	17.73 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	27.27 g	n/a	n/a	n/a
Sugars, total	3.74 g	n/a	n/a	n/a
Galactose	0.02 g	n/a	n/a	n/a
Fiber, total dietary	3.44 g	n/a	n/a	n/a
Calcium, Ca	257.08 mg	1300 mg	3000 mg	20
Iron, Fe	2.4 mg	8 mg	40 mg	30
Magnesium, Mg	34.5 mg	240 mg	*350 mg	14
Phosphorus, P	73.75 mg	1250 mg	4000 mg	6
Potassium, K	405.35 mg	4500 mg	n/a	9
Sodium, Na	753.51 mg	1500 mg	2200 mg	50
Zinc, Zn	0.84 mg	8 mg	23 mg	11
Copper, Cu	0.15 mg	700 mg	5000 mg	n/a
Fluoride, F	n/a	2	10	n/a
Manganese, Mn	0.34 mg	1.9 mg	6 mg	18
Selenium, Se	4.47 µg	40 µg	280 µg	11
Vitamin A, IU	2400.13 IU	n/a	n/a	n/a
Retinol	4.01 µg	n/a	n/a	n/a
Vitamin A, RAE	76.11 µg	600 µg	1700 µg	13
Carotene, beta	865 µg	n/a	n/a	n/a
Carotene, alpha	n/a	n/a	n/a	n/a
Vitamin E (alphatocopherol)	2.21 mg	11 mg	600 mg	20
Vitamin D	2.55 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	0.07 µg	15 µg	100 µg	n/a
Cryptoxanthin, beta	n/a	n/a	n/a	n/a
Lycopene	n/a	n/a	n/a	n/a
Lutein + zeaxanthin	1875.44 µg	n/a	n/a	n/a
Tocopherol, beta	n/a	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Tocopherol, gamma	0.05 mg	n/a	n/a	n/a
Tocopherol, delta	n/a	n/a	n/a	n/a
Tocotrienol, alpha	n/a	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	0.01 mg	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	8.69 mg	45 mg	1200 mg	19
Thiamin	0.05 mg	0.9 mg	n/a	6
Riboflavin	0.14 mg	0.9 mg	n/a	15
Niacin	2 mg	12 mg	20 mg	17
Pantothenic acid	0.43 mg	4 mg	n/a	11
Vitamin B6	0.24 mg	1 mg	60 mg	24
Folate, total	43.33 µg	300 µg	600 µg	14
Vitamin B12	0.22 µg	1.8 µg	n/a	12
Choline, total	12.61 mg	375 mg	2 mg	3
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	88.7 µg	60 µg	n/a	148
Folic acid	n/a	n/a	n/a	n/a
Folate, food	31.1 µg	n/a	n/a	n/a
Folate, DFE	31.1 µg	n/a	n/a	n/a
Betaine	17.07 mg	n/a	n/a	n/a
Tryptophan	0.05 g	n/a	n/a	n/a
Threonine	0.18 g	n/a	n/a	n/a
Isoleucine	0.18 g	n/a	n/a	n/a
Leucine	0.32 g	n/a	n/a	n/a
Lysine	0.33 g	n/a	n/a	n/a
Methionine	0.11 g	n/a	n/a	n/a
Cystine	0.04 g	n/a	n/a	n/a
Phenylalanine	0.15 g	n/a	n/a	n/a
Tyrosine	0.14 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	26.39 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Fatty acids, total trans	0.02 g	n/a	n/a	n/a
Fatty acids, total saturated	14.29 g	n/a	n/a	n/a
Phytosterols	1.39 mg	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total monounsaturated	0.52 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	0.49 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)	14.29 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.