

NUTRITIONAL INFORMATION – MEAL PREP SIDES

	WEIGHT	CALORIES	PROTEIN	CARBS	TOTAL	CHOLESTEROL(MG)	FIBER(G)
ASPARAGUS	4	90	3	5	7	0	2
STEAMED BROCCOLI	4	40	3	8	0	0	0.7
SPINACH	4	90	3	3	8	0	3
CARROTS	4	40	1	10	0	0	4
BEETS	4	50	2	12	0	0	6
GREEN BEANS	4	20	1	4	0	0	2.0
CAULIFLOWER - STEAMED	4	30	2	5	0	0	3
CAULIFLOWER - MASHED	4	60	2	9	0.3	0.5	3
BRUSSELS SPROUTS	4	80	6	14	13	0	4
SAVORY QUINOA	4	130	8	25	5	0	7
QUINOA	4	70	2	8	3	0	3
BROWN RICE	4	80	1	10	4	0	3
SWEET POTATOES	4	86	1	14	2.8	0	0.9
NON-GMO PASTA	6	400	14	84	9	0	42