



## 2017 FALL BODY RESET: PALEO WEEK 2

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### MENU

#### DAY ONE

Southwest Scramble

Protein Lunch

Grilled Pork Tenderloin & Brussels Sprouts & Sweet Potatoes

*Snacks: Fruit & Nuts/Avocado Tomato Salad*

#### DAY TWO

Warm Pear Bowl

Pork & Vegetable Salad

Shrimp & Broccoli

*Snacks: Fruit & Nut Butter/Hardboiled Eggs & Bell Pepper*

#### DAY THREE

Smoothie

Shrimp Salad

Chipotle Chicken Soup

*Snacks: Banana & Almond Butter/Avocado Tomato Salad*

#### DAY FOUR

Southwest Scramble

Chipotle Soup

Orange Pork

*Snacks: Ham & Broccoli/Fruit & Nut Butter*

#### DAY FIVE

Warm Pear Bowl

Orange Pork with Broccoli

Egg, Ham & Brussels Salad

*Snacks: Fruit & Nuts/Ham & Broccoli*



## 2017 FALL BODY RESET: WEEK 2 PALEO PREP GUIDE

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### FOR THE WEEK

- 16 eggs, hardboiled
- 6 lemons, zested & juiced (1 cup + 1 Tablespoon lemon juice, 2 Tablespoons zest)
- 4 cups cooked cauliflower rice \* *see recipe below*
- 2 bananas, peeled and sliced, frozen (for Day 3 smoothie)

### DAY 1

- 1 yellow onion, chopped (1 cup)
- 1 bell pepper, chopped (1 cup)
- 1 zucchini, chopped (2 cups)
- 2½ pounds brussels sprouts, halved (about 10 cups)

### DAY 2

- 1 large head broccoli, small florets (4 cups)

### DAY 3

- 2 bell peppers, halved or chopped
- 2 yellow onions, diced (2 cups)
- 4 bell peppers, diced (4 cups)
- 3 zucchini, diced (6 cups)

### DAY 4

- 2 yellow onions, diced (2 cups)
- 1 bell pepper, chopped (1 cup)
- 1 zucchini, chopped (2 cups)
- 2 heads broccoli, chopped (8 cups)
- ½ head broccoli, florets (2 cups)
- 2 Tablespoons grated ginger, optional
- 1¼ cups orange juice (from 5 oranges)

### DAY 5

- ½ head broccoli, florets (2 cups)
- 1½ pounds brussels sprouts, sliced very thin (6 cups)

### Cauliflower Rice

1 large head cauliflower, florets

½ yellow onion, chopped

1 garlic clove, minced

1 Tablespoon olive oil

Pinch of salt & pepper

Place cauliflower, onion, and garlic in a food processor and pulse until cauliflower is rice sized. Heat olive oil in a large skillet over medium heat and add contents of the food processor. Sauté about 5 minutes or until golden brown.

WEEK 2



PALEO FALL BODY RESET

Meat	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
pork tenderloins	6 pounds	3 pounds	1-1/2 pounds	\$30.00	
shrimp	4 pounds	2 pounds	1 pound	\$32.00	<i>peeled &amp; deveined</i>
chicken breast	4 pounds	2 pounds	1 pound	\$16.00	
deli ham	2 pounds	1 pound	1/2 pound	\$16.00	
<b>Fruits &amp; Vegetables</b>					
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
cauliflower	1 large head	1 head	1 head	\$2.50	
yellow onion	6	3	2	\$6.00	
bell pepper	10	5	3	\$10.00	<i>any color</i>
zucchini	5	3	2	\$5.00	
tomatoes	12	6	3	\$6.00	
cilantro	1 bunch	1 bunch	1 bunch	\$1.50	
avocado	8	4	2	\$8.00	
grapes	2-1/2 pounds	1-1/4 pounds	2/3 pound	\$7.00	
pears	12	6	3	\$6.00	
brussels sprouts	4 pounds	2 pounds	1 pound	\$8.00	
sweet potatoes	3-1/2 pounds	1-3/4 pounds	1 pound	\$5.25	
lemons	6	3	2	\$3.00	
banana	5	3	2	\$2.50	
arugula	8 ounces	4 ounces	2 ounces	\$3.00	
broccoli	4 heads	2 heads	1 head	\$8.00	
fresh ginger	2-3"	1-2"	1"	\$2.00	<i>need 2 Tablespoons grated</i>
oranges	5	3	2	\$2.50	<i>or 1-1/4 cups orange juice</i>
<b>Misc.</b>					
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
almonds	5-1/2 cups	2-3/4 cups	1-1/2 cups	\$16.50	
nuts (your choice)	1-1/2 cups	3/4 cup	1/2 cup	\$4.50	
pumpkin seeds	1 cup	1/2 cup	1/4 cup	\$2.00	
coconut milk	3.5 cups (28 fl oz)	2-1/4 cups	1-1/4 cups	\$4.00	
ground flax seeds	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
cinnamon	1 teaspoon	1/2 teaspoon	1/4 teaspoon	\$0.50	<i>optional</i>
Ghee	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	\$1.00	
almond butter	1-3/4 cups	1 cup	1/2 cup	\$9.00	
chipotle peppers	1-2	1	1	\$2.00	<i>canned, in adobo</i>
cashews	1/2 cup	1/4 cup	2 Tablespoons	\$2.50	
<b>PANTRY INGREDIENTS</b>					
olive oil	2 cups	1 cup	1/2 cup		
grapeseed oil	1/4 cup	2 Tablespoons	1 Tablespoon		
coconut oil					
balsamic vinegar	2/3 cup	1/3 cup	3 Tablespoons		
white wine vinegar					
chicken or veg broth	8 cups (64 fl oz)	4 cups (32 fl oz)	2 cups (16 fl oz)		
garlic cloves	15 cloves	8 cloves	4 cloves		
organic sea salt	3 teaspoons	1-1/2 teaspoons	3/4 teaspoon		
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon		
cayenne pepper					
paprika	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
dried oregano	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
herbes de provence	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon		
ground cumin	1-1/2 teaspoons	3/4 teaspoon	1/2 teaspoon		
raw organic honey					
organic tomato paste					
Dijon mustard					
raw coconut aminos	3 Tablespoons	1-1/2 Tblspns	1 Tablespoon		
eggs	4 dozen	2 dozen	1 dozen		
coconut flour					



## 2017 FALL BODY RESET: PALEO WEEK 2

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### DAY 1

#### BREAKFAST: SOUTHWEST SCRAMBLE

2 Tablespoons olive oil  
1 yellow onion, chopped (1 cup)  
1 bell pepper, chopped (1 cup)  
1 zucchini, chopped (2 cups)  
8 eggs, whisked  
2 tomatoes, chopped (1½ cups)  
2 Tablespoons chopped cilantro  
1 avocado, sliced

1. Heat a non-stick skillet over medium heat. Add oil and onion and cook for 1 minute. Add bell pepper and zucchini and cook for about 3 minutes.
2. Add eggs and tomatoes and cook until eggs are about set.
3. Garnish with cilantro and avocado.

350kcal, 16g Protein, 15g Carb, 150mg Sodium, 6g Fiber, 390mg Cholesterol, 24g Fat, 4.5g Saturated, 6g Sugar, 4% Calcium, 10% Iron

#### MORNING SNACK: Fruit & Nuts

2 cups of grapes and 1 cup of almonds  
*1 serving = ½ cup of grapes, ¼ cup of almonds*

Snack: 160 kcal, 6g Protein, 6g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 2 g Sugar, 8% Calcium, 6% Iron

#### LUNCH: Protein Lunch

8 hardboiled eggs  
¾ cup nuts  
2 pears, sliced  
½ pound grapes (1¼ cups)

Protein Lunch: 390kcal, 20g Protein, 28g Carb, 150mg Sodium, 6g Fiber, 440mg Cholesterol, 20g Fat, 3.5g Saturated, 18g Sugar, 6% Calcium, 6% Iron

#### AFTERNOON SNACK: Avocado Tomato Salad

2 avocados  
2 tomatoes, diced (1½ cups)  
1 Tablespoon olive oil  
1 Tablespoon balsamic vinegar  
½ cup pumpkin seeds

Toss all ingredients together. Makes 8 servings for two days. **Save half for Day 3 afternoon snack or prepare half today and half on Day 3.**

*1 serving = ¼ avocado, ¼ tomato, 1 Tablespoon pumpkin seeds, splash of oil and vinegar*

Snack: 150 kcal, 4g Protein, 7g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 2 g Sugar, 2% Calcium, 6% Iron

*All recipes make four servings unless otherwise noted*



## 2017 FALL BODY RESET: PALEO WEEK 2

### DINNER: Grilled Pork Tenderloin with Brussels Sprouts & Sweet Potatoes

#### *For Brussels sprouts & sweet potatoes*

2½ pounds brussels sprouts, halved (about 10 cups)  
2 pounds sweet potatoes, cut into small cubes  
½ cup pumpkin seeds  
¼ cup olive oil  
½ teaspoon organic sea salt  
¼ teaspoon black pepper

#### *For grilled pork tenderloin*

6 pounds pork tenderloin  
6 Tablespoons lemon juice  
4 Tablespoons olive oil  
4 cloves garlic, minced  
1½ teaspoons Herbes de Provence  
¾ teaspoon organic sea salt  
½ teaspoon black pepper

#### *For balsamic glaze*

½ cup low sodium chicken broth (4 fluid ounce)  
½ cup balsamic vinegar

1. Heat oven to 400°F.
2. Toss brussels sprouts, sweet potatoes, and pumpkin seeds with oil, salt, and pepper. Put on a baking sheet and roast 20-25 minutes. **Save half for Lunch Day 2.**
3. Combine ingredients for pork and marinate at least 5 minutes.
4. Heat a large skillet over medium-high heat. Sear tenderloins on each side for about 2 minutes. Place on a sheet pan and roast in oven for about 15 minutes, turning occasionally, or until internal temperature reaches 145°F.
5. After tenderloins are seared and in oven prepare glaze. In the same skillet over medium heat add broth and vinegar. Cook until reduced by half and serve with pork.
6. **Save 4½ pounds for Lunch Day 2 and Dinner Day 4.** Slice remaining 1½ pounds of tenderloin and serve with Brussels sprouts, sweet potatoes, and glaze.

Brussels Sprouts & Sweet Potatoes: 270kcal, 8g Protein, 34g Carb, 250mg Sodium, 9g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 8g Sugar, 8% Calcium, 8% Iron

Pork Tenderloin: 230kcal, 8g Protein, 2g Carb, 200mg Sodium, 0g Fiber, 110mg Cholesterol, 7g Fat, 1.5g Saturated, 1g Sugar, 2% Calcium, 10% Iron



## 2017 FALL BODY RESET: PALEO WEEK 2

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### DAY 2

#### BREAKFAST: WARM PEAR BOWL

½ banana, mashed  
4 large eggs  
¾ cup coconut milk (6 fl oz)  
½ cup almonds, ground  
1 teaspoon ground flax seeds  
2 pears, chopped  
½ teaspoon cinnamon, optional  
½ cup chopped almonds  
1 Tablespoon Ghee

Place banana, eggs, and coconut milk in a saucepan. Mash the banana and mix the liquids together. Whisk in the ground almonds and ground flax seeds. Stir continuously over medium heat for 2-5 minutes until mixture thickens and starts to bubble. Stir in pears and cinnamon. Top with nuts and ghee.

340 kcal, 13g Protein, 24g Carb, 90mg Sodium, 69g Fiber, 185mg Cholesterol, 22g Fat, 4.5g Saturated, 13g Sugar, 15% Calcium, 8% Iron

#### MORNING SNACK: Fruit & Nut Butter

⅓ cup almond butter and 2 pears  
1 serving = 1½ Tablespoons almond butter & ½ pear

200 kcal, 5g Protein, 20g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11 g Sugar, 8% Calcium, 6% Iron

#### LUNCH: Pork & Vegetable Salad

1½ pounds cooked pork tenderloin \* **from Dinner Day 1**  
Brussels sprouts and sweet potatoes \* **from Dinner Day 1**  
1 Tablespoon lemon zest  
1 Tablespoon olive oil  
1 Tablespoon balsamic vinegar  
4 ounces arugula (4 cups)

Toss all together.

Pork Vegetable Salad: 540kcal, 44g Protein, 38g Carb, 460mg Sodium, 10g Fiber, 110mg Cholesterol, 23g Fat, 4g Saturated, 11g Sugar, 15% Calcium, 20% Iron

#### AFTERNOON SNACK: Hardboiled Eggs & Bell Pepper

8 hardboiled eggs with 2 sliced bell peppers  
1 serving = 2 hardboiled eggs & ½ bell pepper

170 kcal, 14g Protein, 4g Carb, 135mg Sodium, 1g Fiber, 390mg Cholesterol, 9g Fat, 2g Saturated, 2g Sugar, 2% Calcium, 2% Iron



## 2017 FALL BODY RESET: PALEO WEEK 2

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### DAY 2

#### DINNER: Shrimp & Broccoli

##### *For broccoli*

2 Tablespoons olive oil  
1 large head broccoli, small florets (4 cups)  
dash of salt and pepper  
2 tomatoes, chopped (1½ cups)  
⅓ cup chopped nuts

##### *For shrimp*

4 pounds shrimp, peeled and deveined  
4 Tablespoons olive oil  
3 cloves garlic, minced  
¼ teaspoon each sea salt and black pepper  
3 Tablespoons lemon juice

1. Heat oven to 375°F.
2. Toss broccoli with oil, salt, and pepper and place on a sheet pan. Roast in preheated oven about 10-15 minutes. Toss with tomatoes and nuts and serve with shrimp.
3. Toss shrimp with oil, garlic, salt, pepper, and lemon and place on a sheet pan. Roast in oven with broccoli for about 8 minutes. **Save half the shrimp for Lunch Day 3.** Serve remaining shrimp with broccoli.

Shrimp & Broccoli: 460kcal, 38g Protein, 19g Carb, 1460mg Sodium, 4g Fiber, 285mg Cholesterol, 27g Fat, 4.5g Saturated, 5g Sugar, 20% Calcium, 15% Iron



## 2017 FALL BODY RESET: PALEO WEEK 2

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### DAY 3

#### BREAKFAST: SMOOTHIE

1 cup almonds, ground  
2 bananas (frozen if you'd like a thicker smoothie)  
½ cup almond butter  
2 cups coconut milk (16 fluid oz)  
3 cups ice

Blend until smooth.

Smoothie: 460kcal, 15g Protein, 31g Carb, 110mg Sodium, 9g Fiber, 0mg Cholesterol, 36g Fat, 8g Saturated, 13g Sugar, 20% Calcium, 10% Iron

#### MORNING SNACK: Banana & Almond Butter

½ cup almond butter, 2 bananas  
*1 serving = 1½ Tablespoons almond butter & ½ banana*

Snack: 190 kcal, 5g Protein, 19g Carb, 50mg Sodium, 4g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 8g Sugar, 8% Calcium, 4% Iron

### DAY 3

#### LUNCH: Shrimp Salad

2 pounds cooked shrimp \* *from Dinner Day 2*  
4 tomatoes, chopped (3 cups)  
2 avocados, diced  
2 Tablespoons cilantro, chopped  
1½ Tablespoons lemon juice  
2 bell peppers, halved or chopped

Combine all ingredients and serve in bell peppers if desired.

Shrimp Salad: 440kcal, 35g Protein, 23g Carb, 1370mg Sodium, 9g Fiber, 285mg Cholesterol, 25g Fat, 3.5g Saturated, 7g Sugar, 15% Calcium, 10% Iron

#### AFTERNOON SNACK: Avocado Tomato Salad

##### From Day 1

*1 serving = ¼ avocado, ¼ tomato, 1 Tablespoon pumpkin seeds, splash of oil and vinegar*

Snack: 150 kcal, 4g Protein, 7g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 2 g Sugar, 2% Calcium, 6% Iron





## 2017 FALL BODY RESET: PALEO WEEK 2

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### DAY 3

#### DINNER: Chipotle Chicken Soup

4 Tablespoons olive oil  
2 yellow onions, diced (2 cups)  
4 cloves garlic, minced  
1-2 chipotle peppers, chopped  
4 pounds chicken breast, cubed  
1½ pounds sweet potatoes, small cubes  
4 bell peppers, diced (4 cups)  
3 zucchini, diced (6 cups)  
¼ teaspoon organic sea salt  
dash of black pepper  
1½ teaspoons cumin  
1 teaspoon oregano  
1 teaspoon paprika  
7 cups low-sodium chicken broth (56 fluid ounces)  
7 cups water (56 fluid ounces)  
1 Tablespoon lemon zest  
¼ cup chopped cilantro  
1 avocado, diced

1. Heat a large pot over medium heat and add oil, onion, and garlic and sauté for 1 minute. Add chipotle peppers and chicken and cook for 2-3 minutes.
2. Add the sweet potatoes for 2-3 minutes.
3. Add bell peppers, zucchini, salt, pepper, cumin, oregano, paprika, broth, and water and bring to a simmer; cook for 10 minutes.
4. **Save ⅓ of the soup. Serve half the reserved amount for Lunch Day 4 and freeze the other half for a later meal.**
5. Serve remaining soup with zest, cilantro, and avocado.

Chicken Chipotle Soup: 400kcal, 39g Protein, 24g Carb, 230mg Sodium, 7g Fiber, 110mg Cholesterol, 16g Fat, 2.5g Saturated, 6g Sugar, 6% Calcium, 10% Iron



## 2017 FALL BODY RESET: PALEO WEEK 2

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### DAY 4

#### BREAKFAST: SOUTHWEST SCRAMBLE

2 Tablespoons olive oil  
1 yellow onion, chopped (1 cup)  
1 bell pepper, chopped (1 cup)  
1 zucchini, chopped (2 cups)  
8 eggs, whisked  
2 tomatoes, chopped (1½ cups)  
2 Tablespoons chopped cilantro  
1 avocado, sliced

1. Heat a non-stick skillet over medium heat. Add oil and onion and cook for 1 minute. Add bell pepper and zucchini and cook for about 3 minutes.
2. Add eggs and tomatoes and cook until eggs are about set.
3. Garnish with cilantro and avocado.

350kcal, 16g Protein, 15g Carb, 150mg Sodium, 6g Fiber, 390mg Cholesterol, 24g Fat, 4.5g Saturated, 6g Sugar, 4% Calcium, 10% Iron

#### MORNING SNACK: Ham & Broccoli

12 ounces deli ham with 2 cups of broccoli florets  
*1 serving = 3 ounces deli ham & ½ cup broccoli florets*

120 kcal, 16g Protein, 8g Carb, 1250mg Sodium, 1g Fiber, 40mg Cholesterol, 2.5g Fat, 0g Saturated, 6g Sugar, 2% Calcium, 8% Iron

#### LUNCH: Chipotle soup

Chipotle chicken soup, heated \* *from Dinner Day 3*  
¼ cup chopped cilantro  
1 avocado, diced

Serve soup garnished with avocado and cilantro.

Chicken Chipotle Soup: 400kcal, 39g Protein, 24g Carb, 230mg Sodium, 7g Fiber, 110mg Cholesterol, 16g Fat, 2.5g Saturated, 6g Sugar, 6% Calcium, 10% Iron

#### AFTERNOON SNACK: Fruit & Nut Butter

½ cup almond butter and 2 pears  
*1 serving = 1½ Tablespoons almond butter & ½ pear*

200 kcal, 5g Protein, 20g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11 g Sugar, 8% Calcium, 6% Iron



## 2017 FALL BODY RESET: PALEO WEEK 2

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### DAY 4

#### DINNER: Orange Pork

4 Tablespoons grapeseed or sesame oil  
1 yellow onion, diced (1 cup)  
3 cloves garlic, minced  
2 Tablespoons grated ginger, optional  
2 heads broccoli, chopped (8 cups)  
1¼ cups orange juice (from 5 oranges)  
3 Tablespoons raw coconut aminos  
3 pounds cooked pork tenderloin, diced \* **from Dinner Day 1**  
dash of black pepper  
2 cups cooked cauliflower rice, warmed \* *see prep guide*  
½ cup crushed cashews

1. Heat a large non-stick skillet over medium heat and add oil, onion, garlic, and ginger and cook for 1-2 minutes.
2. Add broccoli and cook for 1-2 minutes then add orange juice and coconut aminos. Cook until liquid has reduced by a third.
3. Add pork and pepper and stir until heated through. Garnish with cashews.
4. **Save half for Lunch Day 5.** Serve remaining orange pork over warm cauliflower rice.

Orange Pork: 440kcal, 42g Protein, 24g Carb, 480mg Sodium, 5g Fiber, 110mg Cholesterol, 20g Fat, 3.5g Saturated, 10g Sugar, 10% Calcium, 20% Iron



## 2017 FALL BODY RESET: PALEO WEEK 2

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### DAY 5

#### BREAKFAST: WARM PEAR BOWL

½ banana, mashed  
4 large eggs  
¾ cup coconut milk  
½ cup almonds, ground  
1 teaspoon ground flax seeds  
2 pears, chopped  
½ teaspoon cinnamon, optional  
½ cup chopped almonds  
1 Tablespoon Ghee

Place the banana, eggs and coconut milk in a saucepan. Mash the banana and mix the liquids together. Whisk in the ground almonds and ground flax seeds. Continuously stir the ingredients over medium heat for 2-5 minutes until mixture thickens and starts to bubble. Stir in pears and cinnamon. Top with nuts and ghee.

340 kcal, 13g Protein, 24g Carb, 90mg Sodium, 69g Fiber, 185mg Cholesterol, 22g Fat, 4.5g Saturated, 13g Sugar, 15% Calcium, 8% Iron

#### MORNING SNACK: Fruit & Nuts

2 cups of grapes, 1 cup of almonds  
*1 serving = ½ cup of grapes, ¼ cup of almonds*

Snack: 160 kcal, 6g Protein, 6g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 2 g Sugar, 8% Calcium, 6% Iron

#### LUNCH: Orange Pork with Broccoli

Orange pork \* *from Dinner Day 4*  
2 cups cooked cauliflower rice \* *see prep guide*  
4 ounces arugula (4 cups)

Toss together.

Orange Pork: 440kcal, 42g Protein, 24g Carb, 480mg Sodium, 5g Fiber, 110mg Cholesterol, 20g Fat, 3.5g Saturated, 10g Sugar, 10% Calcium, 20% Iron

#### AFTERNOON SNACK: Ham & Broccoli

12 ounces deli ham with 2 cups of broccoli florets  
*1 serving = 3 ounces deli ham & ½ cup broccoli florets*

120 kcal, 16g Protein, 8g Carb, 1250mg Sodium, 1g Fiber, 40mg Cholesterol, 2.5g Fat, 0g Saturated, 6g Sugar, 2% Calcium, 8% Iron



## 2017 FALL BODY RESET: PALEO WEEK 2

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### DAY 5

#### DINNER: Egg Ham & Brussels Salad

8 hardboiled eggs, chopped  
1½ pounds brussels sprouts, sliced very thin (6 cups)  
8 ounces deli ham, diced  
½ cup chopped almonds  
6 Tablespoons lemon juice  
2½ Tablespoons olive oil  
dash of organic sea salt and pepper

2 pears, sliced

Toss salad ingredients together and serve with sliced pears.

Egg & Brussels Salad: 470kcal, 30g Protein, 23g Carb, 1050mg Sodium, 6g Fiber, 250mg Cholesterol, 27g Fat, 5g Saturated, 12g Sugar, 6% Calcium, 10% Iron