

SALMON WITH VEGETABLES

FOR MEN

Serves: 1

Prep: 15 minutes

Cook: 12 minutes

NUTRITION FACTS

Amount Per Serving

Calories	1019	Folate	501mcg
Protein (g)	70g	Thiamin	1.2mg
Carbohydrate (g)	104g	Riboflavin	1.8mg
Dietary Fiber	19g	Niacin	17.6mg
Total Sugars	41g	Calcium	644mg
Total Fat	40g	Potassium	3284mg
Saturated Fat	8g	Sodium	777mg
Polyunsaturated Fat	14g	Copper	1.2mg
Monounsaturated Fat	14g	Iron	7.1mg
Cholesterol	98mg	Magnesium	266mg
Vitamin A	2299mcg	Phosphorus	1178mg
Vitamin B6	2.2mg	Selenium	87mcg
Vitamin B12	19mcg	Zinc	5.5mg
Vitamin C	113mg		
Vitamin D	10mcg		
Vitamin E	11mg		
Vitamin K	104mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

1 cup asparagus, cooked (no salt or fat added)	1/4 cup kidney beans, dark red, boiled
1 tsp butter, unsalted	1 cup sweet potato (yam), baked (no salt added), peel eaten
4 ounce(s) fish, salmon, baked or broiled	6 oz. Greek yogurt, plain, fat free
1 1/2 cup salad, garden, lettuce, tomato, carrots, no dressing	1/2 cup sliced banana, raw
1 tsp vegetable oil	2 tbsp. almonds
2 tbsp. salad dressing, Italian, low calorie	3/4 cup skim milk

DIRECTIONS

Cooking Directions

1. Preheat the oven to 450 degrees F
2. Drizzle 1 tsp of vegetable oil onto a non-stick baking sheet lined with tin foil.
3. Cut the sweet potato lengthwise into $\frac{1}{4}$ inch thick pieces and place on the baking sheet.
4. Cut approx. 1" off the end of the asparagus and place on the baking sheet. Add 1 tsp of butter to asparagus if desired.
5. Place salmon, skin side down, on the baking sheet. Season with black pepper and bake until salmon is cooked through, about 12 to 15 minutes.
6. Serve salad mix with kidney beans and 2 tbsp. of low calorie Italian dressing.
7. Enjoy with $\frac{3}{4}$ cup of slim milk.

Greek Yogurt Directions

In a separate bowl combine Greek yogurt with bananas, 2 tbsp. almonds in a bowl.

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SALMON WITH VEGETABLES

FOR WOMEN

Serves: 1

Prep: 15 minutes

Cook: 12 minutes

NUTRITION FACTS

Amount Per Serving

Calories	713	Folate	403mcg
Protein (g)	39g	Thiamin	1mg
Carbohydrate (g)	77g	Riboflavin	1.1mg
Dietary Fiber	14g	Niacin	14.1mg
Total Sugars	33g	Calcium	416mg
Total Fat	30g	Potassium	2576mg
Saturated Fat	7g	Sodium	695mg
Polyunsaturated Fat	12g	Copper	0.9mg
Monounsaturated Fat	10g	Iron	5.4mg
Cholesterol	71mg	Magnesium	178mg
Vitamin A	2315mcg	Phosphorus	754mg
Vitamin B6	1.6mg	Selenium	56mcg
Vitamin B12	3mcg	Zinc	3.7mg
Vitamin C	105mg		
Vitamin D	8mcg		
Vitamin E	9mg		
Vitamin K	100mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

1 cup asparagus, cooked (no salt or fat added)

1 tsp butter, unsalted

3 ounce(s) fish, salmon, baked or broiled

1 1/2 cup salad, garden, lettuce, tomato, carrots, no dressing

1 tsp vegetable oil

2 tbsp. salad dressing, Italian, low calorie

1 cup sweet potato (yam), baked (no salt added), peel eaten

4 halves dried apricot, uncooked

1 tbsp. almonds

3/4 cup skim milk

DIRECTIONS

Cooking Directions

1. Preheat the oven to 450 degrees F
2. Drizzle 1 tsp of vegetable oil onto a non-stick baking sheet lined with tin foil.
3. Cut the sweet potato lengthwise into ¼ inch thick pieces and place on the baking sheet.
4. Cut approx. 1" off the end of the asparagus and place on the baking sheet. Add 1 tsp of butter to asparagus if desired.
5. Place salmon, skin side down, on the baking sheet and bake until salmon is cooked through, about 12 to 15 minutes.
6. Serve salad mix with 2 tbsp. of low calorie Italian dressing.
7. Enjoy with apricots, almonds and skim milk.

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