

## Just Jill and Happy to Meat You Jill's Easy Dinners

Chicken Breast 7oz

### Nutrition Facts

**Serving Size** 7 oz of boneless,  
cooked, skinless

Amount Per Serving

**Calories** 216

% Daily Values\*

**Total Fat** 2.43g 3%

Saturated Fat 0.647g 3%

*Trans* Fat 0.039g

Polyunsaturated Fat 0.549g

Monounsaturated Fat 0.588g

**Cholesterol** 114mg 38%

**Sodium** 127mg 6%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 45.26g

Vitamin D -

Calcium 22mg 2%

Iron 1.41mg 8%

Potassium 500mg 11%

Vitamin A 12mcg 1%

Vitamin C 2.4mg 3%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tenderloin Tips, 1lb

Nutrition Facts			
Serving Size 4 Ounces (112g)			
Amount Per Serving			
Calories 320		Calories from Fat 230	
		% Daily Value*	
Total Fat 26g		40%	
Saturated Fat 11g		55%	
Trans Fat 0g			
Cholesterol 80mg		27%	
Sodium 55mg		2%	
Total Carbohydrate 0g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 20g		40%	
Vitamin A 0%		•	Vitamin C 0%
Calcium 0%		•	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Beef For Stew, 1lb

## Nutrition Facts

**Serving Size** 1 oz of boneless,  
cooked

**Amount Per Serving**

**Calories** 86

**% Daily Values\***

**Total Fat** 5.71g 7%

Saturated Fat 2.245g 11%

*Trans Fat* -

Polyunsaturated Fat 0.205g

Monounsaturated Fat 2.477g

**Cholesterol** 26mg 9%

**Sodium** 108mg 5%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 8.05g

Vitamin D -

Calcium 3mg 0%

Iron 0.82mg 5%

Potassium 69mg 1%

Vitamin A 0mcg 0%

Vitamin C 0mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.