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| Kale & White Beans with Sun Dried Tomatoes |
| Ingredient | Calories | Fat (g) | Salt (mg) | Carbs (g) | Fiber (g) |
| Kale, 6.6 oz. | 94 | 1.4 | 80 | 18 | 4 |
| Navy beans, 15.5 oz. | 385 | 0 | 360 | 18 | 6 |
| Sun dried tomatoes, 2 oz. | 100 | 2 | 840 | 22 | 4 |
| Olive oil, 2 tbsp. | 240 | 27 | 0 | 0 | 0 |
| Makes 3 cups – Total: | 819 | 30.4 | 1280 | 58 | 14 |
| Per 1 cup serving: | 273 | 10.1 | 427 | 19 | 4.7 |

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| Garlic Broth & SOMG Bread |
| Ingredient | Calories | Fat (g) | Salt (mg) | Carbs (g) | Fiber (g) |
| Beef broth, 6 cups | 25 | 1 | 900 | 0 | 0 |
| Garlic, 1 head | 0 | 0 | 0 | 0 | 0 |
| Olive oi1, 1.5 tbsp.  | 180 | 20.3 | 0 | 0 | 0 |
| Makes 6 cups – Total: | 205 | 21.3 | 900 | 0 | 0 |
| Per 1 cup serving: | 34.2 | 3.6 | 150 | 0 | 0 |
| SOMG Bread, 2.4 oz. | 180 | 2.4 | 271 | 34 | 6 |