



Brain & Energy Reset Plan

Created by Wellness That Fits, LLC



Brain & Energy Reset Plan

Wellness That Fits, LLC

Welcome to the Brain & Energy Reset Meal Plan!

You're here because you're ready to eat well, save time, and feel your best — and I'm so excited to help you do just that!

Disclaimer

The contents of this meal plan, including recipes, guides, and associated materials, are the intellectual property of *Wellness That Fits, LLC* and are intended for the personal use of the original purchaser only. Sharing, distributing, or reproducing any part of this material without explicit written permission is strictly prohibited. Thank you for respecting the time, effort, and creativity that went into creating this resource.

Servings

- **Breakfast: 1 serving**

Note: You will make the 2 breakfasts all at once: 3 of the Raspberry Protein Puddings and 2 of the Blueberry Cheesecake Overnight Oats. Follow the recipes for more details.

- **Snacks: 1 serving**

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- **Lunch & Dinners: 2 servings**

Note: You will see that the recipes show 4 or 6 servings for some. The meal plan accounts for leftovers, so when you see that for example, the White Chicken Chili recipe makes 4 servings = 2 servings for Dinner one night, and 2 servings for Lunch the next day.

The Tortellini Soup recipe makes 6 servings = 2 servings for each time it appears on the menu.

Please adjust based on your needs.

How to Use This Plan Efficiently

Meal prep doesn't have to be overwhelming. Here's how to make the most of this plan in just a few simple steps:

1. Grocery Shop Smart ([CLICK HERE FOR THE INSTACART LINK](#) and then click **SHOP**)

- Use the pre-made grocery list in this PDF or click on the link above to access the meal plan.
- Click "SHOP" at the top right corner which will bring you to the instacart link.

- Remember to increase the items in the grocery list if you are feeding more mouths than the serving sizes denote above.
- **NOTE:** If you are using Woodman's (Wisconsin-based) for the grocery store option in Instacart, you will not be able to enter the order as a Pick Up. The only option on Instacart (for Woodman's) is delivery. I have not found a way to upload this list to the Woodman's app (where you can choose between Pick Up or Delivery); you will simply have to enter the order manually into the Woodman's app.

2. Prep Steps (with estimated time)

- **Breakfasts (10 min)**
 - Make the Raspberry Chia Protein Pudding (5 min)
 - Make the Blueberry Cheesecake Overnight Oats (5 min)
 - Notes: Refrigerate overnight until ready to eat.
- **Lunches/Suppers (47 min)**
 - Make the meatballs - Follow package instructions (5 min hands on: total 20? min, Time to prep depends on manufacturer's directions.)
 - Start the Slow Cooker White Chicken Chili (7 min hands on; total cook time: 4 hrs on high (6-8 on low)
 - Note: There are some steps after cooking: shred chicken and blend half of the liquid.
 - Make the Tortellini Soup (25 min)
 - Chop/Prep all Veggies (10 min)
 - For the Meatball & Hummus Stuffed Pita:
 - ½ Cucumber (medium, sliced)
 - 1/2 cup Pitted Kalamata Olives (sliced)
 - 1 Orange Bell Pepper (medium, sliced)
 - 1/4 cup Parsley (chopped)
 - For the Lemon Garlic Salmon, Broccoli & Sweet Potatoes:
 - 4 Sweet Potato (small, cut into cubes)
 - 4 cups Broccoli (cut into florets)
 - *Time-saving Tip:* Purchase fresh or frozen diced sweet potato and broccoli florets
 - Place portions for each recipe in reusable bags or tightly sealed glass containers and refrigerate.

Total Estimated Prep Time: 57 minutes

Prep/Cook Day Of:

- Wednesday: Lemon Garlic Salmon, Broccoli & Sweet Potatoes (veggies are already chopped - 30 min)
- Friday: Loaded Chicken Nachos - 15 min

Substitution Notes

See dairy-free and gluten-free substitution notes within the recipes.

If you need more personalization and support with food allergies or intolerances, please contact me. [**Book Your Discovery Call Here and we will go over your options**](#)

4. Store for Success

4. Store for Success

- Portion meals into containers.
 - Keep 5 days' worth in the fridge, freeze the rest for later if you desire.
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5. Tips for Efficiency

- **Pick a Prep Day:** Commit to just 1-2 hours a week. If it works better for your lifestyle, feel free to break it up into shorter time blocks. Aim to dedicate at least 1 focused hour, then fit the remaining prep steps into pockets of time throughout your day. Remember to check the meal plan and see which days the items are served so you can plan accordingly.
 - **Use What You Have:** Sub in similar items if needed.
 - **Don't Make It Complicated:** Repeating meals is totally okay — consistency is key!
 - **Keep it Realistic:** If you only prep dinner, that's still a huge win.
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What's Next?

Your meal prep journey doesn't end here — let's take your nutrition to the next level.

Want a Custom Meal Plan Built Around Your Family's Needs or Health Goals?

Let's personalize everything — from picky eaters to medical conditions.

📄 [Book Your Discovery Call Here and we will go over your options](#)

Need More Ongoing Support?

Work with me 1:1 for **Nutrition Coaching** tailored to your lifestyle, habits, and mindset.

📄 [Book a Free Discovery Call](#)

Want to Master Meal Prep?

Check out my **Meal Prep Course** — and enjoy **15% off with code PREP15**

📄 [Grab the Course Here](#)

Let's make nourishing your body *the easiest* part of your week!

You've got this — and I'm here for you every step of the way.

— Cassie

Registered Dietitian

Wellness That Fits, LLC

Brain & Energy Reset Plan

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Raspberry Chia Protein Pudding WTF	Blueberry Cheesecake Overnight Oats WTF	Raspberry Chia Protein Pudding WTF	Blueberry Cheesecake Overnight Oats WTF	Raspberry Chia Protein Pudding WTF
Lunch	Meatball & Hummus Stuffed Pita	Slow Cooker White Chicken Chili WTF	Meatball & Hummus Stuffed Pita	Lemon Garlic Salmon, Broccoli & Sweet Potatoes	Tortellini & Vegetable Minestrone Soup WTF
Snack 1	Pear, Pumpkin Seeds & Chocolate WTF	Clementines & Pumpkin Seeds	Pear, Pumpkin Seeds & Chocolate WTF	Clementines & Pumpkin Seeds	Clementines & Pumpkin Seeds
Dinner	Slow Cooker White Chicken Chili WTF	Tortellini & Vegetable Minestrone Soup WTF	Lemon Garlic Salmon, Broccoli & Sweet Potatoes	Tortellini & Vegetable Minestrone Soup WTF	Loaded Chicken Nachos WTF

Brain & Energy Reset Plan

5 days

Mon		Tue		Wed		Thu		Fri	
Calories	1499	Calories	1726	Calories	1515	Calories	1742	Calories	1829
Fat	63g	Fat	54g	Fat	73g	Fat	64g	Fat	76g
Saturated	21g	Saturated	18g	Saturated	21g	Saturated	18g	Saturated	24g
Polyunsaturated	17g	Polyunsaturated	15g	Polyunsaturated	18g	Polyunsaturated	16g	Polyunsaturated	21g
Monounsaturated	20g	Monounsaturated	16g	Monounsaturated	27g	Monounsaturated	23g	Monounsaturated	25g
Carbs	148g	Carbs	208g	Carbs	140g	Carbs	200g	Carbs	187g
Fiber	44g	Fiber	48g	Fiber	36g	Fiber	40g	Fiber	50g
Sugar	44g	Sugar	55g	Sugar	46g	Sugar	57g	Sugar	41g
Protein	97g	Protein	111g	Protein	90g	Protein	104g	Protein	111g
Cholesterol	187mg	Cholesterol	188mg	Cholesterol	155mg	Cholesterol	156mg	Cholesterol	188mg
Sodium	1781mg	Sodium	1707mg	Sodium	1782mg	Sodium	1708mg	Sodium	2000mg
Potassium	2926mg	Potassium	3176mg	Potassium	2946mg	Potassium	3196mg	Potassium	3223mg
Calcium	978mg	Calcium	1039mg	Calcium	941mg	Calcium	1002mg	Calcium	1590mg
Iron	18mg	Iron	20mg	Iron	14mg	Iron	16mg	Iron	17mg
Vitamin D	105IU	Vitamin D	65IU	Vitamin D	1060IU	Vitamin D	1020IU	Vitamin D	115IU
Folate	303µg	Folate	429µg	Folate	188µg	Folate	314µg	Folate	445µg
Vitamin B12	2.5µg	Vitamin B12	1.1µg	Vitamin B12	9.9µg	Vitamin B12	8.5µg	Vitamin B12	1.9µg
Magnesium	356mg	Magnesium	519mg	Magnesium	339mg	Magnesium	502mg	Magnesium	534mg

Zinc	8mg	Zinc	11mg	Zinc	7mg	Zinc	10mg	Zinc	11mg
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Brain & Energy Reset Plan

54 items

Fruits

- ☐ 1/2 Avocado
- ☐ 6 Clementines
- ☐ 2 tbsps Lemon Juice
- ☐ 2 Pear
- ☐ 1 1/2 cups Raspberries

Breakfast

- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Chia Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 1 cup Pumpkin Seeds
- ☐ 3/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 1/2 cups Frozen Blueberries
- ☐ 12 3/4 ozs Frozen Meatballs
- ☐ 4 1/2 cups Frozen Vegetable Mix

Vegetables

- ☐ 3 cups Baby Kale
- ☐ 1 cup Baby Spinach
- ☐ 4 cups Broccoli
- ☐ 3 1/3 tbsps Cilantro
- ☐ 1/2 Cucumber
- ☐ 3 1/3 Garlic
- ☐ 1 Orange Bell Pepper
- ☐ 1/3 cup Parsley
- ☐ 2 leaves Romaine
- ☐ 4 Sweet Potato
- ☐ 1 1/3 Yellow Onion

Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 4 cups Chicken Broth, Low Sodium
- ☐ 3 cups Corn Tortilla Chips
- ☐ 4 1/2 cups Diced Tomatoes
- ☐ 3 cups Red Kidney Beans
- ☐ 1/2 cup Salsa
- ☐ 1/3 cup Salsa Verde
- ☐ 3 tbsps Tomato Paste
- ☐ 4 1/2 cups Vegetable Broth
- ☐ 2 2/3 cups White Navy Beans

Baking

- ☐ 2 ozs Dark Chocolate
- ☐ 1 cup Oats
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 4 ozs Cheddar Cheese
- ☐ 1 1/3 lbs Chicken Breast
- ☐ 6 ozs Chicken Breast, Cooked
- ☐ 1/4 cup Cream Cheese, Regular
- ☐ 6 ozs Mini Whole Wheat Pita
- ☐ 1/3 cup Parmigiano Reggiano
- ☐ 1 1/2 lbs Salmon Fillet

Condiments & Oils

- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Pitted Kalamata Olives

Cold

- ☐ 15 ozs Cheese Tortellini
- ☐ 1/2 cup Hummus
- ☐ 1/4 cup Plain Greek Yogurt
- ☐ 1 1/2 cups Plain Kefir
- ☐ 1/4 cup Sour Cream
- ☐ 2 1/2 cups Unsweetened Almond Milk

Other

- ☐ 2/3 cup Vanilla Protein Powder

Raspberry Chia Protein Pudding WTF

5 ingredients · 30 minutes · 3 servings



Directions

1. Divide ingredients evenly between 2 pint-sized jars (each jar holds about 2 cups). Mix well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the raspberries. Optional: add coconut flakes. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Nut-Free

Use coconut milk instead of almond milk.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1 1/2 cups Plain Kefir

1/3 cup Chia Seeds

1 1/2 cups Unsweetened Almond Milk

1/3 cup Vanilla Protein Powder

1 1/2 cups Raspberries (divided)

Nutrition

Amount per serving

Calories	272	Sodium	188mg
Fat	10g	Potassium	557mg
Saturated	2g	Calcium	652mg
Polyunsaturated	7g	Iron	3mg
Monounsaturated	1g	Vitamin D	101IU
Carbs	27g	Folate	17µg
Fiber	13g	Vitamin B12	0.9µg
Sugar	11g	Magnesium	46mg
Protein	21g	Zinc	1mg
Cholesterol	7mg		

Blueberry Cheesecake Overnight Oats WTF

9 ingredients · 8 hours 20 minutes · 2 servings



Directions

1. Add all ingredients to a large container. Stir well to combine.
2. Either divide the mixture into separate jars for easy grab-and-go options, or put the mixture in a sealed container. Place in the fridge overnight, or for at least eight hours.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 3/4 cups.

Make it Vegan

Use vegan cream cheese, yogurt, and milk.

No Protein Powder

Omit the protein powder and reduce the milk slightly.

Ingredients

- 1 cup** Oats (rolled)
- 1/4 cup** Vanilla Protein Powder
- 2 tbsps** Chia Seeds
- 1/4 cup** Cream Cheese, Regular
- 1/4 cup** Plain Greek Yogurt
- 1 cup** Unsweetened Almond Milk
- 1 tsp** Vanilla Extract
- 2 tbsps** Maple Syrup
- 1 1/2 cups** Frozen Blueberries

Nutrition

Amount per serving

Calories	496	Sodium	255mg
Fat	18g	Potassium	417mg
Saturated	7g	Calcium	494mg
Polyunsaturated	5g	Iron	4mg
Monounsaturated	4g	Vitamin D	63IU
Carbs	64g	Folate	29µg
Fiber	12g	Vitamin B12	0.4µg
Sugar	24g	Magnesium	100mg
Protein	23g	Zinc	3mg
Cholesterol	33mg		

Meatball & Hummus Stuffed Pita

7 ingredients · 20 minutes · 4 servings



Directions

1. Cook the meatballs according to the package directions.
2. Spread the hummus inside of the pita and add the cucumber, olives, bell pepper, and meatballs to the pita. Garnish with parsley and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the ingredients separately in an airtight container for up to two days.

Make it Vegan

Use a vegan meatball alternative or chickpeas.

More Flavor

Add pickled red onions.

Additional Toppings

Feta cheese.

Gluten-Free

Use a gluten-free pita.

Ingredients

12 3/4 ozs Frozen Meatballs

1/2 cup Hummus

6 ozs Mini Whole Wheat Pita (cut in half)

1/2 Cucumber (medium, sliced)

1/2 cup Pitted Kalamata Olives (sliced)

1 Orange Bell Pepper (medium, sliced)

1/4 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	467	Sodium	1055mg
Fat	28g	Potassium	541mg
Saturated	8g	Calcium	146mg
Polyunsaturated	6g	Iron	5mg
Monounsaturated	11g	Vitamin D	2IU
Carbs	39g	Folate	68µg
Fiber	8g	Vitamin B12	0.9µg
Sugar	4g	Magnesium	64mg
Protein	21g	Zinc	2mg
Cholesterol	60mg		

Pear, Pumpkin Seeds & Chocolate WTF

3 ingredients · 5 minutes · 1 serving



Directions

1. Slice the pear and serve with pumpkin seeds and chocolate. Enjoy!

Notes

Leftovers

Store ingredients separately until ready to serve.

Ingredients

- 1 Pear
- 1 **tbsp** Pumpkin Seeds
- 1 **oz** Dark Chocolate

Nutrition

Amount per serving

Calories	316	Sodium	8mg
Fat	16g	Potassium	474mg
Saturated	8g	Calcium	40mg
Polyunsaturated	2g	Iron	4mg
Monounsaturated	5g	Vitamin D	0IU
Carbs	41g	Folate	17µg
Fiber	9g	Vitamin B12	0.1µg
Sugar	24g	Magnesium	125mg
Protein	5g	Zinc	2mg
Cholesterol	1mg		

Clementines & Pumpkin Seeds

2 ingredients · 2 minutes · 1 serving



Directions

1. Add the clementines and pumpkin seeds to a plate. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Pumpkin Seeds

Use other seeds or nuts of choice.

Ingredients

2 Clementines (peeled, sectioned)

1/4 cup Pumpkin Seeds

Nutrition

Amount per serving

Calories	250	Sodium	4mg
Fat	16g	Potassium	523mg
Saturated	3g	Calcium	59mg
Polyunsaturated	7g	Iron	3mg
Monounsaturated	5g	Vitamin D	0IU
Carbs	21g	Folate	54µg
Fiber	4g	Vitamin B12	0µg
Sugar	14g	Magnesium	206mg
Protein	11g	Zinc	3mg
Cholesterol	0mg		

Slow Cooker White Chicken Chili WTF

10 ingredients · 4 hours 10 minutes · 4 servings



Directions

1. Add the onion, garlic, salsa, broth, salt, beans, and chicken to the slow cooker. Cover and cook on high for four hours or low for eight hours.
2. Remove roughly half of the liquid and beans from the slow cooker and blend in a blender or food processor until smooth. Add the mixture back to the slow cooker and mix with the rest of the chili. Shred the chicken.
3. Divide the chili evenly between bowls and garnish with sour cream, cilantro, and spinach. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Shredded cheese and/or hot sauce.

Dairy-Free

Omit the sour cream.

Ingredients

- 1 1/3 Yellow Onion (small, chopped)
- 1 1/3 Garlic (clove, chopped)
- 1/3 cup Salsa Verde
- 4 cups Chicken Broth, Low Sodium
- 1/3 tsp Sea Salt
- 2 2/3 cups White Navy Beans
- 1 1/3 lbs Chicken Breast (boneless, skinless)
- 1/4 cup Sour Cream
- 1 1/3 tbsps Cilantro (chopped)
- 1 cup Baby Spinach (finely chopped)

Nutrition

Amount per serving

Calories	444	Sodium	530mg
Fat	9g	Potassium	1354mg
Saturated	3g	Calcium	140mg
Polyunsaturated	2g	Iron	6mg
Monounsaturated	3g	Vitamin D	2IU
Carbs	41g	Folate	201µg
Fiber	14g	Vitamin B12	0.6µg
Sugar	5g	Magnesium	121mg
Protein	50g	Zinc	3mg
Cholesterol	119mg		

Tortellini & Vegetable Minestrone Soup WTF

11 ingredients · 25 minutes · 6 servings



Directions

1. Heat the oil in a pot over medium-high heat. Add the vegetables and sauté for three to four minutes, stirring occasionally, until tender. Season with salt and pepper.
2. Add the broth, tomato paste, diced tomatoes, beans, and Italian seasoning. Stir to combine. Bring the mixture to a simmer, cover, and cook for eight to 10 minutes to allow the flavors to absorb.
3. Stir in the tortellini and kale. Cook for five to seven minutes or until the tortellini are al dente.
4. Divide the soup evenly into serving bowls. Garnish with parmesan cheese and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

More Flavor

Use seasonal vegetables in place of frozen vegetables.

Frozen Vegetable Mix

This recipe was made using a mix of carrots, celery, turnips, onions, parsnips, and leeks.

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 4 1/2 cups Frozen Vegetable Mix
- Sea Salt & Black Pepper (to taste)
- 4 1/2 cups Vegetable Broth
- 3 tbsps Tomato Paste
- 4 1/2 cups Diced Tomatoes (from the can, with the juices)
- 3 cups Red Kidney Beans (cooked)
- 1 1/2 tps Italian Seasoning
- 15 ozs Cheese Tortellini
- 3 cups Baby Kale (chopped)
- 1/3 cup Parmigiano Reggiano (grated)

Nutrition

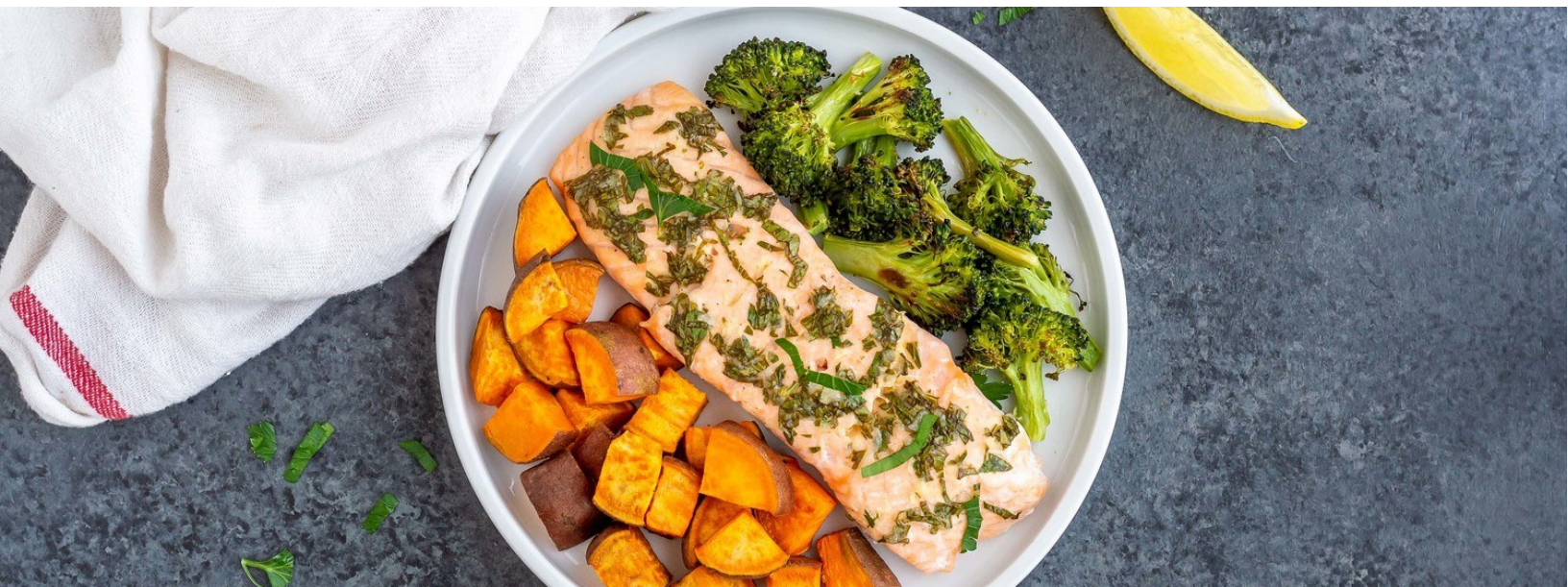
Amount per serving

Calories	536	Sodium	918mg
Fat	11g	Potassium	882mg
Saturated	5g	Calcium	346mg
Polyunsaturated	1g	Iron	7mg
Monounsaturated	4g	Vitamin D	0IU
Carbs	82g	Folate	145µg
Fiber	18g	Vitamin B12	0.1µg
Sugar	12g	Magnesium	92mg
Protein	27g	Zinc	2mg

Cholesterol 36mg

Lemon Garlic Salmon, Broccoli & Sweet Potatoes

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
3. Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
4. Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
5. Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately six ounces of salmon, two cups of sweet potatoes, and one cup of broccoli.

More Flavor

Use other fresh herbs like chives or basil.

Additional Toppings

Fresh herbs or lemon wedges.

No Broccoli

Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.

Ingredients

- 4 Sweet Potato (small, cut into cubes)
- 4 cups Broccoli (cut into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt
- 2 tbsps Lemon Juice
- 2 Garlic (clove, minced)
- 2 tbsps Parsley (finely chopped)
- 1 1/2 lbs Salmon Fillet

Nutrition

Amount per serving

Calories	460	Sodium	531mg
Fat	19g	Potassium	1374mg
Saturated	3g	Calcium	103mg
Polyunsaturated	3g	Iron	2mg
Monounsaturated	10g	Vitamin D	957IU
Carbs	33g	Folate	86µg
Fiber	6g	Vitamin B12	8.0µg
Sugar	7g	Magnesium	104mg
Protein	43g	Zinc	2mg
Cholesterol	87mg		

Loaded Chicken Nachos WTF

9 ingredients · 15 minutes · 2 servings



Directions

1. Turn the oven to broil.
2. In a bowl combine the chicken and salsa and mix well. Add the black beans and season with salt and pepper.
3. Place the tortilla chips on a baking sheet, spreading them out evenly. Scatter the chicken mixture over top and then cover with the cheese.
4. Place in the oven on broil for one to three minutes or until the cheese has melted and is bubbly. Top with avocado, cilantro, and romaine. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 2 1/2 cups.

Additional Toppings

Top with sliced jalapeño, sour cream, and/or Greek yogurt.

Dairy-Free

Use dairy-free cheese.

Ingredients

6 ozs Chicken Breast, Cooked (shredded)

1/2 cup Salsa

1 cup Black Beans (cooked)

Sea Salt & Black Pepper (to taste)

3 cups Corn Tortilla Chips

4 ozs Cheddar Cheese (shredded)

1/2 Avocado (large, cubed)

2 tbsps Cilantro (chopped)

2 leaves Romaine (shredded)

Nutrition

Amount per serving

Calories	771	Sodium	890mg
Fat	39g	Potassium	1261mg
Saturated	14g	Calcium	533mg
Polyunsaturated	6g	Iron	4mg
Monounsaturated	15g	Vitamin D	14IU
Carbs	57g	Folate	229µg
Fiber	15g	Vitamin B12	0.9µg
Sugar	4g	Magnesium	190mg
Protein	52g	Zinc	5mg
Cholesterol	145mg		