

PROTEIN		
Teriyaki Chicken	9g Carbs, 2 fat, 43g protein	Calories 235
Jalapeno Ranch Chicken	20g Carbs, 5fat, 43g Protein	Calories 256
Garlic Parm Chicken	1g Carbs, 56g Fat, 43g Protein	Calories 240
Honey Hot Chicken	6g Carbs, 2g Fat, 43g Protein	Calories 230
Honey Mustard Chicken	35g Carbs, 5g Fat, 43g Protein	Calories 280
Green Chile Cheese Turkey	.1 Carbs, 17g Fat, 34.7g Protein	Calories 290
Cowboy Turkey	2g Carbs, 18g Fat, 36g Protein	Calories 300
Chimichurri Steak	0 Carbs, 9 Fat, 44g Protein	Calories 258
Taco Beef Patty	3g Carbs, 20 g Fat, 36g Protein	Calories 320
Teriyaki Salmon	9g Carbs, 14g Fat, 35g Protein	Calories 300
Lemon Pepper Tilapia	2g Carbs, 9g Fat, 35g Protein	Calories 225
Red Chimichurri Shrimp	1g Carbs, 11g Fat, 29g Protein	Calories 210
Pound Teriyaki	27g Carbs, 6g Fat, 137g Protein	Calories 705
Pound Garlic Parm Chicken	3.2g Carbs, 34.63g Fat, 130.74g Protein	Calories 545.3
Pound Honey Mustard	120g Carbs, 15g Fat, 137g protein	Calories 896
Pound Jalapeno Ranch	64g Carbs, 16g Fat, 137g Protein	Calories 819
VEGGIES		
Broccoli	3g Carbs, 0g Fat, 1g Protein	Calories 15
Green Beans	3g Carbs, 0g Fat, 1g Protein	Calories 17
Zucchini Noodles	2g Carbs, 0g Fat, 0g Protein	Calories 10
Asparagus	3g Carbs, 0g Fat, 2g Protein	Calories 20
Roasted Brussel Sprouts	4g Carbs, 0g Fat, 1g Protein	Calories 19
CARBS		
Jasmine Rice	22g Carbs, 0g Fat, 2g Protein	Calories 102
Brown Rice	25g Carbs, 1g Fat, 2g Protein	Calories 124
Mashed Sweet Potato	20g Carbs, 0g Fat, 2g Protein	Calories 90
Mashed Potato	22g Carbs, 0g Fat, 2.2g Protein	Calories 107