

SMALL - 6oz total

Breakfast	Dinner	Just Protein	Just Sides
3 oz of eggs	2 oz of protein	6 oz of protein	6 oz of one side
1 oz of protein	4 oz of sides	-	-
2 oz of sides	-	-	-

\$6.00 **\$7.25** **\$3.70**

MEDIUM - 12oz total

Breakfast	Dinner	Just Protein	Just Sides
6 oz of eggs	4 oz of protein	12 oz of protein	12 oz of one side
2 oz of protein	8 oz of sides	-	-
4 oz of sides	-	-	-

\$10.00 **\$14.50** **\$7.40**

LARGE - 18oz total

Breakfast	Dinner	Just Protein	Just Sides
9 oz of eggs	6 oz of protein	18 oz of protein	18 oz of one side
3 oz of protein	12 oz of sides	-	-
6 oz of sides	-	-	-

\$14.50 **\$21.75** **\$11.10**