

Category/Item			Small - 6oz total				Medium - 12oz total				Large - 18oz total				
			Calories	Carbs	Fat	Protein	Calories	Carbs	Fat	Protein	Calories	Carbs	Fat	Protein	
Breakfast	Eggs	Scrambled	182	2	14	12	365	4	28	24	547	6	42	36	
		No Eggs	0	0	0	0	0	0	0	0	0	0	0	0	
		Poached	182	2	14	12	364	4	28	24	546	6	42	36	
		Whites	46	0	0	9	92	0	0	18	138	0	1	28	
	Protein	Bacon	155	0	12	10	311	1	25	20	466	1	37	30	
		Chicken Chorizo	58	1	3	7	116	2	6	13	174	3	9	20	
		Ground Beef	68	0	4	8	135	0	7	16	203	1	11	24	
		Ground Turkey	63	0	3	8	126	1	7	15	189	1	10	23	
		No Meat	61	1	5	4	121	1	9	8	182	2	14	12	
		Spicy Steak	68	1	3	8	135	2	6	17	203	3	10	25	
		Turkey Bacon	44	0	2	6	89	0	4	12	133	0	6	18	
		Turkey Sausage	63	0	3	8	125	1	7	16	188	1	10	23	
	Sides	Broccoli	10	2	0	1	20	4	0	1	30	6	0	2	
		Brussel Sprouts	13	2	0	0	27	4	1	0	40	6	1	0	
		Hash Browns	29	6	0	1	58	13	0	2	87	19	0	2	
		Onions	11	3	0	0	23	5	0	1	34	8	0	1	
		Mushrooms	16	4	0	0	32	8	0	1	48	12	0	1	
		Potatoes	31	6	1	1	63	11	1	1	94	17	2	2	
		Red Peppers	8	2	0	0	16	4	0	1	24	6	0	1	
		Spinach	7	1	0	1	13	2	0	2	20	3	0	2	
	Sweet Potatoes	39	8	1	0	78	16	1	1	117	23	2	1		
	Lunch / Dinner	Protein	Coconut Chicken	126	2	4	19	251	4	9	37	377	6	13	56
			Grilled Chicken	108	0	3	18	215	0	7	35	323	1	10	53
			Grilled Steak	137	0	7	16	274	1	14	33	411	1	22	49
			Ground Beef	123	0	7	15	246	1	13	30	369	1	20	44
			Ground Turkey	126	1	7	15	252	1	14	31	378	2	21	46
			Meatballs	145	1	10	13	290	2	19	26	435	2	29	39
			Pork Loin	122	1	6	15	245	3	12	30	367	4	18	45
Salmon			130	1	8	13	260	1	16	25	391	2	25	38	
Shrimp			56	0	1	12	113	0	1	24	169	0	2	36	
Spicy Steak			132	0	7	16	264	0	14	33	396	0	20	49	
Turkey Meatballs		108	2	6	13	216	5	11	25	324	7	17	38		
Sides		Asparagus	13	2	0	1	25	5	0	3	38	7	0	4	
		Broccoli	20	4	0	1	40	8	0	3	60	12	1	4	
		Brown Rice	63	13	0	1	126	27	1	3	189	40	1	4	
		Brussel Sprouts	27	4	1	0	53	8	2	0	80	12	3	1	
		Carrots	26	5	1	0	52	9	2	1	78	14	2	1	
		Cauliflower	30	2	2	1	59	5	4	2	89	7	6	3	
		Cauliflower Rice	21	2	1	1	41	5	2	2	62	7	3	3	
		Green Beans	26	5	1	1	52	9	2	2	78	14	3	3	
		Mashed Potatoes	70	11	2	1	140	23	4	3	210	34	7	4	
	Potatoes	63	11	1	1	126	22	3	3	189	34	4	4		
Sweet Potatoes	78	16	1	1	156	31	3	2	233	47	4	3			
Sweet Potato Mash	71	16	1	1	141	32	1	2	212	48	2	3			
Zucchini-Squash	21	2	1	0	42	4	3	1	63	6	4	1			
E.P.	Pro.	Coconut Chicken	377	6	13	56	754	12	27	111	1131	17	40	167	
		Grilled Chicken	323	1	10	53	645	1	21	106	968	2	31	158	
		Grilled Steak	411	1	22	49	822	2	43	99	1232	3	65	148	
		Ground Beef	369	1	20	44	738	2	39	89	1108	4	59	133	
		Ground Turkey	378	2	21	46	756	3	42	93	1134	5	63	139	
		Meatballs	435	2	29	39	869	5	57	79	1304	7	86	118	
		Pork Loin	367	4	18	45	734	8	35	91	1102	11	53	136	
		Salmon	391	2	25	38	781	3	49	75	1172	5	74	113	
		Shrimp	169	0	2	36	338	0	4	71	507	1	6	107	
		Spicy Steak	396	0	20	49	792	0	41	99	1187	0	61	148	
Turkey Meatballs	324	7	17	38	648	14	33	76	972	21	50	114			
E.S.	Sides	Asparagus	38	7	0	4	75	14	1	8	113	21	1	12	
		Broccoli	60	12	1	4	119	24	1	8	179	37	2	12	
		Brown Rice	207	40	3	4	415	80	7	8	622	120	10	12	
		Brussel Sprouts	80	12	3	1	159	24	6	1	239	37	9	2	
		Carrots	78	14	2	1	156	28	5	3	233	42	7	4	
		Cauliflower	89	7	6	3	178	14	13	6	267	22	19	9	
		Cauliflower Rice	62	7	3	3	124	14	7	6	186	21	10	9	
		Green Beans	78	14	3	3	156	27	5	6	235	41	8	10	
		Mashed Potatoes	210	34	7	4	420	68	13	8	630	102	20	12	
		Potatoes	189	34	4	4	377	67	9	8	566	101	13	12	
		Sweet Potatoes	233	47	4	3	467	94	8	5	700	140	13	8	
		Sweet Potato Mash	212	48	2	3	424	95	3	5	637	143	5	8	
Zucchini-Squash	63	6	4	1	126	13	8	2	189	19	13	3			
Extras	Sauce	Chimichurri				76	2	8	1						
		Cilantro-Lime-Avocado				68	3	6	1						
		Lemon-Basil-Avocado				50	3	5	1						
		Roasted Red Pepper				42	3	3	0						
		Sriracha				19	5	0	0						
		Sun Dried Tomato-Basil Pesto				124	4	12	1						