

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		18	3	0	0	35	6	1	0	53	10	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	34	8	0	0	67	16	0	1	101	23	0	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	126	2	6	15	253	5	12	30	379	7	18	46
Salmon			127	1	8	13	253	2	15	25	380	3	23	38	
Shrimp			56	0	1	12	113	0	1	24	169	0	2	36	
Spicy Steak			125	0	6	16	250	0	12	33	375	0	18	49	
Turkey Meatballs			108	2	6	13	216	5	11	25	324	7	17	38	
Sides		Asparagus	20	2	1	1	40	5	2	3	60	7	3	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	35	6	1	0	71	13	2	0	106	19	3	1	
		Carrots	26	5	1	0	52	9	2	1	78	14	2	1	
		Cauliflower	20	3	1	1	39	5	2	2	59	8	3	3	
		Cauliflower Rice	24	3	1	1	49	6	2	2	73	9	4	4	
		Green Beans	20	4	0	1	40	9	0	2	60	13	1	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	67	16	0	1	134	31	0	2	201	47	1	3	
Sweet Potato Mash		71	16	1	1	141	32	1	2	212	48	2	3		
Zucchini-Squash		10	2	0	0	19	5	0	1	29	7	0	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		379	7	18	46	759	14	35	91	1138	21	53	137	
	Salmon		380	3	23	38	759	5	46	75	1139	8	68	113	
	Shrimp		169	0	2	36	338	0	4	71	507	1	6	107	
	Spicy Steak		375	0	18	49	750	0	36	99	1125	0	54	148	
	Turkey Meatballs		324	7	17	38	648	14	33	76	972	21	50	114	
E.S.	Sides	Asparagus	60	7	3	4	121	14	6	8	181	21	9	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	104	19	3	1	208	38	6	1	311	56	9	2	
		Carrots	78	14	2	1	156	28	5	3	233	42	7	4	
		Cauliflower	59	8	3	3	118	16	5	7	176	23	8	10	
		Cauliflower Rice	73	9	4	4	146	19	7	7	220	28	11	11	
		Green Beans	60	13	1	3	119	27	1	6	179	40	2	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	201	47	1	3	402	94	1	5	603	141	2	8	
Sweet Potato Mash	212	48	2	3	424	95	3	5	637	143	5	8			
Zucchini-Squash	29	7	0	1	58	14	0	2	86	20	1	4			
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						