

MEAL	CALORIES	CARBS	PROTEIN	FATS
BIG MAC BOWL	342	40	23	10
BIG MAC SALAD				
BIRTHDAY PROTEIN PUDDING	110	5	15	2
BROWNIE BALLS per ball	98	14	7	2
BULK TURKEY BURGER (per burger)	170	0	23	2
BULK CHICKEN 4oz Piece	160	0	34	2
BUFFALO CHICKEN GRILLED	316	27	37	7
BURRITO BOWL				
CEASAR SALAD	308	22	28	12
CHEESTEAK BOWL				
CHEESECAKE PUDDING	98	4	16	2
CHICKEN CHEESTEAK BOWL	350	42	32	6
CHICKEN SALAD	308	28	31	8
CHICKEN SATAY	375	36	30	11
CHILI	358	39	10	29
CHOCOLATE PROTEIN PUDDING	100	4	16	10
CINNAMON ROLL OATS	261	37	21	4
COOKIE DOUGH	222	30	30	8
STUFFED PEPPERS	240	47	31	6
EGG ROLL BOWL	293	34	28	5
GARLIC PARM PULLED CHICK	294	38	31	2
GRILLED CHICKEN PARM	386	37	46	6
GRILLED CHICKEN SWEET POTATO MA	331	39	37	2
GRILLED CHICKEN RICE & BROCCOLI	338	37	16	3
GROUND TURKEY RICE & BROCCOLI	372	34	49	5
HAWAIIAN GARLIC SHRIMP WITH RICE	407	36	32	5
LEAN CHEESE BURGER	412	46	49	4
LOADED BAKED POTATO WITH CHILI	388	55	20	9
PEANUT BUTTER CHOC CHIP PROTEIN	191	14	12	10
PEANUT BUTTER PUDDING	110	5	15	2
PINEAPPLE BURGER	264	26	22	9
PROTEIN PANCAKES	320	40	26	9
PULLED BBQ MAC AND CHEESE	396	42	30	12
PULLED BBQ CHICKEN & SWEET POTAT	330	37	36	2
PULLED BUFFALO CHICKEN	381	34	38	9
REESE'S OVER NIGHT OATS	297	36	18	9
RUBEN	355	38	26	11
SAUSAGE PEPERS AND ONIONS	384	35	37	11
SHEPARDS PIE	290	32	18	10
STRAWBERRY AND CREAM PUDDING	102	5	16	2
STRAWBERRY COCONUT OATS	170	23	15	2
SUMMER SALAD				
SWEET AND SOUR CHICKEN	321	38	31	5
TACO BOWL	358	30	28	14
TACO SALAD	334	20	32	14
TERIYAKI CHICKEN WITH RICE & BRO	323	35	39	3
TURKEY CHILI				
ZOODLES AND MEATBALLS	333	20	25	17