

PROTEIN	SIZE	CALS	PROTEIN	CARB	FAT
Mediterranean Herb Chicken Breast	3oz	130	26	0	3
	4oz	170	35	0	4
	5oz	220	43	0	5
	6oz	260	52	0	6
	7oz	300	61	0	7
	8oz	350	69	0	8
Cajun Chicken Breast	3oz	150	27	5	3
	4oz	200	36	6	4
	5oz	250	45	8	5
	6oz	300	54	9	6
	7oz	350	63	11	7
	8oz	400	72	12	8
Grilled Chicken Breast	3oz	130	26	0	2.5
	4oz	170	35	0	3.5
	5oz	210	43	0	4.5
	6oz	260	52	0	5
	7oz	300	61	0	6
	8oz	340	69	0	7
Steak	3oz	110	20	0	3.5
	4oz	150	26	0	4.5
	5oz	180	33	0	6
	6oz	220	39	0	7
	7oz	250	46	0	8
	8oz	290	52	0	9

VEGGIES		CALS	PROTEIN	CARB	FAT
Roasted mixed veg	2oz	25	1	4	1
	4oz	50	2	7	2.5
	6oz	80	2	11	3.5
	8oz	100	3	14	4.5
Broccoli	2oz	20	1	4	0
	4oz	40	3	8	0
	6oz	60	4	12	0.5
	8oz	80	5	16	1
Green Beans	2oz	25	1	4	1
	4oz	40	2	7	1.5
	6oz	70	3	11	2.5
	8oz	90	4	15	4
Cauliflower Goat Cheese Mash	2oz	80	2	2	8

4oz	170	5	5	15
6oz	250	7	7	23
8oz	340	10	9	31

CARB	SIZE	CALS	PROTEIN	CARB	FAT
Mashed Potatoes	2oz	45	1	9	0.5
	4oz	90	2	17	1
	6oz	130	3	26	2
	8oz	170	4	34	2.5
Yam Mash	2oz	50	1	12	0
	4oz	100	2	23	0
	6oz	150	3	35	0
	8oz	200	5	47	0
Curried Potatoes & Cauliflower	2oz	35	2	7	0
	4oz	70	3	14	0
	6oz	100	5	22	0.5
	8oz	140	6	29	1
Brown Rice	2oz	60	1	13	0
	4oz	130	3	27	1
	6oz	190	4	40	1.5
	8oz	250	5	53	2
Quinoa	2oz	70	2	12	1
	4oz	140	5	24	2
	6oz	200	7	36	3.5
	8oz	270	10	48	4.5

SAUCES 2oz	CALS	PROTEIN	CARB	FAT
Chimichurri	230	1	1	25
Creamy Cashew	120	3	4	11
Zesty Yogurt	30	2	3	1.5
Miso Ginger Dressing	100	2	7	7
Orange Chili Dressing	100	0	16	5
BBQ Sauce	90	1	19	0