



NUTRITION FACTS

	GF	Contains Dairy	Contain Nuts	Calories	Proteins	Carbs	Fats	Fiber	Sodium	Sugar
Bacon Wrap Chicken	✓	✓		380	39g	8g	22g	4g	560mg	3g
Baked Ziti	✓	✓		310	20g	43g	6g	4g	420mg	7g
BBQ Chicken Cauli-Mac	✓	✓		360	25g	15g	21g	3g	330mg	11g
BBQ Chicken Quesadilla		✓		420	39g	40g	12g	1g	810mg	15g
BBQ Chicken Stuffed Sweet Potato	✓	✓		400	28g	53g	8g	5g	370mg	27g
BBQ Pulled Pork Quesadillas		✓		540	34g	40g	27g	1g	820mg	15g
BBQ Shrimp Sausage & Grits	✓	✓		230	25g	13g	9g	5g	970mg	6g
Beef & Broccoli	✓			290	23g	31g	8g	2g	470mg	5g
Beef Chili Mac	✓	✓		420	21g	40g	20g	4g	260mg	3g
Breakfast Burrito		✓		410	22g	36g	15g	1g	710mg	3g
Breakfast Delight	✓			320	18g	34g	12g	2g	290mg	2g
Breakfast Egg Bites	✓	✓		190	14g	3g	13g	1g	520mg	1g
Breakfast Frittatas	✓	✓		370	31g	5g	25g	1g	640mg	3g
Breakfast Sampler		✓		300	21g	18g	14g	1g	770mg	2g
Breakfast Sandwich				430	21g	44g	19g	6g	940mg	6g
Breakfast Tacos:	✓	✓		400	26g	14g	26g	2g	400mg	1g
Brisket Enchilada:	✓	✓		460	24g	41g	22g	4g	400mg	1g
Broccoli Spinach Omelette	✓	✓		160	11g	4g	11g	2g	340mg	1g
Buffalo Turkey Meatballs	✓			360	29g	25g	15g	2g	720mg	0
Cajun Sausage and Cabbage	✓			350	17g	16g	25g	6g	670mg	8g
Cauliflower Casserole:	✓	✓		240	11g	11g	17g	4g	510mg	5g
Cauliflower Fried Rice	✓			240	34g	13g	6g	6g	450mg	5g
Cheeseburger Squash		✓		390	25g	10g	28g	2g	360mg	6g
Chicken Clean meal	✓	✓		330	38g	32g	4.5g	5g	290mg	13g
Chicken Enchilada	✓	✓		340	27g	38g	9g	4g	440mg	3g
Chicken Fajita	✓			230	36g	13g	4g	3g	300mg	6g
Chicken Parmesan	✓	✓		400	38g	40g	10g	3g	680mg	6g
Chicken Patty				320	23g	23g	15g	2g	760mg	2g
Chicken Pesto Pasta	✓	✓		410	31g	44g	12g	3g	250mg	0g
Chicken Pesto Zoodle:	✓	✓		300	29g	6g	17g	2g	360mg	4g
Chicken Taco Soup	✓			230	29g	14g	7g	2g	440mg	4g
Chili Cheese Egg Scramble	✓	✓		400	28g	8g	28g	2g	400mg	3g
Chili Cheese Sweet Potato Fries	✓	✓		450	21g	38g	29g	7g	420mg	14g
Chili Mac	✓	✓		410	25g	47g	15g	7g	470mg	2g
Chimichurri Roasted Pork Loin	✓			270	26g	9g	15g	2g	220mg	5g
Country Breakfast	✓			410	30g	20g	24g	3g	360mg	2g
Creamy Pesto Alfredo Zoodles	✓	✓		360	32g	7g	22g	1g	430mg	4g
Eggplant Lasagna	✓	✓		390	31g	17g	21g	6g	540mg	12g
Garlic Butter Spaghetti Squash	✓	✓		300	27g	8g	17g	2g	450mg	3g
Ginger Soy Chicken & Cabbage	✓			200	26g	10g	6g	3g	760mg	4g
Green Chile Enchilada Casserole	✓	✓		340	28g	27g	12g	3g	480mg	0g
Ground Turkey Clean Meal	✓			260	24g	19g	11g	4g	490mg	3g
Gorgonzola Steak	✓	✓		380	35g	13g	22g	5g	420mg	5g
Hamburger Steak	✓	✓		390	25g	5g	29g	2g	560mg	2g
Jambalaya	✓			250	18g	31g	5g	3g	400mg	2g
Keto Chili	✓	✓		480	32g	10g	35g	3g	370mg	3g
Keto Pizza	✓	✓		480	28g	11g	38g	4g	650mg	4g
Korean Beef Bowl				480	34g	29g	24g	2g	390mg	3g
Lasagna		✓		450	33g	25g	23g	3g	590mg	7g
Lemon Turkey	✓			310	26g	29g	11g	4g	450mg	2g
Meatballs and Gravy	✓			460	30g	16g	32g	6g	560mg	7g
Pesto Chicken Wrap		✓		460	33g	47g	19g	2g	750mg	0g
Philly Cheese Steak Wrap		✓		580	36g	28g	35g	2g	890mg	3g
Protein Pancakes		✓		180	7g	34g	1.5g	2g	710mg	1g
Protein Waffles		✓		220	8g	42g	1.5g	3g	870mg	1g
Pull Pork Clean Meal	✓			440	32g	32g	21g	5g	340mg	13g
Pulled Pork with Squash	✓			330	24g	21g	17g	2g	290mg	17g
Pull Pork Enchiladas	✓			440	25g	39g	20g	4g	490mg	3g
Ratatouille and Chicken	✓			220	23g	16g	8g	7g	580mg	7g
Red Curry Chicken	✓	✓		320	30g	22g	12g	2g	490mg	3g
Roasted Pork Loin	✓			190	27g	12g	3.5g	4g	310mg	6g
Salsa Verde Chicken	✓			210	23g	9g	8g	2g	480mg	7g
Sausage Eggs & Gravy	✓	✓		390	30g	2g	28g	0g	380mg	1g
Shepherd's Pie	✓	✓		390	36g	9g	23g	3g	580mg	3g
Shrimp Pesto Pasta	✓	✓		360	21g	46g	10g	3g	940mg	0g
Shrimp Pesto Zoodles	✓	✓		240	23g	7g	14g	2g	330mg	4g
Shrimp Scampi Pasta	✓	✓		480	32g	33g	25g	1g	830mg	0
Shrimp Scampi Zoodles	✓	✓		350	29g	9g	23g	2g	600mg	6g
Six Pepper Steak	✓	✓		220	26g	9g	9g	3g	300mg	5g
Spadoodles (Spaghetti Zoodles)	✓	✓		380	32g	13g	22g	3g	550mg	10g
Spaghetti Squash w/ Meat Sauce	✓	✓		390	31g	17g	21g	4g	560mg	10g
Spaghetti & Turkey Meatballs		✓		390	31g	32g	15g	3g	680mg	4g
Steak Chimichurri	✓			310	27g	10g	20g	2g	220mg	5g
Steak Clean Meal	✓			300	38g	19g	8g	4g	280mg	3g
Steak Eggs & Hash	✓	✓		330	29g	33g	9g	3g	250mg	1g
Steak Fajita	✓			260	34g	14g	8g	3g	510mg	6g
Steak Omelette	✓	✓		380	28g	3g	28g	0g	470mg	1g
Steak Quesdilla		✓		580	37g	27g	35g	1g	770mg	2g
Stuffed Bell PEpper	✓	✓		280	31g	7g	15g	2g	600mg	3g
Stuffed Herb Chicken	✓	✓		360	35g	34g	11g	5g	240mg	4g
Supreme Pizza Pasta	✓	✓		350	24g	40g	11g	3g	650mg	7g
Sweet Potato Hash	✓			290	24g	25g	11g	4g	410mg	8g
Teriyaki Chicken Fried Rice	✓			330	32g	38g	5g	3g	440mg	8g
Texas Melt	✓	✓		420	22g	27g	24g	2g	400mg	1g
Tilapia Corn Maque Choux		✓		470	25g	29g	29g	3g	240mg	9g
Tomato Basil Spaghetti w/ Chicken		✓		350	34g	33g	7g	2g	530mg	3g
Turkey Burger with Broccoli	✓			250	29g	8g	12g	3g	410mg	2g
Turkey Burger w/ Sweet Potato Fries	✓			370	28g	32g	19g	5g	500mg	12g
Turkey Chili	✓			420	39g	32g	16g	11g	680mg	4g
Turkey Eggroll Bowl	✓			190	20g	10g	9g	3g	700mg	4g
Turkey Meatball Squash	✓	✓		330	30g	19g	15g	4g	790mg	11g
Turkey Meatball Zoodles	✓	✓		310	31g	15g	15g	4g	780mg	11g
Turkey Meatloaf		✓		300	30g	16g	13g	4g	460mg	6g
Turkey Sausage and Eggs	✓	✓		400	39g	1g	25g	0g	840mg	1g
Zucchini Lasagna	✓	✓		380	32g	13g	22g	3g	550mg	10g