

| BREAKFAST | | | | | | | |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| SOUTHWEST SCRAMBLE 2.0 | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| Egg (1) | 6 | 5 | 0 | 74 | 0 | 0 | 70 |
| Egg whites (3/4 cup) cooked | 18 | 0 | 3 | 75 | 0 | 0 | 303 |
| Ground turkey (2oz) cooked | 10 | 5 | 0 | 84 | 0 | 0 | 40 |
| Sweet potato (40g) | 1 | 0 | 8 | 34 | 1 | 2 | 32 |
| Black beans (25g) | 2 | 0 | 4 | 23 | 2 | 0 | 96 |
| Shredded cheese (10g) | 3 | 3 | 0 | 40 | 0 | 0 | 80 |
| Salsa (1.5 oz) | 0 | 0 | 1 | 15 | 0 | 1 | 40 |
| Cilantro (Garnish) | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| cumin, garlic powder, chili powder, onion powder, paprika, salt & pepper | - | - | - | - | - | - | 233 |
| Totals | 39 | 13 | 16 | 345 | 3 | 3 | 894 |
| Double Protein | 48 | 18 | 16 | 429 | 3 | 3 | 934 |
| Brisket Breakfast Tacos | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| Corn Tortillas (2) | 2 | 1 | 21 | 100 | 2 | 1 | 20 |
| Smoked Brisket (3oz) | 24 | 16 | 0 | 246 | 0 | 0 | 100 |
| Egg Whites (3/4 cup cooked) | 18 | 0 | 3 | 75 | 0 | 0 | 303 |
| Queso Fresco (1tbsp) | 3 | 2 | 2 | 41 | 0 | 0 | 37 |
| Pickled Red Onions (1tbsp) | 0 | 0 | 3 | 20 | 0 | 3 | 40 |
| Fresh Jalapenos (1tsp) | 0 | 0 | 1 | 6 | 0 | 0 | 0 |
| Pico De Gallo (2 oz) | 0 | 0 | 2 | 10 | 1 | 1 | 20 |
| Totals | 48 | 19 | 32 | 498 | 3 | 5 | 520 |
| Double Protein | 50 | 20 | 53 | 598 | 5 | 6 | 540 |
| FFK GRANOLA | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| Oats (1 cup) | 13 | 5 | 54 | 300 | 8 | 0 | 0 |
| Honey (1.5tsp) | 0 | 0 | 26 | 90 | 0 | 26 | 1 |
| Flax seed (1/2 tsp) | 1 | 1 | 1 | 18 | 1 | 0 | 1 |
| Chia Seeds (1/2 tsp) | 1 | 2 | 0 | 30 | 2 | 0 | 0 |
| Almonds (10g) | 2 | 5 | 2 | 58 | 1 | 0 | 0 |
| Pecans (10g) | 1 | 7 | 1 | 69 | 1 | 0 | 0 |
| pumpkin seeds (5g) | 1 | 2 | 1 | 27 | 1 | 0 | 1 |
| dried cranberries (5g) | 0 | 0 | 4 | 16 | 0 | 3 | 0 |
| cinnamon & Salt Pinch | - | - | - | - | - | 0 | 155 |
| coconut oil (1/2 tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| Totals | 19 | 24 | 89 | 628 | 14 | 30 | 158 |

| KETO BISCUITS AND GRAVY | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Almond flour (1/4 cup) | 6 | 14 | 6 | 160 | 4 | 2 | 0 |
| egg whites (1/4 cup) uncooked | 7 | 0 | 0 | 30 | 0 | 0 | 100 |
| kerrygold butter (1/2 tbsp) | 0 | 6 | 0 | 41 | 0 | 0 | 50 |
| Heavy Cream (1 TBS) | 0 | 5 | 0 | 51 | 0 | 0 | 4 |
| baking powder | - | - | - | - | - | - | 100 |
| Turkey Sausage (3oz) | 16 | 7 | 0 | 132 | 0 | 0 | 504 |
| Chicken stock (1/6 cup) | 0 | 0 | 0 | 2 | 0 | 0 | 132 |
| Salt & Pepper | 0 | 0 | 0 | 0 | 0 | 0 | 155 |
| Totals | 29 | 32 | 7 | 416 | 4 | 2 | 1045 |
| Double Protein | 45 | 39 | 7 | 548 | 4 | 2 | 1549 |
| | | | | | | | |
| | | | | | | | |
| MIXED BERRY FLAX PROTEIN OATMEAL | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| Uncooked Old Fashioned Oats (1/2 cup) | 5 | 3 | 27 | 150 | 4 | 0 | 0 |
| Almond milk unsweetened vanilla(1 cup) | 2 | 4 | 2 | 36 | 2 | 0 | 170 |
| Flax seeds (1/2 tbsp) | 1 | 1 | 1 | 18 | 1 | 0 | 1 |
| Protein powder vanilla (1/4 scoop) | 6 | 0 | 1 | 28 | 0 | 0 | 25 |
| blueberries (5pc) | 0 | 0 | 1 | 4 | 0 | 0 | 0 |
| strawberry (1pc) | 0 | 0 | 1 | 4 | 0 | 1 | 0 |
| Raspberry (2pc) | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Blackberry (2pc) | 0 | 0 | 1 | 6 | 0 | 0 | 0 |
| 1/2 tsp honey | 0 | 0 | 3 | 10 | 0 | 3 | 0 |
| Totals | 14 | 8 | 37 | 258 | 7 | 4 | 196 |
| | | | | | | | |
| | | | | | | | |
| MAPLE BROWN SUGAR PROTEIN OATMEAL | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| Uncooked Old Fashioned Oats (1/2 cup) | 5 | 3 | 27 | 150 | 4 | 0 | 0 |
| Almond milk unsweetened vanilla(1/2 cup) | 1 | 2 | 1 | 15 | 1 | 0 | 80 |
| Swerve brown sugar (1tsp) | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| protein powder honey granola (1/4 scoop) | 6 | 0 | 0 | 33 | 0 | 0 | 25 |
| maple syrup keto (1 tbsp) | 0 | 0 | 4 | 10 | 1 | 0 | 23 |
| stevia (1 drop) | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 12 | 5 | 36 | 208 | 6 | 0 | 128 |
| | | | | | | | |
| | | | | | | | |
| BREAKFAST QUESADILLA | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| low carb flax tortilla (1) | 8 | 4 | 13 | 100 | 8 | 0 | 328 |
| egg whites (3/4 cup cooked) | 18 | 0 | 3 | 75 | 0 | 0 | 303 |
| Bacon Bits (1.5 tbsp) | 5 | 4 | 0 | 45 | 0 | 0 | 240 |

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|---------------------------|-----------|-----------|-----------|------------|----------|----------|-------------|
| colby-jack cheese (1/3 c) | 9 | 12 | 1 | 145 | 0 | 0 | 215 |
| FFK salsa (1.5oz) | 0 | 0 | 2 | 8 | 0 | 1 | 40 |
| Totals | 40 | 20 | 19 | 373 | 8 | 1 | 1126 |
| Double Protein | | | | | | | |

| BREAKFAST BAGEL | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| high protein bagel (better bun brand) | 20 | 2 | 40 | 160 | 35 | 1 | 650 |
| 1 cage-free egg | 6 | 4 | 0 | 60 | 0 | 0 | 65 |
| turkey bacon (2 slices) Godshall's Uncured Brand | 12 | 5 | 0 | 90 | 0 | 0 | 440 |
| cheddar cheese (1 slice) | 5 | 7 | 0 | 90 | 0 | 0 | 135 |
| Spicy Ketchup (1oz) | - | - | - | - | - | - | - |
| Sugar Free Ketchup (1tbsp) | 0 | 0 | 1 | 5 | 0 | 0 | 180 |
| Chalulah Hot Sauce (1tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 85 |
| Totals | 43 | 18 | 41 | 405 | 35 | 1 | 1555 |
| Double Protein | | | | | | | |

| CHICKEN N' WAFFLES | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Chicken breast (4oz) | 34 | 9 | 0 | 221 | 0 | 0 | 72 |
| keto fried breading | - | - | - | - | - | - | - |
| pork rinds (5g) | 3 | 2 | 0 | 29 | 0 | 0 | 90 |
| tigernut flour (.5 tbsp) | 0 | 2 | 4 | 25 | 2 | 2 | 0 |
| Almond flour (1 tbsp) | 2 | 4 | 2 | 50 | 1 | 1 | 0 |
| chickpea flour (1 tsp) | 1 | 0 | 2 | 16 | 1 | 0 | 0 |
| gluten-free waffle mix (2tbsp) | 1 | 1 | 13 | 65 | 1 | 2 | 120 |
| coconut flour (1tbsp) | 1 | 1 | 4 | 30 | 3 | 1 | 15 |
| Baking soda (.5tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 630 |
| baking powder (.5tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 260 |
| olive oil (.5tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| 1 egg | 6 | 4 | 0 | 60 | 0 | 0 | 65 |
| whipped butter (1tbsp) | 0 | 8 | 0 | 67 | 0 | 0 | 78 |
| sugar-free maple syrup (1.5 oz) | 0 | 0 | 5 | 8 | 0 | 3 | 83 |
| Totals | 48 | 32 | 30 | 591 | 8 | 9 | 1413 |
| Double Protein | 81 | 41 | 30 | 812 | 8 | 9 | 1485 |

| CHOCOLATE CHIP PANCAKE STACK | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| almond flour (2 tbsp) | 4 | 8 | 4 | 100 | 2 | 2 | 0 |
| coconut flour (2 tbsp) | 2 | 2 | 8 | 60 | 6 | 1 | 30 |
| gluten-free flour (1tbsp) | 0 | 0 | 6 | 30 | 1 | 0 | 0 |

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|---------------------------------|-----------|-----------|-----------|------------|-----------|----------|------------|
| protein powder (.5 scoop) | 10 | 0 | 0 | 40 | 0 | 0 | 44 |
| baking powder (.5tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 260 |
| Egg (1) | 6 | 4 | 0 | 60 | 0 | 0 | 65 |
| egg whites (2 tbsp raw) | 3 | 0 | 0 | 13 | 0 | 0 | 50 |
| dark chocolate chips SF (1tbsp) | 1 | 5 | 8 | 50 | 2 | 0 | 0 |
| sugar-free maple syrup (1.5 oz) | 0 | 0 | 5 | 8 | 0 | 3 | 83 |
| Totals | 26 | 19 | 31 | 361 | 11 | 6 | 532 |

| CHIA YOGURT PARFAIT | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Sprout's Vegan yogurt - coconut based (1c) | 3 | 17 | 12 | 224 | 5 | 1 | 13 |
| chia seeds (1tbsp) | 6 | 7 | 10 | 130 | 10 | 0 | 0 |
| FFK granola (1/4 cup) | 5 | 6 | 22 | 157 | 4 | 8 | 40 |
| blueberry (1/4 cup) | 0 | 0 | 5 | 20 | 0 | 4 | 0 |
| strawberries (2 pieces) | 0 | 0 | 3 | 12 | 0 | 2 | 0 |
| local honey (1 tsp) | 0 | 0 | 6 | 21 | 0 | 6 | 0 |
| Totals | 14 | 30 | 58 | 564 | 19 | 20 | 53 |

SNACKS/SMALL PLATES

| BIRRIA TACOS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| GF Corn Tortillas (2) | 2 | 2 | 20 | 200 | 2 | 0 | 20 |
| Brisket-lean (2.25 oz) | 15 | 5 | 0 | 110 | 0 | 0 | 48 |
| Cooked onions (20g) | 1 | 0 | 7 | 30 | 1 | 3 | 54 |
| Ox Cheese (1/4 cup) | 6 | 7 | 1 | 90 | 0 | 0 | 360 |
| Cilantro/onion side (1.5oz) | 1 | 0 | 2 | 11 | 1 | 0 | 0 |
| Beef Jus side Spicy(1 oz) | 0 | 0 | 0 | 1 | 0 | 0 | 300 |
| lime wedge | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 26 | 15 | 30 | 442 | 4 | 4 | |

| BBQ BRISKET QUESADILLA | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| low carb flax tortilla (1) | 8 | 4 | 13 | 100 | 8 | 0 | 328 |
| brisket (3.5oz) | 22 | 21 | 0 | 281 | 0 | 0 | 54 |
| monterrey jack cheese (1/3 cup) | 9 | 11 | 0 | 140 | 0 | 0 | 202 |
| SF BBQ sauce (2tbsp) | 0 | 0 | 2 | 10 | 0 | 0 | 200 |
| Totals | 39 | 36 | 15 | 531 | 8 | 0 | 784 |

| BUFFALO CHICKEN WRAP | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|------------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| low carb flax tortilla (1) | 8 | 4 | 13 | 100 | 8 | 0 | 328 |
| chicken breast (3.5oz) | 20 | 1 | 0 | 115 | 0 | 0 | 63 |
| franks hot buffalo sauce (1.5tbsp) | 0 | 0 | 0 | 0 | 0 | 0 | 540 |
| spring mix (1 cup) | 3 | 0 | 4 | 17 | 3 | 0 | 25 |
| shredded carrots (1/4 cup) | 0 | 0 | 3 | 11 | 0 | 2 | 19 |
| ranch (1oz) | 0 | 14 | 2 | 137 | 0 | 1 | 231 |
| celery sticks (1/2 cup) | 0 | 0 | 1 | 4 | 0 | 0 | 30 |
| tomatoes (3 cherry toms) | 0 | 0 | 2 | 9 | 0 | 2 | 2 |
| Totals | 31 | 19 | 25 | 393 | 11 | 5 | 1238 |

| TAJIN FRUIT CUP | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| watermelon (1/2 cup) | 0 | 0 | 6 | 23 | 0 | 5 | 0 |
| pineapple (1/2 cup) | 0 | 0 | 10 | 37 | 1 | 7 | 0 |
| jicama (1/3 cup) | 0 | 0 | 6 | 25 | 3 | 1 | 2 |
| tajin (.35oz)(on the side) | 0 | 0 | 0 | 0 | 0 | 0 | 1480 |
| lime wedge | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Totals | 0 | 0 | 22 | 87 | 4 | 13 | 1482 |

| SPICY ROASTED CAULIFLOWER TACOS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| corn tortillas (2) | 2 | 1 | 21 | 100 | 2 | 2 | 80 |
| Cauliflower (1 cup) | 2 | 0 | 5 | 25 | 3 | 2 | 30 |
| pickled red onion (1tsp) | 0 | 0 | 1 | 5 | 0 | 0 | 10 |
| queso fresco (1/2 tbsp) | 3 | 3 | 1 | 40 | 0 | 0 | 105 |
| jalapeno (1tsp) | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| creamy cilantro sauce (1oz) | | | | | | | |
| paprika, salt, chili powder, cumin, pepper, lime zest | - | - | - | - | - | - | 155 |
| Totals | 7 | 4 | 28 | 171 | 5 | 4 | 380 |

| HUMMUS SNACK PACK | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| hummus (4tbsp) | 4 | 10 | 10 | 120 | 2 | 2 | 210 |
| pita bread mini's (2 pieces) | 2 | 2 | 12 | 70 | 0 | 1 | 88 |
| Carrots (1/4 cup) | 0 | 0 | 3 | 11 | 2 | 0 | 19 |
| Broccoli (1/3cup) | 1 | 0 | 2 | 11 | 1 | 0 | 10 |
| cucumber (1/4 cup) | 0 | 0 | 1 | 4 | 0 | 0 | 0 |
| Totals | 7 | 12 | 28 | 216 | 5 | 3 | 327 |

| CHICKEN SNACK PACK | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Chicken Breast (2oz) | 15 | 2 | 0 | 70 | 0 | 0 | 36 |

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|-----------------------------------|-----------|-----------|-----------|------------|----------|-----------|------------|
| Cubed Cheddar (2oz) | 14 | 19 | 1 | 229 | 0 | 0 | 340 |
| Roasted + Salted mixed nuts (1oz) | 5 | 16 | 6 | 170 | 2 | 1 | 95 |
| Grapes (1/3 cup) | 0 | 0 | 10 | 37 | 0 | 8 | 0 |
| Totals | 34 | 36 | 16 | 506 | 2 | 10 | 471 |

| PEPPERONI FLATBREAD | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| GF flatbread | 3 | 0 | 11 | 60 | 2 | 1 | 240 |
| marinara (1/4 cup) | 2 | 2 | 7 | 46 | 0 | 6 | 210 |
| Shredded mozzarella (1/4 cup) | 8 | 4 | 1 | 85 | 0 | 0 | 210 |
| turkey pepperoni (8 slices) | 9 | 18 | 2 | 205 | 0 | 0 | 190 |
| fresh basil | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| olive oil (.5 tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| Totals | 22 | 26 | 21 | 417 | 2 | 7 | 495 |

SALADS/SOUPS

| BLACKENED SALMON CAESAR SALAD | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--------------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Salmon (4oz) | 23 | 15 | 0 | 236 | 0 | 0 | 52 |
| Romaine (1.5cups) | 0 | 0 | 3 | 12 | 2 | 0 | 6 |
| Kale (3/4 cup) | 2 | 0 | 5 | 25 | 1 | 0 | 22 |
| Carbonaut white GF bread (1 slice) | 1 | 0 | 6 | 40 | 15 | 0 | 150 |
| olive oil (1tsp) | 0 | 5 | 0 | 40 | 0 | 0 | 0 |
| Parmesan shredded (1 tbsp) | 2 | 2 | 0 | 22 | 0 | 0 | 76 |
| Caesar Dressing (1.5oz) | 0 | 5 | 0 | 225 | 0 | 0 | 459 |
| Totals | 28 | 27 | 14 | 600 | 18 | 0 | 765 |
| Double Protein | 51 | 42 | 14 | 836 | 18 | 0 | 817 |

| THAI CRUNCH SALAD | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Kale (3/4 cup) | 2 | 0 | 5 | 25 | 1 | 0 | 22 |
| Napa cabbage (1 cup) | 1 | 0 | 2 | 13 | 2 | 2 | 12 |
| purple cabbage (1/2 cup) | 0 | 0 | 4 | 28 | 1 | 2 | 12 |
| crispy ramen (1oz) | 3 | 4 | 15 | 110 | 0 | 0 | 20 |
| shredded carrots (1/4 cup) | 0 | 0 | 3 | 11 | 0 | 2 | 19 |
| green onion (1tbsp) | 0 | 0 | 1 | 5 | 0 | 0 | 2 |
| red bell pepper (1/5 cup) | 0 | 0 | 2 | 6 | 0 | 0 | 0 |
| cucumber (1/5 cup) | 0 | 0 | 1 | 4 | 0 | 0 | 0 |
| edamame (1/5 cup) | 3 | 1 | 5 | 48 | 2 | 0 | 2 |
| toasted peanuts (1tbsp) | 4 | 8 | 2 | 85 | 1 | 0 | 0 |

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|-------------------------------------|-----------|-----------|-----------|------------|----------|----------|-----------|
| Peanut sauce (1tbsp) | - | - | - | - | - | - | - |
| Hoisin (1tsp) | 0 | 0 | 3 | 13 | 0 | 2 | 97 |
| GF soy sauce (1tsp) | 0 | 0 | 0 | 3 | 0 | 0 | 299 |
| sweet chili (1tsp) | 0 | 0 | 3 | 13 | 0 | 3 | 88 |
| thai basil + micro cilantro garnish | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 13 | 13 | 40 | 335 | 7 | 6 | 89 |

| KETO FRIED CHICKEN SALAD | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| keto fried chicken breast (3.5oz) | 25 | 1 | 0 | 109 | 0 | 0 | 63 |
| almond flour, tigernut flour, pork rinds, pecan dust | 7 | 9 | 12 | 141 | 6 | 5 | 90 |
| spring mix (2 cup) | 2 | 0 | 3 | 20 | 1 | 0 | 50 |
| Cheddar cheese (1/5 cup) | 2 | 2 | 2 | 22 | 0 | 0 | 7 |
| hard boiled egg (1) | 6 | 5 | 1 | 77 | 0 | 0 | 139 |
| bacon bits (.5tbsp) | 2 | 1 | 0 | 15 | 0 | 0 | 80 |
| tomato (1/5 cup) | 0 | 0 | 1 | 6 | 0 | 1 | 2 |
| cucumber (1/5 cup) | 0 | 0 | 0 | 4 | 0 | 0 | 0 |
| ranch (1.5oz) | 0 | 21 | 3 | 206 | 0 | 2 | 347 |
| peanut oil (.5 tsp) | 0 | 0 | 3 | 20 | 0 | 0 | 0 |
| Total | 44 | 39 | 25 | 620 | 7 | 8 | 778 |
| Double Protein | 69 | 40 | 25 | 729 | 7 | 8 | 841 |

| BEET AND GOAT CHEESE SALAD | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| spring mix (1.5 cups) | 2 | 0 | 3 | 15 | 2 | 0 | 33 |
| kale massaged (1 cup) | 2 | 1 | 7 | 34 | 1 | 0 | 29 |
| grilled chicken breast (3.5oz) | 25 | 1 | 0 | 109 | 0 | 0 | 63 |
| mandarin orange (1 whole) | 1 | 0 | 11 | 35 | 2 | 9 | 0 |
| beets (1/3 cup) | 0 | 0 | 4 | 19 | 1 | 3 | 36 |
| goat cheese (.75 oz) | 4 | 5 | 0 | 57 | 0 | 0 | 78 |
| cucumber (1/5 cup) | 0 | 0 | 0 | 4 | 0 | 0 | 0 |
| balsamic vinegar (1tbsp) | 0 | 0 | 2 | 10 | 0 | 2 | 0 |
| walnuts (1tbsp) | 2 | 5 | 1 | 48 | 1 | 0 | 0 |
| olive oil (.5 tbsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| orange extract | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| honey (.5 tbsp) | 0 | 0 | 9 | 32 | 0 | 9 | 0 |
| Totals | 36 | 14 | 28 | 351 | 7 | 14 | 239 |
| Double Protein | 61 | 15 | 28 | 460 | 7 | 14 | 302 |

| TACO SALAD | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
|-------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|

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|---------------------------------|-----------|-----------|-----------|------------|----------|----------|------------|
| lean ground turkey 93/7 (3.5oz) | 17 | 8 | 0 | 148 | 0 | 0 | 93 |
| spring mix (2 cups) | 2 | 0 | 3 | 20 | 1 | 0 | 50 |
| grilled corn (1/4 cup) | 2 | 2 | 10 | 53 | 1 | 1 | 107 |
| Diced tomato (1/4 cup) | 0 | 0 | 2 | 8 | 1 | 1 | 2 |
| diced jalapeno (1/5 cup) | 0 | 0 | 1 | 6 | 1 | 1 | 3 |
| colby jack cheese (1/4 cup) | 7 | 9 | 1 | 112 | 0 | 0 | 171 |
| pickled red onion (2oz) | 0 | 0 | 2 | 12 | 1 | 1 | 30 |
| chipotles (.5 tsp) | 0 | 0 | 0 | 3 | 0 | 0 | 25 |
| mayo (1tsp) | 0 | 2 | 1 | 28 | 0 | 0 | 33 |
| lime juice (1tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Stevia (1 drop) | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 28 | 21 | 20 | 390 | 5 | 4 | 514 |
| Double Protein | 45 | 29 | 20 | 538 | 5 | 4 | 607 |

| FARLEY'S CHICKEN SALAD | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Chicken (3oz) | 18 | 1 | 0 | 93 | 0 | 0 | 73 |
| mayo (1.5 tbsp) | 0 | 8 | 6 | 90 | 0 | 0 | 158 |
| greek yogurt (1 tbsp) | 1 | 0 | 0 | 9 | 0 | 0 | 8 |
| celery (1/8 cup) | 0 | 0 | 1 | 3 | 1 | 0 | 8 |
| Grapes (3 pc) | 0 | 0 | 3 | 9 | 0 | 2 | 0 |
| pecans (1 tbsp) | 1 | 10 | 2 | 98 | 1 | 1 | 0 |
| spring mix (1 cup) | 1 | 0 | 2 | 10 | 1 | 0 | 50 |
| Totals | 22 | 19 | 13 | 311 | 2 | 3 | 297 |
| Double Protein Tub | | | | | | | |
| Totals | 44 | 38 | 26 | 622 | 5 | 7 | 594 |

| LOADED CAULIFLOWER SOUP | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Totals | 14 | 20 | 10 | 394 | 4 | 0 | 345 |

| TOMATO BASIL SOUP | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Totals | 5 | 16 | 17 | 324 | 1 | 14 | 471 |

HEALTHY (LOW CARB)

| CAPRESE CHICKEN | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Grilled chicken breast (4oz) | 26 | 2 | 0 | 120 | 0 | 0 | 72 |

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|--|-----------|-----------|-----------|------------|-----------|----------|------------|
| grilled asparagus (120g) | 3 | 3 | 5 | 47 | 2 | 2 | 0 |
| Mozzarella cheese (1oz) | 7 | 6 | 1 | 86 | 0 | 0 | 178 |
| cherry tomatoes (9pc) | 1 | 0 | 6 | 28 | 2 | 4 | 9 |
| olive oil (1/2 TBSP) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| semi-dried basil (1 tsp) | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| garlic (1tsp) | 0 | 0 | 1 | 4 | 0 | 0 | 1 |
| balsamic reduction -made with keto maple syrup (.75oz) | 0 | 0 | 12 | 25 | 5 | 0 | 20 |
| salt, pepper, garlic powder, lemon juice | - | - | - | - | - | - | 155 |
| Totals | 38 | 12 | 25 | 332 | 10 | 6 | 435 |
| Double Protein | 64 | 14 | 25 | 452 | 10 | 6 | 507 |

| HIBACHI STEAK FRIED RICE | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Filet Mignon (4.5oz) | 27 | 9 | 0 | 216 | 0 | 0 | 59 |
| zucchini (3/4 cup) | 1 | 0 | 0 | 15 | 1 | 1 | 9 |
| cauliflower rice (1 cup) | 2 | 3 | 5 | 47 | 3 | 2 | 30 |
| egg (1/6) | 1 | 1 | 0 | 12 | 0 | 0 | 12 |
| peas (1/8 cup) | 1 | 0 | 3 | 15 | 1 | 1 | 1 |
| carrots (1/8 cup) | 0 | 0 | 2 | 7 | 0 | 1 | 8 |
| onion (10g) | 0 | 0 | 1 | 4 | 0 | 0 | 1 |
| garlic (.5tsp) | 0 | 0 | 1 | 4 | 0 | 0 | 0 |
| GF Soy Sauce (1 tsp) | 0 | 0 | 0 | 3 | 0 | 0 | 299 |
| sesame seeds (.5 tsp) | 0 | 0 | 0 | 7 | 0 | 0 | 1 |
| scallions (.5 tsp) | 0 | 0 | 0 | 2 | 0 | 0 | 1 |
| olive oil (.5 tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| salt, pepper, garlic powder | | | | | | | 100 |
| Totals | 32 | 13 | 12 | 323 | 5 | 5 | 419 |
| Double Protein | 59 | 22 | 12 | 539 | 5 | 5 | 478 |

| KETO FRIED CHICKEN | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Chicken breast (4oz) | 34 | 9 | 0 | 221 | 0 | 0 | 72 |
| keto fried breading | - | - | - | - | - | - | - |
| pork rinds (5g) | 3 | 2 | 0 | 29 | 0 | 0 | 90 |
| tigernut flour (1tbsp) | 1 | 3 | 8 | 51 | 4 | 4 | 0 |
| Almond flour (1 tbsp) | 2 | 4 | 2 | 45 | 1 | 1 | 0 |
| chickpea flour (1 tsp) | 1 | 0 | 2 | 16 | 1 | 0 | 0 |
| Cauliflower mash (1/2 cup) | 2 | 11 | 7 | 130 | 2 | 2 | 15 |
| butter (1 tsp) | 0 | 3 | 0 | 30 | 0 | 0 | 30 |
| shredded colby jack (5g) | 1 | 2 | 0 | 20 | 0 | 0 | 36 |
| Bacon bits (5g) | 2 | 2 | 0 | 27 | 0 | 0 | 20 |

| | | | | | | | |
|--|-----------|-----------|-----------|------------|-----------|----------|------------|
| scallions (garnish) | 0 | 0 | 0 | 0 | 0 | 0 | 5 |
| green beans (60g) | 1 | 0 | 4 | 22 | 1 | 1 | 4 |
| salt, pepper, paprika, garlic powder, onion powder | - | - | - | - | - | - | 100 |
| Totals | 46 | 35 | 22 | 591 | 10 | 8 | 372 |
| Double Protein | 79 | 44 | 22 | 812 | 10 | 8 | 444 |

| SALMON CAKES | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Salmon (4oz) | 25 | 7 | 0 | 166 | 0 | 0 | 52 |
| Tilapia (.5 oz) | 1 | 0 | 0 | 14 | 0 | 0 | 5 |
| fresh dill (1tsp) | 0 | 0 | 1 | 6 | 0 | 0 | 0 |
| red bell pepper (1tsp) | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| pork rinds (1 tbsp) | 8 | 5 | 0 | 80 | 0 | 0 | 76 |
| egg whites (1/8 cup) | 1 | 0 | 0 | 19 | 0 | 0 | 51 |
| old bay seasoning (1tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 640 |
| garlic powder (1/2 tsp) | 0 | 0 | 1 | 5 | 0 | 0 | 0 |
| lemon juice (1tsp) | 1 | 0 | 1 | 3 | 0 | 0 | 0 |
| broccoli (100g) | 3 | 0 | 7 | 34 | 3 | 2 | 33 |
| Mayo (2tbsp) | 0 | 22 | 0 | 200 | 0 | 0 | 210 |
| McCormics Veg Pinch (1/2 tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 110 |
| Totals | 39 | 34 | 10 | 527 | 3 | 3 | 1177 |
| Double Protein | 63 | 41 | 10 | 693 | 3 | 3 | 1229 |

| TACO TURKEY STUFFED PEPPER | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Ground Turkey (4oz) | 21 | 8 | 0 | 170 | 0 | 0 | 80 |
| Poblano Cream Sauce (1oz) | 1 | 8 | 1 | 100 | 0 | 0 | 48 |
| Shredded Colby Jack Cheese (10g) | 3 | 3 | 1 | 4 | 0 | 0 | 72 |
| Bell Pepper (1/2 - roughly 88g) | 1 | 0 | 5 | 23 | 2 | 4 | 0 |
| Taco Seasoning (1 tsp) | 0 | 0 | 2 | 10 | 1 | 1 | 95 |
| Zucchini (100g) | 1 | 0 | 3 | 13 | 1 | 2 | 10 |
| Red onion (30g) | 0 | 0 | 3 | 12 | 1 | 1 | 1 |
| Bell pepper (20g) | 0 | 0 | 1 | 5 | 1 | 1 | 0 |
| Carrot (20g) | 0 | 0 | 2 | 8 | 1 | 1 | 12 |
| Salt & Pepper | - | - | - | - | - | - | 110 |
| olive oil (1tsp) | 0 | 5 | 0 | 40 | 0 | 0 | 0 |
| Totals | 27 | 24 | 17 | 385 | 6 | 8 | 428 |
| Double Protein | 48 | 32 | 17 | 555 | 6 | 8 | 508 |

| JALAPENO POPPER STUFFED CHICKEN | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|

| | | | | | | | |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Chicken (4.5oz) | 24 | 1 | 0 | 124 | 0 | 0 | 95 |
| Jalapeno (1 tbsp) | 0 | 0 | 1 | 6 | 0 | 0 | 1 |
| Cream Cheese (.75oz) | 2 | 7 | 0 | 75 | 0 | 0 | 68 |
| Cheddar Cheese (.5oz) | 4 | 4 | 0 | 70 | 0 | 0 | 85 |
| GF entertainment cracker (1 cracker) | 0 | 0 | 2 | 13 | 0 | 0 | 32 |
| Cauliflower Rice (1 cup) | 2 | 3 | 5 | 47 | 3 | 2 | 30 |
| Corn (20g) | 1 | 0 | 4 | 17 | 1 | 1 | 3 |
| Black Beans (20g) | 1 | 0 | 3 | 18 | 1 | 0 | 77 |
| Bell Pepper (10g) | 0 | 0 | 1 | 3 | 0 | 0 | 0 |
| Cilantro (5g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| green onion (1tsp) | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Lime Juice (1 tbsp) | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| salt, pepper, garlic powder, paprika, onion powder, cumin | - | - | - | - | - | - | 110 |
| Totals | 34 | 15 | 16 | 375 | 5 | 3 | 501 |
| Double Protein | 58 | 17 | 16 | 499 | 5 | 3 | 596 |
| | | | | | | | |
| | | | | | | | |
| MC FARLEYS BURGER | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| Ground Beef 90/10 (4oz cooked) | 23 | 10 | 0 | 199 | 0 | 0 | 75 |
| High Protein Bun | 20 | 3 | 30 | 140 | 26 | 1 | 400 |
| Lettuce slice (1) | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Tomato (30g) | 0 | 0 | 1 | 5 | 0 | 1 | 0 |
| Pickles (12g) | 0 | 0 | 1 | 4 | 0 | 1 | 268 |
| Onion (30g) | 0 | 0 | 3 | 12 | 1 | 1 | 3 |
| Cheddar (1 slice) | 7 | 9 | 0 | 113 | 0 | 0 | 174 |
| Bacon slice (1.5 slices) | 4 | 5 | 0 | 70 | 0 | 0 | 210 |
| Farley's mac sauce | - | - | - | - | - | - | - |
| mayo (.5 tbsp) | 0 | 3 | 2 | 30 | 0 | 0 | 55 |
| mustard (1tsp) | 0 | 0 | 0 | 3 | 0 | 0 | 55 |
| SF ketchup (1tsp) | 0 | 0 | 1 | 7 | 0 | 1 | 50 |
| relish (.5 tsp) | 0 | 0 | 1 | 5 | 0 | 1 | 40 |
| lemon juice, salt, pepper, worsestershire, garlic powder | - | - | - | - | - | - | 170 |
| Totals | 54 | 30 | 39 | 590 | 27 | 6 | 1500 |
| Double Protein | 77 | 40 | 39 | 789 | 27 | 6 | 1575 |
| | | | | | | | |
| | | | | | | | |
| HAWAIIAN CHICKEN | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| Chicken Thighs (4.5 oz) | 38 | 10 | 0 | 249 | 0 | 0 | 0 |
| Pineapple (1 ring or 35g) | 0 | 0 | 7 | 28 | 0 | 6 | 0 |
| Broccoli(1 cup) | 3 | 0 | 6 | 31 | 2 | 2 | 30 |
| Cauliflower Rice (1 cup) | 2 | 0 | 5 | 30 | 3 | 3 | 19 |

| | | | | | | | |
|---------------------------|-----------|-----------|-----------|------------|----------|-----------|------------|
| soy sauce (1tsp) | 0 | 0 | 0 | 3 | 0 | 0 | 299 |
| coconut milk (.5tbsp) | 0 | 3 | 0 | 25 | 0 | 0 | 1 |
| swerve brown sugar (1tsp) | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| sesame oil (.5 tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| pineapple juice (1tbsp) | 0 | 0 | 2 | 9 | 0 | 2 | 1 |
| minced garlic (1 tsp) | 0 | 0 | 2 | 8 | 0 | 0 | 0 |
| cilantro garnish | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 43 | 15 | 26 | 403 | 5 | 13 | 350 |
| Double Protein | 80 | 25 | 26 | 652 | 5 | 13 | 350 |

| BISON MEATBALLS AND ZOODLES | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|------------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Bison (2oz) | 11 | 9 | 0 | 126 | 0 | 0 | 37 |
| Ground beef 90/10 (2.5oz) | 14 | 7 | 0 | 123 | 0 | 0 | 46 |
| FFK Marinara (1/2 cup) | 3 | 3 | 13 | 90 | 1 | 8 | 350 |
| Basil (1 tbsp) | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Parmesan (1 tbsp) | 2 | 2 | 0 | 24 | 0 | 0 | 76 |
| Zucchini (180g) | 2 | 0 | 6 | 30 | 2 | 3 | 18 |
| GF bread crumbs (1 tbsp) | 1 | 0 | 5 | 29 | 0 | 0 | 38 |
| Egg (1) | 6 | 5 | 0 | 72 | 0 | 0 | 71 |
| Garlic (1tsp) | 0 | 0 | 2 | 8 | 0 | 0 | 0 |
| Totals | 39 | 26 | 26 | 504 | 3 | 11 | 636 |
| Double Protein | 50 | 35 | 26 | 630 | 3 | 11 | 673 |

WHOLESOME (CARBS)

| BAJA SHRIMP TACOS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Grilled shrimp (85g) | 16 | 1 | 1 | 85 | 0 | 0 | 72 |
| GF corn tortillas (2) | 2 | 1 | 21 | 100 | 2 | 2 | 20 |
| Cabbage (15g) | 0 | 0 | 1 | 4 | 0 | 1 | 6 |
| Carrot (5g) | 0 | 0 | 0 | 2 | 0 | 0 | 4 |
| Cilantro (garnish) | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sweet potato (100g) | 2 | 0 | 20 | 86 | 3 | 4 | 55 |
| olive oil (1 tsp) | 0 | 5 | 0 | 40 | 0 | 0 | 0 |
| chipotle Mayo | - | - | - | - | - | - | - |
| Mayo (1 tbsp) | 0 | 5 | 4 | 57 | 0 | 1 | 105 |
| Chipotle puree (1tsp) | 0 | 0 | 0 | 2 | 0 | 0 | 100 |
| lime juice, salt, stevia drop | 0 | 0 | 0 | 0 | 0 | 0 | 110 |
| mango pico (1.5oz) | 0 | 0 | 4 | 17 | 1 | 3 | 30 |

| | | | | | | | |
|--|-----------|-----------|-----------|------------|----------|-----------|------------|
| cumin, chili powder, garlic powder, onion powder | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 20 | 12 | 51 | 393 | 6 | 11 | 502 |
| Double Protein | 36 | 13 | 52 | 478 | 6 | 11 | 574 |

| CHIPOTLE BURGER | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Ground Turkey Lean (5oz raw - 3.5oz cooked) | 23 | 1 | 0 | 106 | 0 | 0 | 80 |
| Pepperjack (1 slice) | 5 | 6 | 0 | 80 | 0 | 0 | 130 |
| jalepenos (20g) | 0 | 0 | 1 | 6 | 1 | 1 | 0 |
| onions sauteed (30g) | 0 | 1 | 3 | 17 | 0 | 1 | 30 |
| Bacon (1oz) | 10 | 12 | 0 | 151 | 0 | 0 | 185 |
| Sweet Fries (1 cup) | 2 | 7 | 16 | 129 | 3 | 6 | 73 |
| chipotle aioli | - | - | - | - | - | - | - |
| Mayo (1 tbsp) | 0 | 5 | 4 | 57 | 0 | 1 | 105 |
| Chipotle puree (1tsp) | 0 | 0 | 0 | 2 | 0 | 0 | 100 |
| lime juice, salt, stevia drop | 0 | 0 | 0 | 0 | 0 | 0 | 110 |
| Arugula (1/2 cup) | 0 | 0 | 1 | 3 | 0 | 0 | 3 |
| Totals | 41 | 24 | 21 | 342 | 3 | 7 | 576 |
| Double Protein | 51 | 35 | 21 | 493 | 3 | 7 | 761 |
| Bun | 20 | 3 | 30 | 140 | 26 | 1 | 400 |
| With Bun | 61 | 27 | 51 | 482 | 29 | 8 | 976 |

| TILAPIA PUTTANESCA | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Tilapia (4.5oz) | 26 | 2 | 0 | 122 | 0 | 0 | 66 |
| tomatoes (1/2 cup) | 1 | 0 | 3 | 16 | 1 | 2 | 4 |
| Olives (5 kalamata) | 0 | 2 | 1 | 23 | 1 | 0 | 217 |
| Herbs - parsley, thyme, basil, oregano | 0 | 0 | 1 | 4 | 0 | 0 | 0 |
| Capers (.5tbsp) | 0 | 0 | 0 | 2 | 0 | 0 | 225 |
| Soybean Pasta (2 oz) | 20 | 4 | 20 | 190 | 13 | 3 | 0 |
| olive oil (.5 tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| garlic (1tsp) | 0 | 0 | 2 | 8 | 0 | 0 | 0 |
| crushed red pepper, salt, garlic powder | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 47 | 10 | 27 | 385 | 15 | 5 | 512 |
| Double Protein | 73 | 12 | 27 | 507 | 15 | 5 | 578 |

| GARLIC BUTTER STEAKHOUSE | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Grilled filet mignon (4.5oz) | 27 | 9 | 0 | 216 | 0 | 0 | 0 |
| Asparagus (130g) | 3 | 1 | 5 | 26 | 3 | 3 | 3 |

| | | | | | | | |
|--|-----------|-----------|-----------|------------|----------|----------|------------|
| Red Potato (100g) | 2 | 0 | 20 | 90 | 2 | 1 | 0 |
| Garlic Butter | - | - | - | - | - | - | - |
| Kerry Gold Butter (1tbsp) | 0 | 11 | 0 | 100 | 0 | 0 | 100 |
| Garlic (2tsp) | 0 | 0 | 4 | 16 | 0 | 0 | 0 |
| shallots (2g minced) | 0 | 0 | 1 | 4 | 0 | 0 | 1 |
| parsley, thyme, basil | 0 | 0 | 1 | 4 | 0 | 0 | 0 |
| garlic powder, salt, pepper, rosemary, granulated garlic, onion powder, worsestershire | | | | | | | 275 |
| Totals | 32 | 21 | 31 | 456 | 5 | 4 | 379 |
| Double Protein | 59 | 30 | 31 | 672 | 5 | 4 | 379 |

| PERUVIAN CHICKEN | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Chicken Thighs (4.5 oz) | 38 | 10 | 0 | 249 | 0 | 0 | 0 |
| Quinoa (3/4 cup cooked) | 6 | 3 | 32 | 172 | 3 | 0 | 236 |
| Creamy Cilantro Sauce | - | - | - | - | - | - | - |
| Mango (1/4 cup) | 0 | 0 | 7 | 27 | 1 | 6 | 1 |
| Pickled Red Onion (2oz) | 0 | 0 | 2 | 12 | 1 | 1 | 30 |
| Cilantro - garnish | - | - | - | - | - | - | - |
| jalapeno (1tsp) | 0 | 0 | 1 | 4 | 0 | 0 | 1 |
| olive oil (1tsp) | 0 | 4 | 0 | 40 | 0 | 0 | 0 |
| greek yogurt (1tsp) | 1 | 0 | 0 | 5 | 0 | 1 | 10 |
| garlic (.5tsp) | 0 | 0 | 1 | 4 | 0 | 0 | 0 |
| mayo (.5tbsp) | 0 | 2 | 2 | 26 | 0 | 1 | 0 |
| green onion, salt, pepper, lime juice, paprika, cumin, oregano, garlic powder | | | | | | | 200 |
| Totals | 45 | 19 | 45 | 539 | 5 | 9 | 478 |
| Double Protein | 83 | 29 | 45 | 788 | 5 | 9 | 478 |

| SALMON LOCO | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Salmon (4.5 oz) | 25 | 7 | 0 | 166 | 0 | 0 | 59 |
| Balackened Seasoning (1tsp) | 0 | 0 | 2 | 10 | 1 | 0 | 250 |
| Tex-mex Succotash | - | - | - | - | - | - | - |
| Black Beans (1/5 cup) | 1 | 0 | 3 | 18 | 1 | 0 | 77 |
| Corn (1/4 cup) | 2 | 2 | 10 | 53 | 1 | 1 | 107 |
| Bell Pepper (25g) | 0 | 0 | 2 | 7 | 1 | 1 | 0 |
| Green Onion (1tsp) | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| Cilantro (5g) | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Basmati Rice (1 cup cooked) | 5 | 4 | 40 | 191 | 1 | 0 | 1 |
| Lime Wedge (10g) | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| salt, pepper, cumin, lime zest, garlic powder, paprika | 0 | 0 | 0 | 0 | 0 | 0 | 100 |
| Totals | 33 | 13 | 57 | 452 | 5 | 2 | 594 |

| | | | | | | | |
|-----------------------|-----------|-----------|-----------|------------|----------|----------|------------|
| Double Protein | 57 | 20 | 57 | 618 | 5 | 2 | 653 |
|-----------------------|-----------|-----------|-----------|------------|----------|----------|------------|

| LEMON PEPPER SALMON | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--------------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Salmon (4.5oz) | 28 | 16 | 0 | 263 | 0 | 0 | 59 |
| Red potatoes (3/4 cup) | 5 | 1 | 28 | 120 | 4 | 2 | 0 |
| Green Beans (3/4 cup) | 1 | 0 | 6 | 26 | 3 | 1 | 3 |
| lemon aioli | - | - | - | - | - | - | - |
| Mayo (1 tbsp) | 0 | 5 | 3 | 57 | 0 | 0 | 105 |
| Dill, lemon juice, salt, water | 0 | 0 | 0 | 0 | 0 | 0 | 100 |
| Olive oil (1 tsp) | 0 | 5 | 0 | 40 | 0 | 0 | 0 |
| Lemon pepper, rosemary, garlic salt, | - | - | - | - | - | - | 250 |
| Totals | 34 | 27 | 37 | 506 | 7 | 3 | 517 |
| Double Protein | 62 | 43 | 37 | 770 | 7 | 3 | 576 |

| BBQ SWEET POTATO BAKER | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Lean Brisket - (4.5oz) | 37 | 12 | 0 | 256 | 0 | 0 | 89 |
| Sweet Potato (1 cup) | 2 | 0 | 27 | 114 | 4 | 6 | 73 |
| Kerry Gold Butter (1tsp) | 0 | 4 | 0 | 35 | 0 | 0 | 30 |
| Sugar Free BBQ Sauce (2tbsp) | 0 | 0 | 2 | 10 | 0 | 0 | 180 |
| Chives (1tsp) | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| Broccoli (1 cup) | 3 | 0 | 6 | 31 | 2 | 2 | 30 |
| olive oil (.5tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| salt, pepper, garlic powder, dash | - | - | - | - | - | - | 200 |
| Totals | 42 | 18 | 35 | 469 | 6 | 8 | 602 |
| Double Protein | 79 | 30 | 35 | 725 | 6 | 8 | 691 |

| CHICKEN FAJITA PLATE | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Chicken (4.5oz) | 24 | 1 | 0 | 124 | 0 | 0 | 95 |
| Bell Pepper (25g) | 0 | 0 | 2 | 7 | 1 | 1 | 0 |
| Onion (25g) | 0 | 0 | 3 | 11 | 0 | 1 | 10 |
| Brown Rice (1/3 cup) | 2 | 1 | 15 | 71 | 1 | 0 | 194 |
| Black Beans (1/2 cup) | 7 | 0 | 21 | 112 | 6 | 0 | 2 |
| Chimichurri | 0 | 5 | 0 | 46 | 0 | 0 | 1 |
| Cilantro & lime wedge Garnish | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Garlic (1 tsp) | 0 | 0 | 1 | 4 | 0 | 0 | 0 |
| Olive oil (1 tsp) | 0 | 5 | 0 | 40 | 0 | 0 | 0 |
| Totals | 34 | 12 | 41 | 414 | 8 | 2 | 302 |
| Double Protein | 58 | 14 | 41 | 538 | 8 | 2 | 397 |

| STEAK FAJITA PLATE | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| filet mignon (4.5oz) | 36 | 11 | 0 | 240 | 0 | 0 | 75 |
| Bell Pepper (25g) | 0 | 0 | 2 | 7 | 1 | 1 | 0 |
| Onion (25g) | 0 | 0 | 3 | 11 | 0 | 1 | 1 |
| Brown Rice (1/3 cup) | 2 | 1 | 15 | 71 | 1 | 0 | 194 |
| Black Beans (1/2 cup) | 7 | 0 | 21 | 112 | 6 | 0 | 2 |
| Chimichurri | 0 | 5 | 0 | 46 | 0 | 0 | 1 |
| Cilantro & lime wedge Garnish | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Garlic (1 tsp) | 0 | 0 | 1 | 5 | 0 | 0 | 0 |
| Olive oil (1 tsp) | 0 | 5 | 0 | 40 | 0 | 0 | 0 |
| Totals | 46 | 22 | 41 | 531 | 8 | 2 | 273 |
| Double Protein | 82 | 33 | 41 | 771 | 8 | 2 | 348 |
| VERDE CHICKEN ENCHILADAS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| Chicken (4oz) | 24 | 1 | 0 | 124 | 0 | 0 | 84 |
| Poblano Cream Sauce (1oz) | 0 | 2 | 0 | 21 | 0 | 0 | 48 |
| Cilantro Lime Pilaf/basmati rice (1cup cooked) | 5 | 4 | 40 | 191 | 1 | 0 | 0 |
| queso fresco (1/4 c) | 12 | 14 | 2 | 160 | 0 | 0 | 440 |
| Cilantro garnish | - | - | - | - | - | - | - |
| black beans (10g) | 2 | 0 | 4 | 24 | 2 | 0 | 50 |
| corn(10g) | 0 | 0 | 2 | 9 | 0 | 0 | 1 |
| corn tortilla (2) | 2 | 1 | 26 | 120 | 4 | 2 | 30 |
| Totals | 45 | 22 | 74 | 649 | 7 | 2 | 653 |
| Double Protein | 69 | 24 | 74 | 773 | 7 | 2 | 737 |
| SWEET TREATS | | | | | | | |
| SMORES COLLAGEN RICE CRISPIES | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| GF Rice Crispies (3/4 cup) | 2 | 1 | 19 | 110 | 1 | 1 | 160 |
| Marshmallows (30g) | 1 | 0 | 20 | 90 | 0 | 7 | 30 |
| kerrygoldbutter (1tsp) | 0 | 3 | 0 | 33 | 0 | 0 | 30 |
| Collagen Peptides Vital Proteins (5g) | 5 | 0 | 0 | 17 | 0 | 0 | 28 |
| pinch of salt, dash of vanilla | 0 | 0 | 1 | 5 | 0 | 0 | 155 |
| Gluten Free Graham Crackers (20g) | 0 | 6 | 20 | 135 | 0 | 6 | 15 |
| Sugar Free Chocolate Chips (14g) | 1 | 4 | 8 | 50 | 5 | 0 | 0 |
| PER SQUARE | | | | | | | |
| Totals | 9 | 14 | 68 | 440 | 6 | 14 | 418 |

| FLOURLESS PEANUT BUTTER BANANA MUFFINS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Peanut Butter (2 tbsp) | 8 | 16 | 6 | 188 | 2 | 3 | 146 |
| 1 egg | 6 | 5 | 0 | 70 | 0 | 0 | 70 |
| 1 banana | 0 | 1 | 31 | 121 | 4 | 17 | 1 |
| maple syrup (1 tbsp) | 0 | 0 | 13 | 52 | 0 | 12 | 0 |
| baking powder (1 tsp) | 0 | 0 | 2 | 5 | 1 | 0 | 400 |
| vanilla extract and pinch salt | - | - | - | - | - | - | 155 |
| Totals | 14 | 22 | 52 | 436 | 7 | 32 | 772 |

| DATE + NUT ENERGY BITES | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Dates (1/3 cup) | 1 | 0 | 41 | 160 | 4 | 35 | 0 |
| Toasted Almonds (1/4 cup) | 4 | 11 | 4 | 160 | 4 | 0 | 0 |
| Chia Seeds (1tbsp) | 6 | 7 | 10 | 130 | 10 | 0 | 0 |
| Vanilla (1tsp) | 0 | 0 | 0 | 12 | 0 | 0 | 0 |
| toasted walnuts (1/5 cup) | 6 | 15 | 3 | 144 | 3 | 0 | 0 |
| Cinnamon (.5 tsp) | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| salt pinch | - | - | - | - | - | - | 110 |
| Totals / divided by 4 is each serving | 17 | 33 | 58 | 609 | 21 | 35 | 110 |

| OREO CHEESECAKE CUP | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| almond flour (1tbsp) | 2 | 4 | 2 | 40 | 1 | 1 | 0 |
| cookies n' cream protein powder (1/5 scoop) | 5 | 0 | 0 | 24 | 0 | 0 | 26 |
| GF oreos (2 cookies) | 1 | 5 | 7 | 106 | 0 | 9 | 87 |
| Cream cheese (1.5 oz) | 2 | 10 | 2 | 100 | 0 | 1 | 126 |
| cottage cheese (100g) | 12 | 5 | 4 | 85 | 0 | 0 | 300 |
| almond milk (1/4 cup) | 0 | 1 | 0 | 10 | 0 | 0 | 43 |
| swerve powdered sugar (.5 tbsp) | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| vanilla extract (2 drop) | 0 | 0 | 0 | 6 | 0 | 0 | 0 |
| Totals | 22 | 24 | 15 | 371 | 1 | 11 | 582 |

| DONUT OF THE WEEK | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Coconut oil (10g) | 0 | 10 | 0 | 89 | 0 | 0 | 0 |
| Almond flour (22g) | 5 | 11 | 4 | 127 | 3 | 1 | 0 |
| monkfruit powdered sugar (2 tbsp) | 0 | 0 | 15 | 0 | 0 | 0 | 0 |
| Salt (1/10 tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 233 |

| | | | | | | | |
|-----------------------------------|-----------|-----------|-----------|------------|----------|----------|-------------|
| eggs (1 large) | 6 | 5 | 0 | 74 | 0 | 0 | 70 |
| Vanilla (1/10 tsp) | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| baking soda (1 tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 1280 |
| Vanilla Protein Powder (1/2scoop) | 10 | 0 | 0 | 40 | 0 | 0 | 44 |
| Totals | 21 | 26 | 19 | 331 | 3 | 1 | 1627 |

FARLEYS FIT KIDS

| CHICKEN NUGGETS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Organic Grain Free Chicken Nuggets (4-5pc) | 15 | 8 | 9 | 170 | 0 | 0 | 450 |
| Sweet Potato Fries (3/4 cups) | 2 | 2 | 24 | 114 | 4 | 9 | 55 |
| Sugar Free BBQ Sauce (2 Tbsp) | 0 | 0 | 2 | 10 | 0 | 0 | 180 |
| Totals | 17 | 10 | 35 | 294 | 4 | 9 | 685 |

| PB+J BOX | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| GF Bread - white (1 slice) | 1 | 2 | 16 | 80 | 2 | 2 | 110 |
| Peanut Butter (1 tbsp) | 4 | 8 | 3 | 94 | 1 | 2 | 73 |
| Grape Jam (1 tbsp) | 0 | 0 | 13 | 50 | 0 | 13 | 10 |
| GF Pretzels (9 pc) | 0 | 1 | 8 | 40 | 1 | 0 | 163 |
| Baby Carrots (7 pc) | 0 | 0 | 6 | 25 | 2 | 4 | 45 |
| Totals | 5 | 11 | 46 | 289 | 6 | 21 | 356 |

| | 8 | 4 | 1 | 85 | 0 | 0 | 210 |
|-------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| PEP + CHEESE LUNCHABLE | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| GF Pizza Crust (3/4 sheet) | 2 | 7 | 49 | 270 | 1 | 5 | 610 |
| FFK Marinara (1.75oz) | 4 | 4 | 56 | 266 | 9 | 21 | 128 |
| Turkey Pepperoni (6 slices) | 7 | 12 | 2 | 154 | 0 | 0 | 143 |
| Mozzerella Cheese (1/3 cup) | 11 | 5 | 1 | 64 | 0 | 0 | 158 |
| Totals | 24 | 28 | 108 | 754 | 10 | 26 | 1039 |

| CHOCOLATE CHIP PANCAKE STICKS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--------------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| almond flour (2 tbsp) | 4 | 8 | 4 | 100 | 2 | 2 | 0 |
| coconut flour (2 tbsp) | 2 | 2 | 8 | 60 | 6 | 1 | 30 |
| gluten-free flour (1tbsp) | 0 | 0 | 6 | 30 | 1 | 0 | 0 |
| protein powder (.5 scoop) | 10 | 0 | 0 | 40 | 0 | 0 | 44 |
| baking powder (.5tsp) | 0 | 0 | 0 | 0 | 0 | 0 | 260 |
| Egg (1) | 6 | 4 | 0 | 60 | 0 | 0 | 65 |

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|---------------------------------|-----------|-----------|-----------|------------|-----------|----------|------------|
| egg whites (2 tbsp raw) | 3 | 0 | 0 | 13 | 0 | 0 | 50 |
| dark chocolate chips SF (1tbsp) | 1 | 5 | 8 | 50 | 2 | 0 | 0 |
| sugar-free maple syrup (1.5 oz) | 0 | 0 | 5 | 8 | 0 | 3 | 83 |
| Totals | 26 | 19 | 31 | 361 | 11 | 6 | 399 |

BULK

| ROASTED SWEET POTATOES | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Roasted sweet potato (1 cup) | 2 | 2 | 32 | 152 | 5 | 12 | 73 |
| olive oil (1/4 tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| salt | - | - | - | - | - | - | 100 |
| Totals | 2 | 4 | 32 | 172 | 5 | 12 | 173 |

| STEAMED GREEN BEANS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Green beans (1 cup) Steamed | 2 | 0 | 7 | 34 | 4 | 2 | 4 |
| Olive oil (1/4 tsp) | 1 | 1 | 0 | 10 | 0 | 0 | 0 |
| salt, pepper, garlic, dash | - | - | - | - | - | - | 110 |
| Totals | 3 | 1 | 7 | 44 | 4 | 2 | 114 |

| STEAMED BROCCOLI | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| broccoli (1 cup) | 3 | 0 | 6 | 31 | 2 | 2 | 30 |
| olive oil (1/4 tsp) | 1 | 1 | 0 | 10 | 0 | 0 | 0 |
| salt, pepper, garlic, dash | - | - | - | - | - | - | 110 |
| Totals | 4 | 1 | 6 | 41 | 2 | 2 | 140 |

| BASMATI RICE | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Steamed basmati rice (1 cup) cooked | 5 | 4 | 40 | 191 | 1 | 0 | 1 |
| salt | - | - | - | - | - | - | 100 |
| Totals | 5 | 4 | 40 | 191 | 1 | 0 | 101 |

| BROWN RICE | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Steamed brown rice (1 cup) cooked | 5 | 2 | 45 | 215 | 4 | 1 | 1 |
| salt | - | - | - | - | - | - | 100 |
| Totals | 5 | 2 | 45 | 215 | 4 | 1 | 101 |

| GRILLED ASPARAGUS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Grilled Asparagus (1 cup) | 2 | 4 | 5 | 60 | 2 | 2 | 0 |

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|---------------------|----------|----------|----------|-----------|----------|----------|------------|
| olive oil (1/4 tsp) | 1 | 1 | 0 | 10 | 0 | 0 | 0 |
| Garlic | - | - | - | - | - | - | - |
| salt | - | - | - | - | - | - | 110 |
| Totals | 3 | 5 | 5 | 70 | 2 | 2 | 110 |

| BLACK CHARRO BEANS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Black beans (3/4 cup) | 27 | 0 | 70 | 210 | 45 | 3 | 3 |
| Onion (10g) | 0 | 0 | 1 | 4 | 0 | 0 | 0 |
| red bell pepper (10g) | 0 | 0 | 1 | 2 | 0 | 0 | 0 |
| tomato diced (5g) | 0 | 0 | 2 | 1 | 0 | 0 | 0 |
| Bay leaf, cumin, cilantro, garlic, salt, pepper, paprika | - | - | - | - | - | - | 110 |
| Totals | 27 | 0 | 74 | 217 | 45 | 4 | 113 |

| GRILLED VEGGIES | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--------------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Zucchini/Squash (1/2 cup) | 0 | 0 | 0 | 10 | 0 | 0 | 5 |
| red onion (30g) | 0 | 0 | 3 | 12 | 1 | 1 | 1 |
| carrot (20g) | 0 | 0 | 2 | 8 | 1 | 1 | 12 |
| bell pepper (20g) | 0 | 0 | 1 | 5 | 1 | 1 | 0 |
| olive oil (.5 tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| salt, pepper, paprika, garlic powder | - | - | - | - | - | - | 110 |
| Totals | 0 | 2 | 6 | 55 | 2 | 3 | 128 |

| MASHED CAULIFLOWER | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Cauliflower (3/4 cup) | 2 | 0 | 4 | 19 | 2 | 2 | 23 |
| kerrygold butter (1/2 tsp) | 0 | 2 | 0 | 17 | 0 | 0 | 15 |
| salt | - | - | - | - | - | - | 110 |
| Totals | 2 | 2 | 4 | 36 | 2 | 2 | 148 |

| CAULIFLOWER RICE | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Cauliflower (1 cup) | 2 | 3 | 5 | 47 | 3 | 2 | 30 |
| Totals | 2 | 3 | 5 | 47 | 3 | 2 | 30 |

| Quinoa | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Quinoa (1 cup cooked) | 8 | 4 | 42 | 229 | 4 | 0 | 314 |
| olive oil (.5 tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| salt, pepper, garlic powder, onion powder | - | - | - | - | - | - | 100 |
| Totals | 8 | 6 | 42 | 249 | 4 | 0 | 414 |

| ROASTED RED POTATOES | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| RED POTATOES (1 Cup) | 3 | 0 | 24 | 108 | 3 | 2 | 9 |

| | | | | | | | |
|------------------------------|----------|----------|-----------|------------|----------|----------|------------|
| rosemary | - | - | - | - | - | - | - |
| Salt & Pepper, garlic powder | - | - | - | - | - | - | 110 |
| olive oil (1/2 tsp) | 0 | 1 | 0 | 10 | 0 | 0 | 0 |
| Totals | 3 | 1 | 24 | 118 | 3 | 2 | 119 |

| GRILLED CHICKEN BREAST | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Chicken breast (4.5oz) | 26 | 2 | 0 | 120 | 0 | 0 | 95 |
| olive oil (.5tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| salt, pepper, garlic, worcestershire, lemon juice | - | - | - | - | - | - | 170 |
| Totals | 26 | 4 | 0 | 140 | 0 | 0 | 265 |

| OVEN ROASTED SALMON | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Salmon (4.5 oz) | 25 | 7 | 0 | 166 | 0 | 0 | 59 |
| salt, garlic powder | - | - | - | - | - | - | 110 |
| Totals | 25 | 7 | 0 | 166 | 0 | 0 | 169 |

| GROUND TURKEY 93/7 | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| Ground Turkey 93/7 (4 oz) | 21 | 8 | 0 | 170 | 0 | 0 | 0 |
| garlic powder, salt, pepper | - | - | - | - | - | - | 110 |
| Totals | 21 | 8 | 0 | 170 | 0 | 0 | 110 |

| GROUND BEEF 90/10 | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| ground beef 90/10 (4.5oz) | 34 | 15 | 0 | 277 | 0 | 0 | 75 |
| salt, pepper, garlic powder | - | - | - | - | - | - | - |
| Totals | 34 | 15 | 0 | 277 | 0 | 0 | 75 |

| BAKED TILAPIA | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|-----------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| tilapia (4oz) | 23 | 2 | 0 | 108 | 0 | 0 | 59 |
| Olive oil (.5tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| Salt, pepper, paprika | - | - | - | - | - | - | 110 |
| Totals | 23 | 4 | 0 | 128 | 0 | 0 | 59 |

| PERUVIAN CHICKEN THIGHS | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
|--------------------------------|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| chicken thighs (4oz) | 34 | 9 | 0 | 221 | 0 | 0 | 0 |
| soy sauce GF (.5 tsp) | 0 | 0 | 0 | 2 | 0 | 0 | 150 |
| garlic clove (.5tsp) | - | - | - | - | - | - | - |

| | | | | | | | |
|---|----------------|------------|--------------|-----------------|--------------|--------------|---------------|
| olive oil (.5tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| cumin, paprika, oregano, black pepper, salt, lime juice | - | - | - | - | - | - | 110 |
| Totals | 34 | 11 | 0 | 243 | 0 | 0 | 260 |
| | | | | | | | |
| KETO FRIED CHICKEN | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| chicken breast (4oz) | 26 | 2 | 0 | 120 | 0 | 0 | 72 |
| Almond flour (1 tbsp) | 2 | 4 | 2 | 50 | 1 | 1 | 0 |
| pecan dust | 1 | 7 | 1 | 35 | 1 | 0 | 0 |
| tigernut flour (.5 tbsp) | 0 | 2 | 4 | 25 | 2 | 2 | 0 |
| pork rinds (5g) | 3 | 2 | 0 | 29 | 0 | 0 | 90 |
| egg whites (2 Tbsp) | 3 | 0 | 0 | 13 | 0 | 0 | 50 |
| olive oil (.5 tsp) | 0 | 2 | 0 | 20 | 0 | 0 | 0 |
| Totals | 35 | 18 | 7 | 292 | 4 | 3 | 212 |
| | | | | | | | |
| TACO TURKEY | Protein | Fat | Carbs | Calories | Fiber | Sugar | Sodium |
| ground turkey 93/7 (4oz) | 21 | 8 | 0 | 170 | 0 | 0 | 0 |
| salt, pepper, paprika, garlic chili powder, cumin, onion, seasoned salt | - | - | - | - | - | - | 170 |
| Totals | 21 | 8 | 0 | 170 | 0 | 0 | 170 |