

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
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
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
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
	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
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
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
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

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	12	24	21	342	3	7	576
Double Protein	23	35	21	493	3	7	761
Bun	20	3	30	140	26	1	400
With Bun	32	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
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
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