

NUTRITIONAL FACTS

Protein Options

With the Regular **4oz** Menu portions you have the choice of:

Carbohydrate	Calories	Protein	Fat
CHICKEN BREAST	147	30	3
CHICKEN THIGH	150	24	6
GROUND CHICKEN BREAST	135	27	4.5
GROUND TURKEY BREAST	125	27	2
EXTRA LEAN GROUND BEEF	167	26	7
TILAPIA	131	26	3
SALMON	195	24	11

With the Regular **6oz** Menu portions you have the choice of:

Carbohydrate	Calories	Protein	Fat
CHICKEN BREAST	220	45	4.5
CHICKEN THIGH	150	36	10
GROUND CHICKEN BREAST	220	40	6.5
GROUND TURKEY BREAST	190	40	3
EXTRA LEAN GROUND BEEF	251	39	10.5
TILAPIA	192	39	4
SALMON	288	36	16

CARB OPTIONS

With the Regular **4oz** Menu portions you have the choice of:

Carbohydrate	Calories	Protein	Carbs	Fat
BROWN RICE 1/2 CUP	110	3	23	1
QUINOA 1/2 CUP	115	8	20	2
LITTLE GEM POTATO 4 OZ	85	2	18	2
COCONUT JASMINE RICE 1/2 CUP	100	3	20	3
COCONUT SWEET POTATO 4 OZ	110	2	23	3

With the Regular **6oz** Menu portions you have the choice of:

Carbohydrate	Calories	Protein	Carbs	Fat
BROWN RICE 1 CUP	220	5	46	2
QUINOA 1 CUP	230	16	40	4
LITTLE GEM POTATO 6 OZ	120	3	27	2
COCONUT JASMINE RICE 1 CUP	190	5	40	3
COCONUT SWEET POTATO 6 OZ	160	3	35	3

You will be able to select your details when you select your meal package.

SIDE OPTIONS

With the Build Your Own Menu portions you have the choice of:

Vegetable	Calories	Protein	Carbs	Fat
ASPARAGUS	28	2	6	0
GREEN BEANS	24	1	5	0
MIXED VEGETABLE	24	1	5	0
STIR FRY VEGETABLE	24	1	5	0
BROCCOLI	24	1	5	0