

COMPLETE MEALS

	Serving Size	Cal	Cal from Fat	Fat	Saturated	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Ahi Tuna	12	350	60	7	1	0	80	90	23	5	2	48
Adobe Flank Steak	12.75	580	120	13	5	0	65	540	63	16	2	50
BBQ Chicken Breast	14.5	400	45	5	1.5	0	110	570	43	7	21	44
Blackened Chicken Breast	12	350	50	6	1.5	0	105	190	29	4	2	43
Blackened Salmon	13	400	160	18	3.5	0	90	210	25	5	8	36
Cajun Shrimp	11	320	40	5	0	0	125	330	44	2	2	23
Chicken Creole	9	320	30	3.5	1	0	75	600	34	4	2	35
Chicken Piccata	10	350	35	4	1	0	85	380	36	1	2	35
Cod over Black Rice	6	160	15	1.5	0	0	30	45	22	2	1	16
Dill Salmon	14.5	660	410	46	22	0	160	380	30	7	8	33
Fajita												
Chicken	12.5	420	40	5	1.5	0	110	180	46	1	5	45
Steak	13	510	120	14	5	0	105	170	46	1	5	47
Ginger Teriyaki Chicken	12.5	630	60	7	1.5	0	140	3460	78	5	23	57
Grilled Chicken Breast	12.5	360	50	6	1.5	0	110	110	31	4	1	45
Gilled Flank Steak	13	500	80	10	4	0	60	125	57	11	3	47
Lemon Pepper Salmon	13.2	450	150	17	3.5	0	80	1820	40	4	2	35
Midwestern Medallions	12	420	50	6	2	0	65	520	60	12	5	33
Orange Roughy	12.5	250	15	1.5	0	0	100	135	14	5	8	33
Pork Loin	12.5	520	140	16	7	0	110	330	50	12	2	44
Orange Roughy w Mango	12.5	310	35	3.5	0	0	100	110	35	5	8	35
Sirloin Patty	11.5	390	100	11	4.5	0	95	390	31	3	1	41
Sirloin Steak w Mashed SP	12.6	480	80	9	3.5	0	85	120	49	14	8	48
Sweet Lime Chicken	12.5	390	50	5	1.5	0	100	840	41	4	6	43
Sweet Sriracha Tilapia	13.2	470	60	7	3.5	0	75	1730	42	2	3	40
Teriyaki Chicken Breast	13.5	450	45	5	1.5	0	110	870	53	4	9	47
Turkey Meatballs	12	420	120	14	3.5	0	105	530	35	6	4	38

