

## SALADS

	Serving Size	Cal	Cal from fat	Fat	Saturated	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Blackened Shrimp Salad	10	310	100	12	2	0	125	560	31	2	25	18
Chicken Caesar Salad	10	430	230	26	6	0	115	800	7	2	3	40
Grilled Chicken Salad	12.5	520	210	23	7	0	315	700	26	2	18	49

*-serving size in ounces*

## INDIVIDUAL

6 oz pre cooked												
Chicken Breast	4.5	210	40	4.5	1.5	0	110	95	0	0	0	40
Salmon	5	290	150	18	3.5	0	90	85	0	0	0	31
Flank Steak	5	270	100	12	5	0	65	80	0	0	0	39
Tilapia	4	150	25	3	1	0	65	65	0	0	0	30
Cod	4	120	0	0	0	0	60	90	0	0	0	26

*-serving size are post cooked weight*

SNACKS												
Peanut Butter Balls												

