

	Plan	Size	Meal				Sauce				Total (Meal + Sauce)			
			Calories	Protein (g)	Carb (g)	Fat (g)	Calories	Protein (g)	Carb (g)	Fat (g)	Calories	Protein (g)	Carb (g)	Fat (g)
Chicken Chopped Salad	Balance	Small	326	24	32	11	39	0	8	0	365	24	40	11
		Standard	466	34	46	16	39	0	8	0	505	34	54	16
		XL	606	45	60	20	78	0	16	0	684	45	76	20
		Family	1864	137	184	62	157	0	32	0	2021	137	216	62
Turkey Kheema	Balance	Small	351	27	35	11					351	27	35	11
		Standard	502	39	50	16					502	39	50	16
		XL	652	50	64	20					652	50	64	20
		Family	2007	154	198	63					2007	154	198	63
Bolognese Ragout	Balance	Small	373	26	41	12					373	26	41	12
		Standard	533	37	58	18					533	37	58	18
		XL	693	48	76	23					693	48	76	23
		Family	2133	149	233	71					2133	149	233	71
Chicken & Brat Bowl	Balance	Small	372	27	33	15	39	0	8	0	412	27	41	15
		Standard	532	38	47	21	39	0	8	0	571	38	55	21
		XL	692	50	62	27	78	0	16	0	770	50	78	27
		Family	2128	153	190	85	157	0	32	0	2285	153	222	85
Herb Pork Tenderloin w/Blueberry Compote	Balance	Small	316	29	28	9	63	1	15	1	379	30	43	10
		Standard	451	41	40	13	63	1	15	1	514	42	55	14
		XL	586	54	52	17	126	2	30	2	712	56	82	19
		Family	1804	165	161	53	252	4	60	4	2056	169	221	57
Chicken & Fries	Balance	Small	338	27	28	12	34	1	8	0	372	28	36	12
		Standard	483	39	40	18	34	1	8	0	517	40	48	18
		XL	628	51	52	23	68	2	16	0	696	53	68	23
		Family	1931	156	160	71	136	4	32	0	2067	160	192	71

Curried Chicken Salad	Balance	Small	329	28	31	10	39	0	8	0	369	28	39	10
		Standard	471	40	44	14	39	0	8	0	510	40	52	14
		XL	612	52	58	19	78	0	16	0	690	52	74	19
		Family	1883	160	177	57	157	0	32	0	2040	160	210	57
New England Turkey Chowder	Balance	Small	384	22	44	15					384	22	44	15
		Standard	549	32	64	21					549	32	64	21
		XL	713	42	83	27					713	42	83	27
		Family	2195	128	254	84					2195	128	254	84
Moroccan Chicken	Balance	Small	330	27	23	13	39	0	8	0	370	27	31	13
		Standard	472	39	33	18	39	0	8	0	511	39	41	18
		XL	614	51	43	23	78	0	16	0	692	51	59	23
		Family	1888	156	132	72	157	0	32	0	2045	156	164	72
Shrimp & Chicken Puttanesca	Balance	Small	366	27	45	10					366	27	45	10
		Standard	522	39	64	14					522	39	64	14
		XL	679	50	83	18					679	50	83	18
		Family	2089	154	255	55					2089	154	255	55