

	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	Keto	Small	240	20	7	12	179	0	8	17	419	20	15	29
		Standard	343	29	10	18	179	0	8	17	522	29	18	35
		XL	446	38	13	23	358	0	16	34	804	38	29	57
		Family	1371	117	40	70	716	0	32	68	2087	117	72	138
Turkey Kheema	Keto	Small	257	23	5	15	181	0	1	20	439	23	6	35
		Standard	368	34	8	22	181	0	1	20	549	34	9	42
		XL	478	44	10	29	363	0	1	40	841	44	12	69
		Family	1471	134	31	88	725	0	3	80	2197	134	34	168
Bolognese Ragout	Keto	Small	230	26	7	12	195	1	1	21	425	26	8	33
		Standard	329	36	9	17	195	1	1	21	524	37	11	38
		XL	428	47	12	21	389	1	3	43	817	49	15	64
		Family	1317	146	38	66	779	3	5	85	2095	148	43	151
Chicken & Brat Bowl	Keto	Small	344	22	9	25	39	0	8	0	384	22	17	25
		Standard	492	31	13	35	39	0	8	0	531	31	21	35
		XL	640	41	17	46	78	0	16	0	718	41	33	46
		Family	1968	125	52	140	157	0	32	0	2125	125	84	140
Herb Pork Tenderloin w/Blueberry Compote	Keto	Small	203	23	8	9	272	0	1	30	475	23	9	39
		Standard	290	33	12	13	272	0	1	30	562	33	13	43
		XL	377	43	16	17	544	0	2	60	921	43	18	77
		Family	1160	132	48	52	1088	0	4	120	2248	132	52	172
Chicken & Fries	Keto	Small	251	25	11	12	193	1	1	22	444	26	12	34
		Standard	359	36	16	17	193	1	1	22	551	37	17	39
		XL	466	47	21	22	385	1	1	44	851	48	22	66
		Family	1434	144	64	68	771	3	3	88	2205	147	67	156

Curried Chicken Salad	Keto	Small	229	25	12	8	272	0	1	30	501	25	13	38
		Standard	327	36	17	12	272	0	1	30	599	36	18	42
		XL	425	47	22	16	544	0	2	60	969	47	24	76
		Family	1308	144	68	48	1088	0	4	120	2396	144	72	168
New England Turkey Chowder	Keto	Small	403	25	15	28					403	25	15	28
		Standard	576	35	22	40					576	35	22	40
		XL	748	46	28	52					748	46	28	52
		Family	2302	140	86	160					2302	140	86	160
Moroccan Chicken	Keto	Small	287	19	7	18	155	1	8	14	442	20	15	32
		Standard	410	27	10	26	155	1	8	14	565	28	18	40
		XL	533	35	13	34	310	2	16	28	843	37	29	62
		Family	1640	108	40	104	620	4	32	56	2260	112	72	160
Shrimp & Chicken Puttanesca	Keto	Small	227	27	11	9	192	6	3	18	419	33	14	27
		Standard	324	39	16	13	192	6	3	18	516	45	19	31
		XL	422	50	21	16	384	12	6	36	806	62	27	52
		Family	1297	155	64	50	768	24	12	72	2065	179	76	122