

	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 Bacon Ranch Frittata	Paleo	Standard	622	32	17	49	272	0	1	30	894	32	18	79
Chicken Chopped Salad	Paleo	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	Paleo	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	Paleo	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	Paleo	Small	353	26	18	19	39	0	8	0	392	26	26	19
		Standard	504	37	26	27	39	0	8	0	543	37	34	27
		XL	655	48	33	34	78	0	16	0	733	48	49	34
		Family	2015	148	102	106	157	0	32	0	2172	148	134	106
Herb Pork Tenderloin w/Blueberry Compote	Paleo	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	Paleo	Small	331	27	21	15	34	1	8	0	365	28	29	15
		Standard	473	38	30	22	34	1	8	0	507	39	38	22
		XL	615	50	38	28	68	2	16	0	683	52	54	28
		Family	1893	153	118	86	136	4	32	0	2029	157	150	86

BBQ Pork Scramble	Paleo	Standard	513	21	24	38					513	21	24	38
Curried Chicken Salad	Paleo	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	Paleo	Small	367	21	19	24					367	21	19	24
		Standard	525	30	28	34					525	30	28	34
		XL	682	39	36	44					682	39	36	44
		Family	2098	120	110	136					2098	120	110	136
Moroccan Chicken	Paleo	Small	330	20	14	20	39	0	8	0	369	20	22	20
		Standard	472	28	20	28	39	0	8	0	511	28	28	28
		XL	613	36	26	36	78	0	16	0	691	36	42	36
		Family	1886	112	80	112	157	0	32	0	2043	112	112	112
Shrimp & Chicken Puttanesca	Paleo	Small	366	25	24	18					366	25	24	18
		Standard	523	36	34	26					523	36	34	26
		XL	680	46	44	34					680	46	44	34
		Family	2092	142	136	104					2092	142	136	104