

Protein

Item	Collection	Measurement	kCal	Fat	Carbohydrates	Protein	Fibre	Sodium	Cholesterol
Greek Ground Pork	Weight Loss	113g	297kcal	19g	0g	29g	0g	82g	105mg
	Keto	198g	479kcal	46g	0g	37g	0g	105mg	136mg
	Everyday	142g	422kcal	25g	0g	36g	0g	104mg	133mg
Beef Sausage	Weight Loss								
	Keto	198g	623kcal	55g	3g	27g	0g	2056mg	129mg
	Everyday	142g	443kcal	38g	3g	20g	0g	1206mg	95mg
Ground Turkey / Meatball	Weight Loss	113g	234kcal	13g	0g	29g	0g	103mg	120mg
	Keto	198g	347kcal	31g	3g	36g	0g	364mg	185mg
	Everyday	142g	290kcal	16g	0g	36g	0g	127mg	148mg
Ground Chicken	Weight Loss	113g	214kcal	12g	0g	26g	0g	85mg	121mg
	Keto	198g	364kcal	26g	3g	37g	0g	386mg	163mg
	Everyday	142g	268kcal	16g	0g	33g	0g	107mg	152mg
BBQ Pulled Pork	Weight Loss	113g	260kcal	15g	0g	29g	0g	185mg	102mg
	Keto	198g	455kcal	30g	0g	50g	0g	208mg	178mg
	Everyday	142g	327kcal	19g	0g	36g	0g	197mg	128mg
Lean Ground Beef	Weight Loss	113g	199kcal	11g	0g	23g	0g	75mg	73mg
	Keto	198g	357kcal	22g	2g	36g	0g	308mg	117mg
	Everyday	142g	250kcal	14g	0g	28g	0g	94mg	92mg
Greek Chicken Breast	Weight Loss	113g	208kcal	8g	0g	31g	0g	170mg	85mg
	Keto	198g	350kcal	31g	1g	48g	0g	228mg	143mg
	Everyday	142g	261kcal	11g	0g	39g	0g	188mg	107mg
Tilapia	Weight Loss	113g	131kcal	5g	10g	12g	2g	139mg	21mg
	Keto	198g	220kcal	9g	15g	20g	3g	165mg	35mg
	Everyday	142g	164kcal	7g	12g	15g	2g	149mg	29mg