



MEAL PREP NUTRITIONAL INFO

VEGGIES & CARBS

	CALORIES	FAT	CARBS	PROTEIN
Sautéed mushrooms 2oz	25	1g	5g	1g
Brussel Sprouts 2oz	16	0g	4g	1.5g
Grilled Zucchini 2oz	10	1g	2g	1g
Fire Roasted Corn	49	0.7g	10.8g	1.8g
Grilled Tomato 2oz	11	0.13g	2.6g	1.2g
Grilled Onion 2oz	23	0.1g	5.3g	0.7g
Organic Cauliflower Rice 8oz	50	0g	10.5g	4g
Basamati rice 8oz	200	2g	44g	5g

1 OZ PROTEIN

	CALORIES	FAT	CARBS	PROTEIN
Chicken Kabob	43	1g	5g	6.5g
Ground Sirloin	48	2.4g	0g	6g
Filet Mignon	48	1.8g	0g	6.4g
Carnitas	43	3.1g	.5g	5.6g
Lamb Gyro	53	2.8g	3.2g	3.4g
Salmon	58	3.6g	0g	6.2g
Mahi-Mahi	31	.3g	0g	6.8g
Baramundi	50	1.6g	.8g	6.4g
Grilled Shrimp	34	.6g	.5g	6.4g

Signature Meal Preps

Choice of 5 oz protein, 8oz Basamati rice or 8oz organic cauliflower rice, 2oz sautéed mushrooms and 2oz zucchini

ITEM	CALORIES	FAT	CARBS	PROTEIN
5 oz Chicken meal prep	450	9g	76g	39g
5 oz Chicken meal prep w/ cauli rice	300	7g	42.5g	38g
5 oz Salmon meal prep	527	22g	51g	38g
5 oz Salmon meal prep w/ cauli rice	377	20g	17.5g	37g
5 oz Baramundi meal prep	485	12g	55g	40g
5 oz Baramundi w/ cauli rice	335	10g	21.5g	39g

F.O.B provides approximate nutritional information for convenience and as a courtesy only.