



Meal Calorie Counts

Chicken Shawarma Bowl = 445 (rice) 48.1 protein 22.8 carb 15.3 fat

5.oz Grilled Chicken = 234 44 protein 0 Carb 5.1 fat

1/4 Cup Brown Rice = 54 1 protein 11 carb 0 fat

5 Katamala Olives = 45 0 protein 2 carbs 4 fat

2 tbs hummus = 70-80 2 protein 4 carb 6 fat

Tomato = 22 (est) 1.1 protein 4.8 carb .2 fat

Roasted Red Pepper = 15 0 protein 1 carb 0 fat

Sriracha Bowl = 670 59.1 protein 35 carb 34.2 fat

5.oz Grilled Chicken = 234 44 protein 0 Carb 5.1 fat

Almond Peanut sauce = 170 6 protein 6 carb 15 fat

4 ounce Sweet Potato Noodle = 98 1.8 protein 22.8 carb .1 fat

1/4 Cup Red Cabbage = 7 .3 protein 1.6 carb 0 fat

1 ounce peanuts = 161 7 protein 4.6 carb 14 fat

Black Bean Spicy Mango = 460 51.8 protein 47.3 carb 5.4 fat

5.oz Grilled Chicken = 234 44 protein 0 Carb 5.1 fat

1/4 Cup Black Beans = 55 3.5 protein 9.5 carb 0 fat

1/4 Cup Brown Rice = 54 1 protein 11 carb 0 fat

1/2 Cup Bussell Sprouts = 19 1.5 protein 4 carb .2 fat

4 ounce Sweet Potato = 98 1.8 protein 22.8 carb .1 fat

LoCal Bowl = 535 (475 w/o rasp chipotle) 52.8 protein 65.6 carb (50.6 w/o rasp chipotle) 5.7 fat

5.oz Grilled Chicken = 234 44 protein 0 Carb 5.1 fat
1/4 Cup Black Beans = 55 3.5 protein 9.5 carb 0 fat
4 ounce Sweet Potato = 98 1.8 protein 22.8 carb .1 fat
1/4 Cup Brown Rice = 54 1 protein 11 carb 0 fat
2 Tbs Raspberry Chipotle = 60 0 protein 15 carb 0 fat
1/2 Cup Cooked Kale = 34 2.5 protein 7.3 carbs .5 fat

Protein Bowl = 556 58.2 protein 40.4 carb 16 fat

5.oz Grilled Chicken = 234 44 protein 0 Carb 5.1 fat
1/2 Cup Bell Peppers = 19 1 protein 6 carb 0 fat
4 ounce Sweet Potato = 98 1.8 protein 22.8 carb .1 fat
1/4 Chickpeas = 71 3 protein 10 carb 1 fat
1 Hard Boiled Egg = 78 6 protein 0 carb 5 fat
8 Almonds = 56 2.4 protein 1.6 carb 4.8 fat

Chicken Fajita Bowl = 399 53.24 protein 35.32 carb 6.55 fat

5.oz Grilled Chicken = 234 44 protein 0 Carb 5.1 fat
1/2 Cup Black Beans = 110 7 protein 22 carbs 1 fat
1/4 Cup Corn = 36 1.24 protein 7.32 carb .45 fat
1/2 Cup Bell Peppers = 19 1 protein 6 carb 0 fat

Zucchini Noodles - 1&1/2 Cups = 43

Temphe 140 calories 16 protein 10 carbs 4.5 fat

Tofu 80 calories 8 protein 2 carbs 4.5 fat

Wild Caught Sockeye Salmon (331 Brown Rice, Asparagus)

4oz = 196

4 ounce Sweet Potato = 98 1.8 protein 22.8 carb .1 fat

1/4 Cup Brown Rice = 54 1 protein 11 carb 0 fat

8 Asparagus = 26

Green Beans (8) = 14

Broccoli (Floret) = 20

4 Bussell Sprouts = 38

Grilled Chicken Breast = (416 Brown Rice, Asparagus)

5.oz Grilled Chicken = 234 44 protein 0 Carb 5.1 fat

4 ounce Sweet Potato = 98 1.8 protein 22.8 carb .1 fat

1/4 Cup Brown Rice = 54 1 protein 11 carb 0 fat

8 Asparagus = 26

Green Beans (8) = 14

Broccoli (Floret) = 20

4 Bussell Sprouts = 38

Cajun Shrimp (223 Brown Rice, Asparagus)

8 pieces = 99 18 protein 1 carb 1fat

4 ounce Sweet Potato = 98 1.8 protein 22.8 carb .1 fat

1/4 Cup Brown Rice = 54 1 protein 11 carb 0 fat

8 Asparagus = 26

Green Beans (8) = 14

Broccoli (Floret) = 20

4 Bussell Sprouts = 38

