

## Chef Salad

## Ben's Hot Pocket

## BatterBee (bacon)

## BatterBee (sausage)

## Renegade

## Chipotle Chicken

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 375	
% Daily Value *	
<b>Total Fat</b> 18 g	<b>28 %</b>
Saturated Fat 9 g	<b>45 %</b>
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 304 mg	<b>101 %</b>
<b>Sodium</b> 2040 mg	<b>85 %</b>
<b>Potassium</b> 323 mg	<b>9 %</b>
<b>Total Carbohydrate</b> 11 g	<b>4 %</b>
<b>Dietary Fiber</b> 1 g	<b>2 %</b>
<b>Sugars</b> 4 g	
<b>Protein</b> 46 g	<b>92 %</b>
Vitamin A	<b>51 %</b>
Vitamin C	<b>78 %</b>
Calcium	<b>25 %</b>
Iron	<b>16 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 720	
% Daily Value *	
<b>Total Fat</b> 34 g	<b>52 %</b>
Saturated Fat 8 g	<b>40 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 1016 mg	<b>42 %</b>
<b>Potassium</b> 272 mg	<b>8 %</b>
<b>Total Carbohydrate</b> 39 g	<b>13 %</b>
<b>Dietary Fiber</b> 4 g	<b>17 %</b>
<b>Sugars</b> 8 g	
<b>Protein</b> 42 g	<b>84 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>23 %</b>
Calcium	<b>14 %</b>
Iron	<b>10 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 384	
% Daily Value *	
<b>Total Fat</b> 11 g	<b>16 %</b>
Saturated Fat 7 g	<b>35 %</b>
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 39 mg	<b>13 %</b>
<b>Sodium</b> 859 mg	<b>36 %</b>
<b>Potassium</b> 297 mg	<b>8 %</b>
<b>Total Carbohydrate</b> 49 g	<b>16 %</b>
<b>Dietary Fiber</b> 4 g	<b>16 %</b>
<b>Sugars</b> 6 g	
<b>Protein</b> 26 g	<b>52 %</b>
Vitamin A	<b>5 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>22 %</b>
Iron	<b>16 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 509	
% Daily Value *	
<b>Total Fat</b> 20 g	<b>30 %</b>
Saturated Fat 12 g	<b>60 %</b>
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 29 mg	<b>10 %</b>
<b>Sodium</b> 714 mg	<b>30 %</b>
<b>Potassium</b> 297 mg	<b>8 %</b>
<b>Total Carbohydrate</b> 51 g	<b>17 %</b>
<b>Dietary Fiber</b> 4 g	<b>16 %</b>
<b>Sugars</b> 6 g	
<b>Protein</b> 31 g	<b>62 %</b>
Vitamin A	<b>5 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>22 %</b>
Iron	<b>16 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 620	
% Daily Value *	
<b>Total Fat</b> 84 g	<b>130 %</b>
Saturated Fat 23 g	<b>115 %</b>
Monounsaturated Fat 26 g	
Polyunsaturated Fat 13 g	
Trans Fat 0 g	
<b>Cholesterol</b> 100 mg	<b>33 %</b>
<b>Sodium</b> 1738 mg	<b>72 %</b>
<b>Potassium</b> 410 mg	<b>12 %</b>
<b>Total Carbohydrate</b> 62 g	<b>21 %</b>
<b>Dietary Fiber</b> 9 g	<b>35 %</b>
<b>Sugars</b> 42 g	
<b>Protein</b> 26 g	<b>53 %</b>
Vitamin A	<b>25 %</b>
Vitamin C	<b>36 %</b>
Calcium	<b>43 %</b>
Iron	<b>19 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 688	
% Daily Value *	
<b>Total Fat</b> 35 g	<b>53 %</b>
Saturated Fat 9 g	<b>45 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 10 mg	<b>3 %</b>
<b>Sodium</b> 1160 mg	<b>48 %</b>
<b>Potassium</b> 324 mg	<b>9 %</b>
<b>Total Carbohydrate</b> 34 g	<b>11 %</b>
<b>Dietary Fiber</b> 3 g	<b>13 %</b>
<b>Sugars</b> 8 g	
<b>Protein</b> 47 g	<b>93 %</b>
Vitamin A	<b>12 %</b>
Vitamin C	<b>33 %</b>
Calcium	<b>13 %</b>
Iron	<b>9 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Healthy Start Wrap

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 638	
% Daily Value *	
Total Fat 42 g	65 %
Saturated Fat 14 g	71 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 54 mg	18 %
Sodium 1617 mg	67 %
Potassium 244 mg	7 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 2 g	8 %
Sugars 4 g	
Protein 22 g	44 %
Vitamin A	25 %
Vitamin C	37 %
Calcium	31 %
Iron	11 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Tuna Tini

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 665	
% Daily Value *	
Total Fat 45 g	68 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 24 mg	8 %
Sodium 1307 mg	54 %
Potassium 1292 mg	37 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 12 g	49 %
Sugars 4 g	
Protein 45 g	89 %
Vitamin A	37 %
Vitamin C	39 %
Calcium	8 %
Iron	21 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Oatmeal Bowl

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 551	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 140 mg	6 %
Potassium 0 mg	0 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 9 g	35 %
Sugars 8 g	
Protein 40 g	79 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	14 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Gill's Keto Bowl

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 522	
% Daily Value *	
Total Fat 33 g	50 %
Saturated Fat 13 g	63 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 39 mg	13 %
Sodium 627 mg	26 %
Potassium 176 mg	5 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 2 g	7 %
Sugars 4 g	
Protein 38 g	76 %
Vitamin A	33 %
Vitamin C	22 %
Calcium	26 %
Iron	5 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Sweet Momma

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 658	
% Daily Value *	
Total Fat 38 g	58 %
Saturated Fat 17 g	85 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 79 mg	26 %
Sodium 1377 mg	57 %
Potassium 471 mg	13 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 4 g	15 %
Sugars 21 g	
Protein 19 g	38 %
Vitamin A	27 %
Vitamin C	224 %
Calcium	34 %
Iron	12 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Poke Bowl

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 481	
% Daily Value *	
Total Fat 18 g	27 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 60 mg	20 %
Sodium 54 mg	2 %
Potassium 620 mg	18 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 9 g	38 %
Sugars 2 g	
Protein 31 g	62 %
Vitamin A	5 %
Vitamin C	18 %
Calcium	10 %
Iron	3 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Very Berry

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 171	
% Daily Value *	
<b>Total Fat</b> 2 g	3%
Saturated Fat 1 g	5%
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 61 mg	3%
<b>Potassium</b> 322 mg	9%
<b>Total Carbohydrate</b> 14 g	5%
<b>Dietary Fiber</b> 2 g	10%
<b>Sugars</b> 8 g	
<b>Protein</b> 25 g	50%
Vitamin A	0%
Vitamin C	23%
Calcium	0%
Iron	1%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Pineapple Power

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 277	
% Daily Value *	
<b>Total Fat</b> 2 g	2%
Saturated Fat 1 g	5%
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 65 mg	3%
<b>Potassium</b> 595 mg	17%
<b>Total Carbohydrate</b> 41 g	14%
<b>Dietary Fiber</b> 1 g	6%
<b>Sugars</b> 35 g	
<b>Protein</b> 26 g	52%
Vitamin A	10%
Vitamin C	135%
Calcium	4%
Iron	5%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Cinnamon Roll

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 120	
% Daily Value *	
<b>Total Fat</b> 2 g	2%
Saturated Fat 1 g	5%
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 60 mg	3%
<b>Potassium</b> 180 mg	5%
<b>Total Carbohydrate</b> 2 g	1%
<b>Dietary Fiber</b> 0 g	0%
<b>Sugars</b> 1 g	
<b>Protein</b> 25 g	50%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Peanut Butter Power

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 521	
% Daily Value *	
<b>Total Fat</b> 34 g	52%
Saturated Fat 6 g	30%
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 340 mg	14%
<b>Potassium</b> 266 mg	8%
<b>Total Carbohydrate</b> 23 g	8%
<b>Dietary Fiber</b> 5 g	18%
<b>Sugars</b> 10 g	
<b>Protein</b> 39 g	79%
Vitamin A	0%
Vitamin C	3%
Calcium	0%
Iron	8%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Green Machine

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 163	
% Daily Value *	
<b>Total Fat</b> 2 g	3%
Saturated Fat 1 g	5%
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 71 mg	3%
<b>Potassium</b> 385 mg	11%
<b>Total Carbohydrate</b> 13 g	4%
<b>Dietary Fiber</b> 2 g	8%
<b>Sugars</b> 8 g	
<b>Protein</b> 26 g	52%
Vitamin A	42%
Vitamin C	76%
Calcium	11%
Iron	2%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Peppermint Oatmeal

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 302	
% Daily Value *	
<b>Total Fat</b> 7 g	11%
Saturated Fat 2 g	8%
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 220 mg	9%
<b>Potassium</b> 365 mg	10%
<b>Total Carbohydrate</b> 33 g	11%
<b>Dietary Fiber</b> 5 g	20%
<b>Sugars</b> 2 g	
<b>Protein</b> 31 g	62%
Vitamin A	10%
Vitamin C	0%
Calcium	47%
Iron	10%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Almond Bliss

## Big and Jacked

## Kick Start

## Peanut Butter Cup

## Orange Dream

## PB&J

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 582	
% Daily Value *	
<b>Total Fat</b> 27 g	<b>42 %</b>
Saturated Fat 2 g	<b>12 %</b>
Monounsaturated Fat 19 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 0 mg	<b>0 %</b>
<b>Potassium</b> 101 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 64 g	<b>21 %</b>
<b>Dietary Fiber</b> 12 g	<b>49 %</b>
<b>Sugars</b> 27 g	
<b>Protein</b> 17 g	<b>34 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>19 %</b>
Iron	<b>21 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 361	
% Daily Value *	
<b>Total Fat</b> 9 g	<b>13 %</b>
Saturated Fat 4 g	<b>18 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 200 mg	<b>8 %</b>
<b>Potassium</b> 265 mg	<b>8 %</b>
<b>Total Carbohydrate</b> 22 g	<b>7 %</b>
<b>Dietary Fiber</b> 3 g	<b>10 %</b>
<b>Sugars</b> 13 g	
<b>Protein</b> 32 g	<b>64 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>253 %</b>
Calcium	<b>0 %</b>
Iron	<b>4 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 141	
% Daily Value *	
<b>Total Fat</b> 2 g	<b>3 %</b>
Saturated Fat 1 g	<b>5 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 91 mg	<b>4 %</b>
<b>Potassium</b> 189 mg	<b>5 %</b>
<b>Total Carbohydrate</b> 6 g	<b>2 %</b>
<b>Dietary Fiber</b> 1 g	<b>2 %</b>
<b>Sugars</b> 3 g	
<b>Protein</b> 26 g	<b>51 %</b>
Vitamin A	<b>3 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>11 %</b>
Iron	<b>1 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 511	
% Daily Value *	
<b>Total Fat</b> 16 g	<b>24 %</b>
Saturated Fat 6 g	<b>30 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 377 mg	<b>16 %</b>
<b>Potassium</b> 216 mg	<b>6 %</b>
<b>Total Carbohydrate</b> 18 g	<b>6 %</b>
<b>Dietary Fiber</b> 4 g	<b>16 %</b>
<b>Sugars</b> 7 g	
<b>Protein</b> 41 g	<b>83 %</b>
Vitamin A	<b>2 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>0 %</b>
Iron	<b>8 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 275	
% Daily Value *	
<b>Total Fat</b> 3 g	<b>5 %</b>
Saturated Fat 1 g	<b>5 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>17 %</b>
<b>Sodium</b> 146 mg	<b>6 %</b>
<b>Potassium</b> 993 mg	<b>28 %</b>
<b>Total Carbohydrate</b> 38 g	<b>13 %</b>
<b>Dietary Fiber</b> 3 g	<b>11 %</b>
<b>Sugars</b> 28 g	
<b>Protein</b> 27 g	<b>55 %</b>
Vitamin A	<b>5 %</b>
Vitamin C	<b>144 %</b>
Calcium	<b>24 %</b>
Iron	<b>9 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 365	
% Daily Value *	
<b>Total Fat</b> 10 g	<b>16 %</b>
Saturated Fat 3 g	<b>13 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>17 %</b>
<b>Sodium</b> 181 mg	<b>8 %</b>
<b>Potassium</b> 559 mg	<b>16 %</b>
<b>Total Carbohydrate</b> 40 g	<b>13 %</b>
<b>Dietary Fiber</b> 3 g	<b>12 %</b>
<b>Sugars</b> 30 g	
<b>Protein</b> 30 g	<b>59 %</b>
Vitamin A	<b>1 %</b>
Vitamin C	<b>45 %</b>
Calcium	<b>22 %</b>
Iron	<b>8 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Chicken Meal Prep

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories 311</b>	
% Daily Value *	
<b>Total Fat</b> 3 g	<b>5 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 403 mg	<b>17 %</b>
<b>Potassium</b> 50 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 36 g	<b>12 %</b>
<b>Dietary Fiber</b> 3 g	<b>10 %</b>
<b>Sugars</b> 2 g	
<b>Protein</b> 33 g	<b>67 %</b>
Vitamin A	<b>10 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>0 %</b>
Iron	<b>5 %</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA

## Turkey Meal Prep

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories 334</b>	
% Daily Value *	
<b>Total Fat</b> 9 g	<b>13 %</b>
Saturated Fat 0 g	<b>1 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 88 mg	<b>4 %</b>
<b>Potassium</b> 50 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 39 g	<b>13 %</b>
<b>Dietary Fiber</b> 4 g	<b>16 %</b>
<b>Sugars</b> 2 g	
<b>Protein</b> 26 g	<b>53 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>0 %</b>
Iron	<b>3 %</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Salmon Meal Prep

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories 510</b>	
% Daily Value *	
<b>Total Fat</b> 21 g	<b>33 %</b>
Saturated Fat 5 g	<b>25 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 80 mg	<b>27 %</b>
<b>Sodium</b> 529 mg	<b>22 %</b>
<b>Potassium</b> 50 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 47 g	<b>16 %</b>
<b>Dietary Fiber</b> 6 g	<b>23 %</b>
<b>Sugars</b> 0 g	
<b>Protein</b> 40 g	<b>81 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>4 %</b>
Iron	<b>18 %</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Meatball Meal Prep

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories 521</b>	
% Daily Value *	
<b>Total Fat</b> 31 g	<b>47 %</b>
Saturated Fat 11 g	<b>53 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
<b>Cholesterol</b> 53 mg	<b>18 %</b>
<b>Sodium</b> 1000 mg	<b>42 %</b>
<b>Potassium</b> 850 mg	<b>24 %</b>
<b>Total Carbohydrate</b> 34 g	<b>11 %</b>
<b>Dietary Fiber</b> 3 g	<b>13 %</b>
<b>Sugars</b> 1 g	
<b>Protein</b> 22 g	<b>43 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>5 %</b>
Iron	<b>12 %</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Steak Meal Prep

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories 388</b>	
% Daily Value *	
<b>Total Fat</b> 18 g	<b>28 %</b>
Saturated Fat 2 g	<b>9 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 34 mg	<b>11 %</b>
<b>Sodium</b> 362 mg	<b>15 %</b>
<b>Potassium</b> 50 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 37 g	<b>12 %</b>
<b>Dietary Fiber</b> 3 g	<b>10 %</b>
<b>Sugars</b> 4 g	
<b>Protein</b> 22 g	<b>43 %</b>
Vitamin A	<b>4 %</b>
Vitamin C	<b>25 %</b>
Calcium	<b>0 %</b>
Iron	<b>6 %</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Beans and Rice Meal Prep

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
<b>calories 256</b>	
% Daily Value *	
<b>Total Fat</b> 1 g	<b>1 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 540 mg	<b>23 %</b>
<b>Potassium</b> 560 mg	<b>16 %</b>
<b>Total Carbohydrate</b> 35 g	<b>12 %</b>
<b>Dietary Fiber</b> 6 g	<b>25 %</b>
<b>Sugars</b> 3 g	
<b>Protein</b> 9 g	<b>17 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>4 %</b>
Iron	<b>9 %</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.