

## MACROMEAL MACRONUTRIENTS

MEALS	CALORIES	CARBS	PROTEIN	FATS
<b>Breakfast</b>				
Strawberry Pancakes with eggs	308	47	11	7
Banana Pancakes with eggs	326	54	11	7
Blueberry pancakes with eggs	306	49	11	7
Donuts with eggs	395	59	12	10
Texas Skinny Skillet	356	30	15	5
Breakfast Frittata	300	5	13	9
Chicken and Waffles	421	56	24	10
Breakfast Quesadillas (eggs, pepper, cheese, salsa)	289	20	12	11
Breakfast Sandwiches	283	29	10	7
Oatmeal, fruit with ground turkey	234	46	6	3
Chocolate muffins with eggs	374	30	10	9
Peanut Butter Muffins with Ground Turkey	381	30	20	9
<b>Lunch</b>				
BBQ Chicken pizza	405	37	23	10
Meat lovers pizza (All turkey products)	414	34	19	11
Mangolian Beef over rice	390	32	23	12
Sesame chicken over rice	383	31	18	9
Chicken Enchiladas (with toppings)	430	41	10	15

MEALS	CALORIES	CARBS	PROTEIN	FATS
Spaghetti with ground turkey	366	44	9	7
Lemon Pepper Chicken, Roasted Potatoes, and spinach	320	20	26	3
BBQ chicken with roasted potatoes and spinach	329	24	26	3
Chicken steamed (fried) rice	300	30	19	10
Shrimp steamed (fried) rice	270	30	4	10
Chicken Quesadillas (With toppings)	299	20	23	9
Chicken Salad with crackers	279	20	14	12
Ground Turkey Tacos (with toppings)	300	24	20	8
Greek Chicken Kabobs with rice and tzatziki sauce	243	41	25	7
Curry Chicken over rice	382	41	23	14
Fried Chicken, Mac n cheese	420	58	23	16
<b>Dinner</b>				
White bean chicken chili with crackers	250	20	23	10
Detox soup with crackers	170	15	3	2
loaded potato soup with crackers	200	23	2	8
Tuscan Garlic Chicken with Roasted Potatoes	300	26	23	3

MEALS	CALORIES	CARBS	PROTEIN	FATS
Ground Turkey, roasted sweet potatoes of spinach	310	27	20	7
Fish Cakes with Green Beans	288	38	6	8
Meatloaf with Green Beans	297	18	12	5
Ground Beef, Honey Glazed brussel sprouts and mushrooms	295	14	20	6
Marinara Meatballs over spinach topped with fresh grated parmesan	255	8	19	7
Garlic sriracha Chicken and Kale	238	10	23	8
Lemon Peper fish with Kale	250	8	14	2
Southwest Salad with chicken, Fiesta Chips, and green goddess dressing	244	24	19	9
<b>Guilt Free Sweet Pleasures</b>				
GLUTEN-FREE CHOCOLATE BROWNIES	200	30	2.5	11
GLUTEN-FREE PEANUT BUTTER FUDGE BROWNIES	200	30	5	14
GLUTEN-FREE PROTEIN DONUTS	320	42	10	5
GLUTEN FREE MUFFINS	25	32	2	7
GLUTEN-FREE BANANA BREAD MINI LOAFs	350	56	5	12
HEALTHY PUPPY CHOW (CHEX MIX, ALMONDS, PRETZELS)	300	2-	12	16

<b>MEALS</b>	<b>CALORIES</b>	<b>CARBS</b>	<b>PROTEIN</b>	<b>FATS</b>
CHOCOLATE ENERGY COOKIES	150	45	6	10
COOKIES	250	37	10	6