

Meals	Calories (kcal)	Fats (g)	Carbs (g)	Protein (g)
Honey Garlic Chicken Meatballs	272	13.05	16.325	23
Sweet Potato Mash	268	18.225	25	2
Green Beans	204	18.975	8.325	2.2
Total	744	50.25	49.65	27.2
Ancho Ground Beef	348	14.85	10	39.5
Sweet Potato Mash	268	18.225	25	2
Green Beans	204	18.975	8.325	2.2
Total	820	52.05	43.325	43.7
Black Pepper Beef	364	17.1	16.9	33.2
Lemon Pepper Rice	314.5	18.73	34	5
Onion and Peppers	293.8	29	7.6	1.15
Total	972.3	64.83	58.5	39.35
Jerk Chicken Leg	319	12.8	6.6	42.37
Basmati Rice	307	18.6	31.4	3.4
Cauliflower	192.3	18.6	6.3	2.5
Total	818.3	50	44.3	48.27
BBQ Chicken Breast	280.8	6	8.5	39
Roast Potato	365.6	28.33	5.6	81.2
Carrots	198	18.23	12.5	0
Total	844.4	52.56	26.6	120.2
Chicken Fajita Bowl	335.6	8.5	10	42.1
Lemon Pepper Rice	314.5	18.73	34	5
Onion and Pepper	293.8	29	7.6	1.15
Total	943.9	56.23	51.6	48.25
Cajun Tuna Cakes	285	5.9	9.4	33.05
Lemon Pepper Rice	314.5	18.73	34	5
Onion and Pepper	293.8	29	7.6	1.15
Total	893.3	53.63	51	39.2
Chana Masala	216.8	7.95	29.3	9.4
Basmati Rice	307	18.6	31.4	3.4
Cauliflower	192.3	18.6	6.3	2.5
Total	716.1	45.15	67	15.3
Tofu Teriyaki	251	13.2	13.4	16.8
Basmati Rice	307	18.6	31.4	3.4
Cauliflower	192.3	18.6	6.3	2.5
Total	750.3	50.4	51.1	22.7
Pineapple Shrimp Stir-fry	257.9	1.13	7.8	43
Roast Potato	365.6	28.3	5.6	3.2
Carrots	198.6	18.2	12.5	3.2
Total	822.1	47.63	25.9	49.4