

MEALS	PROTEIN (g)	CARBS (g)	FATS (g)	CALORIES (kcal)
BBQ CHICKEN MEATBALL	31	40	17	352
BARLEY	3	36	14	277
GLAZED CARROTS	1	18	12	175
TOTAL	35	94	43	804
BLACK BEAN CHILLI	15	45	4	286
TOMATO RICE	3	35	12	264
GRILLED ZUCCHINI	2	5	14	146
TOTAL	20	85	30	696
BRAISED BEEF	36	16	12	337
PASTA	5	22	13	217
GRILLED ZUCCHINI	2	5	14	146
TOTAL	43	43	39	700
CHIMICHURRI CHICKEN	30	10	21	346
SPICED QUINOA	6	33	16	281
ROASTED BEETS	2	13	12	161
TOTAL	38	56	49	788
BLACKENED BASA	23	8	25	348
TOMATO RICE	3	35	12	264
ROASTED BEETS	2	13	12	161
TOTAL	28	56	49	773
LENTIL BURGER	16	29	15	331
SPICED QUINOA	6	33	16	281
SPICED CAULIFLOWER	3	9	12	150
TOTAL	25	71	43	762
MAPLE SALMON	32	47	12	409
BARLEY	3	36	14	277
GLAZED CARROTS	1	18	12	175
TOTAL	36	101	38	861
JERK PORK	36	25	8	286
PASTA	5	22	13	217
SPICED CAULIFLOWER	3	9	12	150
TOTAL	44	56	33	653