

Healthy Meal Entrees (DAIRY FREE-PALEO)	Cal	Fat	Pro	Carb	Sod	Week
Bacon Bison Beef Meatloaf	380	24	33	3	850	A
Bacon Wrapped Pork Tenderloin	390	16	45	16	780	A
Coconut Sugar Honey Glazed Salmon	540	28	34	39	320	A
Grilled Chicken Thighs	360	16	49	0	450	A
Harlequin Chicken	300	11	36	14	270	A
Pan Seared Salmon	310	18	34	2	560	A
Smothered Pork Tenderloin & Mashed Red Potatoes	300	6	41	17	720	A
Spicy Lamb Pattie	440	36	26	3	95	A
Curry Chicken Salad	480	29	48	8	560	ALL
Grilled Flank Steak (Prime Cut)	380	15	56	2	690	ALL
Bacon Turkey Sweet Potato Burger	410	23	39	13	570	B
Bacon Wrapped Turkey Breast	420	17	64	0	750	B
Blackened Mahi Mahi	230	11	31	0	530	B
Chicken Meatloaf	410	23	34	17	600	B
Honey Chicken Breast	330	11	33	24	420	B
Lemon Cod	140	1	30	<1	150	B
Pork and Venison Sausage	150	11	10	1	440	B
Pulled Pork with FitChef BBQ Sauce	380	24	33	8	720	B
Balsamic Pork Sirloin	360	22	35	4	820	C
Green Chili Chicken with Jalapeno Cauliflower Rice	330	13	38	17	860	C
Grilled Marinated Pork Strips	390	20	47	3	420	C
Mongolian Beef and Cauliflower Rice	460	23	29	38	770	C
Moroccan Chicken Breast AIP	180	4	33	4	270	C
Paprika Chicken	360	16	52	2	130	C
Tomato Basil Turkey Meatloaf	430	29	36	8	330	C
Wild Caught Shrimp & Vegetable Stir Fry	200	8	15	15	800	C
Apricot Chicken	290	5	37	24	190	D
Beef Enchilada Stuffed Sweet Potatoes	420	11	22	60	680	D
BLT Beef Burger with Trimmings	510	36	44	5	720	D
Mahi Mahi with Cilantro Lime Sauce	380	27	32	3	210	D
Honey Mustard Pork Tenderloin	300	6	45	11	260	D
Pecan Crusted Chicken	470	25	54	4	630	D
Pork Chop & Apples	410	19	38	23	560	D
Turkey Pork Apple Meatloaf	530	39	37	8	580	D
Almond Chicken / Mushroom Cauliflower Risotto	240	10	33	2	600	E
Aromatic Chicken Thighs	400	25	40	<1	240	E
Cilantro Limed Turkey Burger	310	20	32	3	640	E
Garlic Shrimp Zucchini Noodles	210	9	25	9	1030	E
Grilled Salmon and Lemon Sauce	340	21	34	2	200	E
Mom's Meatloaf	390	24	38	6	280	E
Pork Chop Bacon Brussels Sprouts Skillet	510	29	52	13	640	E
Stuffed Pork Loin	500	24	42	30	620	E

