

Healthy Meal Entrees with Dairy (Keto)	Cal	Fat	Pro	Carb	Sod	Week
Bacon Bison Beef Meatloaf	380	24	33	3	850	A
Bacon Wrapped Pork Tenderloin	460	27	50	4	470	A
Cheesy Stuffed Chicken Breast	400	22	45	2	530	A
Chicken Fried Pork Chop	370	14	54	2	420	A
Chicken Pad Thai	290	12	38	7	410	A
Harlequin Chicken	300	11	36	14	270	A
Pan Seared Salmon	310	18	34	2	560	A
Taco Turkey Burger	460	32	35	11	780	A
Grilled Flank Steak (Prime Cut)	380	15	56	2	690	ALL
Turkey Zucchini Cheddar Loaf	430	31	36	4	410	ALL
Bacon & Mushroom Chicken Thigh	510	33	50	3	510	B
Bacon Wrapped Turkey Breast	420	17	64	0	750	B
Blackened Mahi Mahi	230	11	31	0	530	B
Cheese Stuffed Hamburger	500	38	40	2	950	B
Chicken & Broccoli Creamy Garlic Sauce	590	36	59	5	530	B
Creamy Mustard Pork Loin	500	30	52	3	690	B
Grilled Marinated Pork Loin Strips	390	20	47	3	420	B
Pulled Pork with FitChef BBQ Sauce	380	24	33	8	720	B
Grilled Chicken Thighs	360	16	49	0	450	C
Bacon Blue Cheese Burgers	590	43	48	1	990	C
Balsamic Pork Sirloin	360	22	35	4	820	C
Dijon Chicken Thighs	410	27	34	3	440	C
Mongolian Beef with Cauliflower Rice	460	23	29	38	770	C
Stuffed Pork Chop	600	38	60	3	750	C
Stuffed Salmon with Ricotta and Asparagus	500	29	50	9	530	C
BLT Burger with Trimmings	510	36	44	5	720	D
Cheese Crusted Pork Chops	480	24	59	2	900	D
Chicken Tetrazzini with Zucchini Noodles	340	26	18	11	250	D
Crispy Chicken Thighs	520	36	46	<1	450	D
Nantucket Cod	230	9	33	5	340	D
Pecan Crusted Chicken	470	25	54	4	630	D
Turkey Pork Apple Meatloaf	530	39	37	8	580	D
Turkey Stuffed Pepper	500	35	38	7	360	D
Aromatic Chicken	400	25	40	<1	240	E
Bacon Cheeseburger Casserole	760	57	53	14	870	E
Creamy Tuscan Garlic Chicken /Spinach	470	23	56	15	550	E
Garlic Parmesan Chicken Thighs	450	24	54	1	450	E
Grilled Salmon and Lemon Sauce	340	21	34	2	200	E
Pan Pork Chop Bacon Brussels Sprouts	510	29	52	13	640	E
Turkey Spaghetti Squash Casserole	370	22	28	18	490	E