

Meal Prep Nutrition Facts

Nutrition Facts

Serving size: 2

Servings: 6

Amount per serving

Calories **191**

% Daily Value*

Total Fat 1.8g **2%**

Saturated Fat 0.4g **2%**

Cholesterol 7mg **2%**

Sodium 62mg **3%**

Total Carbohydrate 33.1g **12%**

Dietary Fiber 3.9g **14%**

Total Sugars 12.2g

Protein 12.2g

Vitamin D 0mcg **0%**

Calcium 41mg **3%**

Iron 1mg **7%**

Potassium 335mg **7%**

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Cinnamon Vanilla Protein Pancakes

Serving Size: 3 pancakes

Ingredients: egg whites, bananas, oats, honey, ground cinnamon, french vanilla whey protein

ALLERGY INFO: Contains EGG & DAIRY

Nutrition Facts

Serving size: 1

Servings: 1

Amount per serving

Calories **504**

% Daily Value*

Total Fat 33.3g **43%**

Saturated Fat 16.2g **81%**

Cholesterol 397mg **132%**

Sodium 544mg **24%**

Total Carbohydrate 19.6g **7%**

Dietary Fiber 6.7g **24%**

Total Sugars 8.7g

Protein 35.1g

Vitamin D 95mcg **473%**

Calcium 476mg **37%**

Iron 4mg **22%**

Potassium 1200mg **26%**

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Farmer's Fresh Scramble

Serving Size: 1 platter

Ingredients: cage-free brown eggs, portabella mushrooms, asparagus spears, white onion, bell pepper, tomato, shredded cheddar cheese, salt, pepper

ALLERGY INFO: Contains EGG & DAIRY

Meal Prep Nutrition Facts

Nutrition Facts

Serving size: 1

Servings: 1

Amount per serving

Calories 800

% Daily Value*

Total Fat 39.3g 50%

Saturated Fat 14.5g 73%

Cholesterol 954mg 318%

Sodium 507mg 22%

Total Carbohydrate 17.9g 7%

Dietary Fiber 3.3g 12%

Total Sugars 10g

Protein 90.8g

Vitamin D 128mcg 639%

Calcium 139mg 11%

Iron 11mg 64%

Potassium 1453mg 31%

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Classic Steak & Eggs With Grilled Veggies

Serving Size: 1 platter

Ingredients: 6 oz. flat iron steak, cage-free brown eggs, onion, bell pepper, portabella mushroom, salt, pepper

ALLERGY INFO: Contains BEEF, EGG & DAIRY

Nutrition Facts

Serving size: 2

Servings: 10

Amount per serving

Calories 123

% Daily Value*

Total Fat 10.3g 13%

Saturated Fat 4.8g 24%

Cholesterol 74mg 25%

Sodium 93mg 4%

Total Carbohydrate 3.5g 1%

Dietary Fiber 1.5g 5%

Total Sugars 0.9g

Protein 4.5g

Vitamin D 7mcg 35%

Calcium 57mg 4%

Iron 1mg 4%

Potassium 194mg 4%

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Keto Almond Pancakes

Serving Size: 2 pancakes

Ingredients: cage-free brown eggs, almond milk, avocado oil, vanilla extract, blanched almond flour, stevia sweetener, baking soda, salt

ALLERGY INFO: Contains EGG

Meal Prep Nutrition Facts

Nutrition Facts

Serving size: 2

Servings: 4

Amount per serving

Calories **341**

% Daily Value*

Total Fat 26.8g 34%

Saturated Fat 10.9g 55%

Cholesterol 404mg 135%

Sodium 564mg 25%

Total Carbohydrate 1.4g 0%

Dietary Fiber 0g 0%

Total Sugars 0.8g

Protein 23.1g

Vitamin D 38mcg 188%

Calcium 70mg 5%

Iron 2mg 12%

Potassium 161mg 3%

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Keto Egg Wraps

Serving Size: 2 wraps

Ingredients: chicken sausage, cage-free brown eggs, hass avocados, cream cheese, butter

ALLERGY INFO: Contains POULTRY, EGG, & DAIRY

Nutrition Facts

Serving size: 1

Servings: 2

Amount per serving

Calories **561**

% Daily Value*

Total Fat 27g 35%

Saturated Fat 3.4g 17%

Cholesterol 0mg 0%

Sodium 172mg 7%

Total Carbohydrate 31.1g 11%

Dietary Fiber 9.6g 34%

Total Sugars 5.7g

Protein 56.7g

Vitamin D 0mcg 0%

Calcium 419mg 32%

Iron 10mg 58%

Potassium 512mg 11%

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Curried Tofu Scramble

Serving Size: 1 platter

Ingredients: extra firm tofu, onion, garlic, curry powder, tumeric, cumin, tomatoes, spinach

ALLERGY INFO: Contains SOY

Meal Prep Nutrition Facts

Nutrition Facts

Serving size: 1

Servings: 8

Amount per serving

Calories **603**

% Daily Value*

Total Fat 35.4g 45%

Saturated Fat 11.9g 59%

Cholesterol 180mg 60%

Sodium 1375mg 60%

Total Carbohydrate 10.1g 4%

Dietary Fiber 2.2g 8%

Total Sugars 5.8g

Protein 58.5g

Vitamin D 0mcg 0%

Calcium 37mg 3%

Iron 24mg 131%

Potassium 1237mg 26%

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Caveman Chili

Serving Size: 1 platter

Ingredients: ground beef, italian sausage, bacon, tomatoes, tomato paste, onion, bell pepper, beef stock, garlic, oregano

ALLERGY INFO: Contains BEEF & PORK

Nutrition Facts

Serving size: 1

Servings: 1

Amount per serving

Calories **456**

% Daily Value*

Total Fat 19.4g 25%

Saturated Fat 10.7g 53%

Cholesterol 126mg 42%

Sodium 1870mg 81%

Total Carbohydrate 23g 8%

Dietary Fiber 2.9g 10%

Total Sugars 8.1g

Protein 46.3g

Vitamin D 25mcg 123%

Calcium 481mg 37%

Iron 4mg 21%

Potassium 719mg 15%

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Turkey Swiss Pesto Wrap

Serving Size: 1 wrap

Ingredients: sliced honey turkey breast, swiss cheese, kale pesto, tomatoes, romaine lettuce, tortilla wrap

ALLERGY INFO: Contains MILK & POULTRY

Meal Prep Nutrition Facts

Nutrition Facts	
Serving size: 1	
Servings: 1	
Amount per serving	
Calories	423
	% Daily Value*
Total Fat 16.9g	22%
Saturated Fat 1.8g	9%
Cholesterol 0mg	0%
Sodium 107mg	5%
Total Carbohydrate 65.9g	24%
Dietary Fiber 14.4g	51%
Total Sugars 33.9g	
Protein 12.7g	
Vitamin D 0mcg	0%
Calcium 217mg	17%
Iron 5mg	29%
Potassium 1791mg	38%
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Mother Earth Salad

Serving Size: 1 salad

Ingredients: spinach, kale, carrots, cucumber, tomato, sunflower kernels, apple

ALLERGY INFO: Contains SEED KERNELS

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	445
	% Daily Value*
Total Fat 7.7g	10%
Saturated Fat 2.1g	10%
Cholesterol 185mg	62%
Sodium 97mg	4%
Total Carbohydrate 77.7g	28%
Dietary Fiber 4.9g	17%
Total Sugars 2.4g	
Protein 15.8g	
Vitamin D 17mcg	85%
Calcium 94mg	7%
Iron 4mg	22%
Potassium 765mg	16%
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Farmhouse Bowl

Serving Size: 1 bowl

Ingredients: brown rice, portobello mushroom cap, cage-free brown egg, tomato, spinach, green onion

ALLERGY INFO: Contains EGG

Meal Prep Nutrition Facts

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	503
	% Daily Value*
Total Fat 20.2g	26%
Saturated Fat 2.3g	11%
Cholesterol 0mg	0%
Sodium 906mg	39%
Total Carbohydrate 50.2g	18%
Dietary Fiber 6.6g	24%
Total Sugars 5.2g	
Protein 33.6g	
Vitamin D 1mcg	6%
Calcium 239mg	18%
Iron 6mg	36%
Potassium 743mg	16%
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Beyond Meat Burger

Serving Size: 1 patty

Ingredients: Beyond Meat burger patty, tomato, lettuce, onion

Optional: kaiser roll or multigrain roll

Keto/GF: served as salad

ALLERGY INFO: Contains SOY

Nutrition Facts	
Serving size: 2	
Servings: 8	
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 5.5g	7%
Saturated Fat 2g	10%
Cholesterol 76mg	25%
Sodium 59mg	3%
Total Carbohydrate 7.4g	3%
Dietary Fiber 1.4g	5%
Total Sugars 3.5g	
Protein 27.1g	
Vitamin D 36mcg	180%
Calcium 11mg	1%
Iron 17mg	93%
Potassium 536mg	11%
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Keto Beef Kabobs

Serving Size: 2 kabobs

Ingredients: flat iron strip steak, assorted bell peppers, red onion, portobello mushroom

ALLERGY INFO: Contains BEEF

Meal Prep Nutrition Facts

Nutrition Facts	
Serving size: 2	
Servings: 3	
Amount per serving	
Calories	417
	% Daily Value*
Total Fat 23g	29%
Saturated Fat 3.9g	20%
Cholesterol 157mg	52%
Sodium 1040mg	45%
Total Carbohydrate 15.6g	6%
Dietary Fiber 4.4g	16%
Total Sugars 7.3g	
Protein 44.9g	
Vitamin D 0mcg	0%
Calcium 86mg	7%
Iron 4mg	24%
Potassium 910mg	19%

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Turkey Stuffed Peppers

Serving Size: 2 peppers

Ingredients: green pepper, olive oil, onion, garlic, green onion, ground turkey, diced tomato, parsley, oregano, salt, pizza sauce, shredded low-fat mozzarella cheese

ALLERGY INFO: Contains
POULTRY and DAIRY

Nutrition Facts	
Serving size: 1	
Servings: 1	
Amount per serving	
Calories	803
	% Daily Value*
Total Fat 36g	46%
Saturated Fat 5.9g	30%
Cholesterol 71mg	24%
Sodium 350mg	15%
Total Carbohydrate 86.9g	32%
Dietary Fiber 16.3g	58%
Total Sugars 27.6g	
Protein 41.3g	
Vitamin D 0mcg	0%
Calcium 241mg	19%
Iron 18mg	99%
Potassium 2560mg	54%

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Grilled Chicken Parmesan w/ Whole Wheat Pasta

Serving Size: 1 platter

Ingredients: grilled chicken breast, whole wheat rotini pasta, shredded mozzarella cheese, parmesan cheese, salt, pepper, oregano, basil

ALLERGY INFO: Contains
POULTRY and DAIRY

Meal Prep Nutrition Facts

Nutrition Facts

Serving size: 1

Servings: 1

Amount per serving

Calories **906**

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Cholesterol 64mg 21%

Sodium 1470mg 64%

Total Carbohydrate 167.2g 61%

Dietary Fiber 10g 36%

Total Sugars 14.8g

Protein 40.6g

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 5mg 29%

Potassium 1338mg 28%

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Grilled Chicken Teriyaki

Serving Size: 1 platter

Ingredients: grilled chicken breast, brown rice, broccoli, teriyaki sauce, green onion, pineapple

Keto/GF Option: cauliflower rice

ALLERGY INFO: Contains
POULTRY

Nutrition Facts

Serving size: 1

Servings: 1

Amount per serving

Calories **695**

% Daily Value*

Total Fat 4.1g 5%

Saturated Fat 0.9g 4%

Cholesterol 0mg 0%

Sodium 14mg 1%

Total Carbohydrate 137.4g 50%

Dietary Fiber 19.2g 69%

Total Sugars 4.5g

Protein 28.9g

Vitamin D 0mcg 0%

Calcium 164mg 13%

Iron 7mg 38%

Potassium 1863mg 40%

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Burrito Bowl

Serving Size: 1 platter

Ingredients: brown rice, black beans, red onion, tomato, corn, cilantro

Meal Prep Nutrition Facts

Nutrition Facts

Serving size: 1

Servings: 4

Amount per serving

Calories **129**

% Daily Value*

Total Fat 2.8g **4%**

Saturated Fat 0g **0%**

Cholesterol 73mg **24%**

Sodium 58mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Protein 24g

Vitamin D 0mcg **0%**

Calcium 6mg **0%**

Iron 0mg **2%**

Potassium 420mg **9%**

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Grilled Chicken (BTP)

Serving Size: 1 POUND

Ingredients: grilled chicken breast

**ALLERGY INFO: Contains
POULTRY**

Nutrition Facts

Serving size: 1

Servings: 4

Amount per serving

Calories **218**

% Daily Value*

Total Fat 11.9g **15%**

Saturated Fat 1.5g **8%**

Cholesterol 56mg **19%**

Sodium 424mg **18%**

Total Carbohydrate 10g **4%**

Dietary Fiber 1.1g **4%**

Total Sugars 3.2g

Protein 16.6g

Vitamin D 0mcg **0%**

Calcium 24mg **2%**

Iron 1mg **3%**

Potassium 380mg **8%**

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Cranberry Chicken Salad (BTP)

Serving Size: 1 POUND/4 SERVINGS

*Ingredients: grilled chicken breast,
celery, red onion, dried cranberries,
basil, mayo, dijon mustard, salt,
pepper*

**ALLERGY INFO: Contains
POULTRY and EGG**

Meal Prep Nutrition Facts

Nutrition Facts

Nutrition Facts

Serving size: 1

Servings: 4

Amount per serving

Calories **218**

% Daily Value*

Total Fat 11.9g 15%

Saturated Fat 1.5g 8%

Cholesterol 56mg 19%

Sodium 424mg 18%

Total Carbohydrate 10g 4%

Dietary Fiber 1.1g 4%

Total Sugars 3.2g

Protein 16.6g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 1mg 3%

Potassium 380mg 8%

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Sliced Turkey Breast (BTP)

Serving Size: 1 POUND/4 SERVINGS

Ingredients: honey roasted turkey breast

ALLERGY INFO: Contains POULTRY

Nutrition Facts

Serving size: 1

Servings: 2

Amount per serving

Calories **222**

% Daily Value*

Total Fat 14.2g 18%

Saturated Fat 2.1g 10%

Cholesterol 0mg 0%

Sodium 9mg 0%

Total Carbohydrate 26.5g 10%

Dietary Fiber 4.5g 16%

Total Sugars 5g

Protein 2.3g

Vitamin D 0mcg 0%

Calcium 109mg 8%

Iron 2mg 9%

Potassium 798mg 17%

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Butternut Squash (Side)

Serving Size: 1 POUND/2 SERVINGS

Ingredients: butternut squash, extra virgin olive oil

Meal Prep Nutrition Facts

Nutrition Facts

Serving size: 1

Servings: 3

Amount per serving

Calories 511

% Daily Value*

Total Fat 31g 40%

Saturated Fat 19.5g 98%

Cholesterol 81mg 27%

Sodium 236mg 10%

Total Carbohydrate 56.6g 21%

Dietary Fiber 8.3g 30%

Total Sugars 1g

Protein 3.5g

Vitamin D 21mcg 106%

Calcium 50mg 4%

Iron 1mg 7%

Potassium 1651mg 35%

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Sweet Potato Mash (Side)

Serving Size: 1 POUND/3 SERVINGS

Ingredients: yams, butter, garlic, basil, thyme

ALLERGY INFO: Contains DAIRY

Nutrition Facts

Serving size: 1

Servings: 3

Amount per serving

Calories 312

% Daily Value*

Total Fat 17.2g 22%

Saturated Fat 6.6g 33%

Cholesterol 27mg 9%

Sodium 1005mg 44%

Total Carbohydrate 27.1g 10%

Dietary Fiber 3.9g 14%

Total Sugars 3.5g

Protein 16.3g

Vitamin D 0mcg 0%

Calcium 403mg 31%

Iron 3mg 17%

Potassium 158mg 3%

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Italian Pasta Salad (Side)

Serving Size: 1 POUND/3 SERVINGS

Ingredients: rotini pasta, olive oil, parmesan cheese, tomato, red onion, green pepper, black olives, salt, pepper

ALLERGY INFO: Contains DAIRY