



	Calories	Fat	Carbohydrates	Protein
BBQ BEEF MAC & CHEESE	484	16	55	30
Low Carb	315	15	20	25
Extra Protein	528	19	55	41
Extra Protein + Low Carb	390	18	21	36
CHICKEN BROCCOLI CASSEROLE	390	10	42	33
Low Carb	290	10	18	32
Extra Protein	468	12	44	46
Extra Protein + Low Carb	355	11	19	45
CHICKEN TORTELLINI	429	9	48	39
Low Carb	339	11	20	40
Extra Protein	508	12	48	52
Extra Protein + Low Carb	420	12	20	58
MOMMA'S MEATLOAF	349	21	17	23
Low Carb	302	18	13	22
Extra Protein	406	26	17	26
Extra Protein + Low Carb	434	30	14	27
PRIME RIB W/ NEW POTATOES	285	9	26	25
Low Carb	196	8	8	23
Extra Protein	353	13	21	38
Extra Protein + Low Carb	263	11	6	35
DENVER BREAKFAST SCRAMBLER	428	24	27	26
Extra Protein	526	30	28	36
HAWAIIAN PIZZA	629	21	74	36