



Recipe	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Sweet Potato Soup	178.8	11.7	7	0	0	50.8	18.3	2.1	8.6	2.8	58	18	2	3
Tomato Avocado Soup	164.7	8.1	1.2	0	0.8	1235.5	22.7	7	13.6	5.4	7	69	10	29
Vegetarian Big Quinoa Bowl	340.3	13.5	1.4	0	0	77	46.4	9.1	7.4	11.4	31	210	10	24
Veggie Stir Fry	353	6.8	1.1	0	0	70.2	66.8	8.7	8.9	8.2	34	344	8	15
Mac & Cheese	444.8	17.3	10.8	0	44.5	278.8	48.7	2.7	3.1	2.3	20	13	22	21
GF Burger	500	11.7	3	0.2	45.3	684.1	74.8	11.6	21.6	26.3	206	67	14	27
GF Tuna Sandwich	477.2	26.6	3.8	0	17.2	460.6	46.4	11.7	4.1	19.6	1	17	10	19
Whole Wheat Tuna Sandwich	416.8	21.3	3.3	0	17.2	369.4	37.2	11.5	5.2	22.1	1	17	8	21
Chicken Nachos	506.9	18.7	6.9	0	81.3	824.6	52.4	4.6	3.7	33.5	15	110	26	13
Beef Nachos	536.5	23.3	9	0.2	73.8	828.9	52.4	4.6	3.7	30.8	15	110	26	22
Veggie Nachos	408.2	17.4	6.6	0	28.5	778.5	52.4	4.6	3.7	13.1	15	110	26	11
GF Goulash	467.6	7.3	2.4	0.2	37.8	2088.8	73.4	9.3	23.6	30.7	18	238	7	55
Body Building Chicken & Pasta	812.7	10.5	2	0	105.5	98.3	112.8	5.3	3.8	61.8	6	185	4	39
Body Building Chicken	832.5	11.2	2.1	0	105.5	155.1	127.1	15	15.7	55.3	110	262	12	33
Body Building Gluten Free Burger	667.9	17.7	5.4	0.8	90.6	659.9	79	14.2	21.8	48.8	114	125	13	48
Body Building Salmon	942.3	25.5	5	0	98.6	195.2	127.3	15.2	13.6	49.6	150	224	14	31
Body Building Steak	595.5	13.7	4.1	0.3	95.6	178.7	67.9	12.1	13.5	48.8	123	81	9	49
Pre Athletic Chicken	706.7	9.2	1.6	0	52.8	51.2	111.3	4.9	2.9	41.2	3	136	3	36
Pre Athletic Salmon	777.5	17.6	3.2	0	49.3	83.9	113.1	5.2	5.2	38.5	3	54	4	37
Pre Athletic Shrimp	688.5	9.2	1.6	0	187.7	270.8	117.8	12.2	9.4	32.7	106	214	12	44
Pre Athletic Teriyaki Chicken	632.1	12.2	1.9	0	52.8	66.7	97.5	9.5	3	32.1	3	125	7	2
Fat Loss Spinach Salad w/ Chicken	314.8	17	5.4	0	65.8	187	11.5	4.6	5.2	30.5	30	104	13	21
Fat Loss Chicken Pasta	363.8	7.1	1.2	0	52.8	48	44	1.8	1	28.6	1	34	1	16
Fat Loss Healthy Bowl	368.4	7.5	1.3	0	52.8	56.4	48.1	4.4	1.4	25.6	1	63	3	11
Fat Loss Salmon & Avocado Salad	373.2	21.5	6.9	0	62.3	238.1	20.4	6.5	11.2	26.5	33	133	12	23
Fat Loss Chicken w/ Quinoa	345.9	8.9	1.3	0	52.8	92.4	37.7	6.6	3.7	29.4	4	198	6	23
Express Lunch Chicken Fajita	408.3	11.2	5.6	0	79.3	603	39	6.8	9	37.3	11	106	25	18
Express Lunch Chicken Panini	414.1	15	6.1	0	83	511.5	32.8	5.4	6	36	11	147	22	16
Express Lunch GF Chicken Sandwich	375.1	12.9	1.9	0	56.5	501.2	40.1	6	4.4	27.5	15	20	11	19
Express Lunch Chicken Sandwich	314.7	7.7	1.5	0	56.5	410	30.8	5.7	5.5	30.1	15	20	9	20
Beef Veggie Chili	265.2	9.6	3	0.2	45.3	1107.8	23.9	5.8	11.9	23.9	14	145	8	39
Express Lunch GF Tuna Sandwich	477.2	26.6	3.8	0	17.2	460.6	46.4	11.7	4.1	19.6	1	17	10	19
Express Lunch Tuna Sandwich	416.8	21.3	3.3	0	17.2	369.4	37.2	11.5	5.2	22.1	1	17	8	21
GF Spinach Avocado Burger	590	27.1	6.8	0.4	90.6	613.4	45.9	8	9.2	42	24	32	9	37
Taquitos	349.4	7.5	3.2	0	65.8	637	36.1	6.3	6.9	33.9	9	186	16	19
GF Beef Pizza	748.5	27.4	9.1	0.2	123.9	923.8	88.5	11.6	11.2	33.5	14	52	22	27
GF Veggie Pizza	632.1	21.6	6.7	0	78.5	874.5	91.2	12	12.2	16.1	16	115	22	16
GF Chicken Pizza	722.2	22.9	7.1	0	131.3	931.3	89.1	11.9	11.2	36.6	21	59	23	21
Chipotle Beef Wrap	462.2	20	7.7	0.1	76.2	594.2	34.4	5.8	6.9	35.4	11	103	24	29
Tomato Basil Sauce	14.6	0.1	0	0	0	93.1	3.4	0.7	1.8	0.6	1	16	2	5
Teriyaki Sauce (2 Tbsp)	50	0	0	0	0	480	12	0	7	1	0	0	0	2
Chipotle Mayo (2 Tbsp)	101	10.3	1.6	0	10.9	210.3	2.6	0	1.4	0.3	1	0	1	0
Pesto Sauce (2 Tbsp)	165	15	2.5	0	7.5	315	4.5	2	0	3	3	10	10	10
Sriracha Hot Sauce (2 tsp)	1	0	0	0	0	250	0.2	0	0.1	0	0	0	0	0
Sweet Chili Thai Sauce (2 Tbsp)	70	0	0	0	0	340	15	0	14	0.1	2	2	0	0
Pancake	390	7.4	1.9	0	201	690	38.3	1.3	7	43.3	10	0	27	15
Breakfast Burrito	375.2	15.4	6.9	0	220.7	633.2	35.6	5.8	8.5	23.5	23	99	29	20
GF Egg Sandwich	314.9	14.1	2.7	0	193.6	443.9	37.7	5	3.5	12.2	10	0	10	15
Egg Sandwich	254.5	8.9	2.3	0	193.6	352.7	28.5	4.7	4.6	14.8	10	0	8	16
Paleo Grilled Chicken Spinach Salad	446.9	24.9	2.9	0	79.2	121.3	19.8	9.8	6.4	39.9	29	120	15	27
Paleo Beef Stirfry	343	12.9	3.9	0.3	95.6	159.2	14.5	4.5	6.4	42.1	31	234	7	35
Small Peanut Butter Burst Smoothie	154.7	10.4	1.2	0	0	136.3	12.3	2.2	5.3	4.4	0	6	23	4
Large Peanut Butter Blast Smoothie	422.5	19.6	3	0	5	252.4	23.8	4.5	8.3	44	0	8	47	14
Small Strawberry Banana Smoothie	252.9	4.3	0.4	0	5	250.9	19.9	2.8	8.8	36.9	0	44	46	10
Large Strawberry Banana Smoothie	282.4	4.4	0.4	0	5	251.3	27.3	3.6	12.9	37.3	0	60	46	11
Small Muscle Maker Smoothie	391.2	4.8	0.3	0	10	294.3	19.9	2.8	7.7	71.8	2	24	61	13
Large Muscle Maker Smoothie	404.3	4.8	0.4	0	10	326.9	23.1	3.3	9.5	72.1	4	38	61	13
Small Berry Blast Smoothie	245.6	3.5	0.2	0	5	209.7	19.5	3.3	9.2	36.5	3	54	39	9
Large Berry Blast Smoothie	281.4	3.7	0.2	0	5	212.6	28.3	5.2	14.3	37.2	4	68	40	11
Small Antioxidant Smoothie	21.5	0.2	0	0	0	0.5	5.1	1.6	3.2	0.5	0	25	1	1
Large Antioxidant Smoothie	89.3	0.9	0.5	0	0	315.7	18.9	5.8	12.6	2.8	0	49	8	9

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Meal Prep 8oz Steak	310.9	10.4	4.2	0.3	127.4	104.9	0	0	0	51.1	0	0	1	36
Meal Prep 6oz Chicken Breast	197.4	2.6	0.7	0	105.5	92.2	0	0	0	40.7	1	0	1	5
Meal Prep 6oz Grilled Salmon	322.4	19.3	3.9	0	98.6	95.5	0	0	0	34.6	2	10	2	4
Meal Prep 5oz Shrimp	136.1	1.5	0.4	0	268.1	308	0	0	0	28.8	9	5	5	30
Meal Prep 5oz Lean Ground Beef	214	9.8	4.1	0.3	75.5	84	0	0	0	29.5	0	0	1	19
Meal Prep 4oz Lean Ground Turkey	151.1	6.7	2.2	0.1	98.2	64.8	0	0	0	21.3	0	0	6	6
Meal Prep 100g Broccoli	34	0.4	0	0	0	33	6.6	2.4	1.7	2.8	3	149	4	5
Meal Prep 200g Broccoli	68	0.8	0	0	0	66	13.2	4.8	3.4	5.6	6	298	8	10
Meal Prep 100g Cauliflower	25	0.3	0.1	0	0	30	5	1.8	1.9	1.9	0	80	2	3
Meal Prep 200g Cauliflower	50	0.6	0.2	0	0	60	10	3.6	3.8	3.8	0	160	4	6
Meal Prep 100g Red Pepper	31	0.3	0	0	0	4	6	1.4	4.2	1	16	213	1	3
Meal Prep 200g Red Pepper	62	0.6	0	0	0	8	12	2.8	8.4	2	32	426	2	6
Meal Prep 100g Green Pepper	20	0.2	0.1	0	0	3	4.6	1.4	2.4	0.9	2	134	1	2
Meal Prep 200g Green Pepper	40	0.4	0.2	0	0	6	9.2	2.8	4.8	1.8	4	268	2	4
Meal Prep 100g Yellow Pepper	27	0.2	0	0	0	2	6.3	0.9	0	1	1	306	1	4
Meal Prep 200g Yellow Pepper	54	0.4	0	0	0	4	12.6	1.8	0	2	2	612	2	8
Meal Prep 100g Celery	16	0.2	0	0	0	80	3	1.5	1.8	0.7	2	5	4	1
Meal Prep 200g Celery	32	0.4	0	0	0	160	6	3	3.6	1.4	4	10	8	2
Meal Prep 100g Carrot	41	0.2	0	0	0	69	9.6	2.4	4.7	0.9	84	10	3	2
Meal Prep 200g Carrot	82	0.4	0	0	0	138	19.2	4.8	9.4	1.8	168	20	6	4
Meal Prep 100g Spinach Salad	23	0.4	0.1	0	0	79	3.6	2.2	0.4	2.9	47	47	9	19
Meal Prep 200g Spinach Salad	46	0.8	0.2	0	0	158	7.2	4.4	0.8	5.8	94	94	18	38
Meal Prep 100g Peas	81	0.4	0.1	0	0	5	14.4	5.1	5.7	5.4	4	67	2	11
Meal Prep 200g Peas	162	0.8	0.2	0	0	10	28.8	10.2	11.4	10.8	8	134	4	22
Meal Prep 100g Mixed Vegetables	64	0.5	0.1	0	0	47	13.5	4	0	3.3	25	17	2	7
Meal Prep 200g Mixed Vegetables	128	1	0.2	0	0	94	27	8	0	6.6	50	34	4	14
Meal Prep 100g Sweet Potato	90	0.2	0	0	0	36	20.7	3.3	6.5	2	96	33	3	5
Meal Prep 200g Sweet Potato	180	0.4	0	0	0	72	41.4	6.6	13	4	192	66	6	10
Meal Prep 100g Gluten Free Pasta	158	0.9	0.2	0	0	1	30.9	1.2	0.6	5.8	0	0	1	9
Meal Prep 200g Gluten Free Pasta	316	1.8	0.4	0	0	2	61.8	2.4	1.2	11.6	0	0	2	18
Meal Prep 100g Brown Rice	112	0.8	0.2	0	0	1	23.5	1.9	0.4	2.3	0	0	1	4
Meal Prep 200g Brown Rice	224	1.6	0.4	0	0	2	47	3.8	0.8	4.6	0	0	2	8
Meal Prep 100g Quinoa	120	1.9	0.2	0	0	7	21.3	2.8	0.9	4.4	0	0	2	11
Meal Prep 200g Quinoa	240	3.8	0.4	0	0	14	42.6	5.6	1.8	8.8	0	0	4	22
Meal Prep 100g Organic Oats	104.8	1.9	0.4	0	0	0.8	18	2.5	0.3	3.6	0	0	1	7
Meal Prep 200g Organic Oats	209.6	3.8	0.8	0	0	1.6	36	5	0.6	7.2	0	0	2	14

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