

BASES, PROTEINS, CHEESE

BASES

MIXED GREENS

ZOODLES

VEGGIE RICE

QUINOA

WILD RICE

Serving	Calories	Protein	Carbs	Fat	Sodium	Fiber
1 cup	10	1	1	0	16	.5
1.5 cups	160	3	5	14	18	2
4 oz	180	5	4	14	43	1
4 oz	270	10	42	4	16	2.5
4 oz	20	5	43	.5	57	1

PROTEIN

BUFFALO MEATBALLS

SALMON

CHICKEN

BLACK BEANS

HARD BOILED EGG

VEGAN SAUSAGE

Serving	Calories	Protein	Carbs	Fat	Sodium	Fiber
3 meatballs	400	44	9	19	619	4
2 oz	70	10	0	2	381	0
2 oz	250	44	0	6	109	0
2 oz	160	9	18	1	437	3
1 egg	70	6	1	5	55	0
1	222	14	4	15	410	3

CHEESE

CHEDDAR

PARMESAN

FETA

VEGA MOZZERELLA

VEGAN FETA

Serving	Calories	Protein	Carbs	Fat	Sodium	Fiber
1 oz	70	4	1	6	108	0
1 oz	60	6	1	4	166	0
1 oz	50	3	1	4	214	0
1 oz	40	0	4	3	115	0
1 oz	90	0	3	8	190	0