

HERNAN'S



MEAL PREP

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Menu for April 14, 2024

1. **Mole de Pollo w/ Spanish Rice & Street corn**
Cal 797 Protein 48g Fat 19g Carbs 75g
2. **Marry Me Chicken w/ White Rice & Broccoli**
Cal 620 Protein 35g Fat 15g Carbs 40g
3. **Honey BQQ Chicken/ Mac & Cheese & Green beans**
Cal 320 Protein 33g Fat 5 Carbs 37g
4. **Stir Fry Chicken w/ White Rice**
Cal 385 Protein 40g Fat 6g Carbs 42g
5. **Ground Turkey Picadillo w/ Spanish Rice & Mixed Veggies**
Cal 390 Protein 32g Fat 1g Carbs 36g
6. **Tomato Basil Spaghetti and Turkey meatballs w/ Broccoli**
Cal 365 Protein 22g Fat 7g Carbs 55g
7. **Beef Meatballs & Gravy w/ White Rice & Green beans**
Cal 495 Protein 14g Fat 21g Carbs 35g
8. **Garlic Butter Steak Bites w/Healthy Fried Rice & Broccoli**
Cal 415 Protein 32g Fat 17g Carbs 28g
9. **Teriyaki Salmon w/ Brown Rice & Asparagus**
Cal 370 Protein 25g Fat 15g Carbs 27g
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11. **Shrimp Alfredo w/ Broccoli**
Cal 350 Protein 25g Fat 14g Carbs 33g
12. **Baked Tilapia w/Brown Rice & Veggies**
Cal 320 Protein 47g Fat 12g Carbs 31g