



MEAL PREP NUTRITION GUIDE

Clean Eats Kitchen · 628 S Roselle Rd, Schaumburg, IL · (847) 895-2122 · cekchicago.com · Version 9 · nutrition data from September 2021

All information is created to the best of our knowledge using nutrition data from the date listed on this guide. If you notice any discrepancies, please tell a chef or email us. If you have any allergies, let us know so we can avoid any cross-contamination possibilities.

- No salt added to any items unless specifically indicated.
- All items include our seasoning blend (unless otherwise stated): turmeric, black pepper, paprika, celery seed, dried vinegar, ground fennel, ground ginger and ground garlic.
- All items are gluten-free except pasta and gyro. The beef & lamb gyro uses a gluten binder, so it contains a low amount of gluten.

Keto Keto **Veg** Vegetarian **Vegan** Vegan **W30** Whole30 **Paleo** Paleo
GF Gluten-free

† Sugar alcohol (erythritol or monk-fruit blend) shown instead of sugar

Net carbs = carbs – fiber (– sugar alcohol where marked)

PROTEINS Choose your protein · 37 items

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
4 oz Smoked Texas Brisket Keto W30 Paleo GF	213	31.5 g	0.4 g	7.1 g	0.2 g	0.2 g	0.1 g	169 mg
4 oz Honey & Lime Carne Asada Keto GF Uses Honey (natural sugar) & Lime	330	24 g	8 g	23 g	8 g	0 g	8 g	110 mg
5 oz Parmesan Crusted Chicken Keto GF	364	36 g	1 g	22 g	1 g	0 g	0 g	545 mg
5 oz Jamaican Jerk Chicken Keto Paleo GF	226	33.2 g	3.6 g	8.5 g	3.1 g	0.5 g	0.4 g	508 mg
5 oz Cajun Chicken Keto W30 Paleo GF	178	35.2 g	1 g	3.76 g	0.6 g	0.4 g	0.3 g	184 mg
5 oz Sugar-Free Teriyaki Chicken Keto Paleo GF	178	23.1 g	11.7 g	3.8 g	1.5 g	0.1 g	10.1 [†] g	1038 mg
4 oz Taco Ground Beef Keto W30 Paleo GF	258	17.5 g	1.5 g	20.03 g	0.9 g	0.6 g	0.3 g	75 mg
4 oz Fajita Ground Beef Keto W30 Paleo GF	257	17.6 g	2.81 g	21.25 g	1.31 g	1.5 g	0.2 g	216 mg
4 oz Sugar-Free BBQ Ground Beef Keto GF Uses Erythritol as a Sugar Replacement	272	18.2 g	4.5 g	20 g	0.5 g	1 g	3 [†] g	66 mg
5 oz Taco Chicken Keto W30 Paleo GF	181	35.3 g	1.5 g	3.78 g	0.9 g	0.6 g	0.3 g	192 mg
2 Banana Protein Pancakes Keto Veg Paleo GF Uses Stevia	100	10.8 g	8.6 g	2.6 g	7.8 g	0.8 g	3.6 g	331.5 mg
4 oz Italian Beef (Available in Bulk Only) (contains salt) Keto Paleo GF	133	22.67 g	0 g	4 g	0 g	0 g	0 g	587 mg
5 oz Fajita Chicken Keto W30 Paleo GF	186	35.6 g	2.81 g	4.25 g	1.31 g	1.5 g	0.2 g	848 mg
5 oz Sweet & Sour Chicken W30 Paleo GF Natural sugar from pineapple, coconut and tomato only. Uses arrowroot starch.	400	35 g	50 g	5 g	47 g	3 g	24 g	912 mg
5 oz Grilled Seasoned Chicken Breast Keto W30 Paleo GF	173	35 g	0 g	3.75 g	0 g	0 g	0 g	183 mg
4 oz Grilled Seasoned Salmon Strips Keto W30 Paleo GF	170	20 g	2 g	9 g	2 g	0 g	0 g	330 mg
5.33 oz Grilled Seasoned Turkey Strips Keto W30 Paleo GF	280	25 g	0 g	20 g	0 g	0 g	0 g	340 mg
4.5 oz Meatless Grilled Seasoned Eggplant Keto Veg Vegan W30 Paleo GF	47	0.13 g	7.2 g	2 g	3.6 g	3.6 g	3.6 g	0.27 mg
4 oz Diced Rosemary Prime Rib Keto W30 Paleo GF Eat Within 3 Days of Ordering	330	17 g	0 g	29 g	0 g	0 g	0 g	290 mg
4 oz Grilled Ground Beef Keto W30 Paleo GF	250	17.2 g	0 g	20 g	0 g	0 g	0 g	66 mg
5 oz Grilled Turmeric Chicken Keto W30 Paleo GF	188	35.5 g	3 g	3.75 g	1 g	2 g	0 g	183 mg
4 oz Beef & Lamb Gyro Keto W30 Paleo	334	17 g	8 g	26 g	6.75 g	1.25 g	0 g	900 mg
2 Scrambled Eggs Keto Veg W30 Paleo GF	190	24 g	1 g	10 g	1 g	0 g	1 g	124 mg
2 Scrambled Eggs with Cauliflower Keto Veg W30 Paleo GF	206	24 g	5 g	10 g	3 g	2 g	2.5 g	149 mg
2 Scrambled Eggs with Broccoli Keto Veg W30 Paleo GF	224	26.6 g	7 g	10 g	4.6 g	2.4 g	2.5 g	54 mg
4 oz Smoked Canadian Ham Keto W30 Paleo GF	244	33 g	3.5 g	10 g	3.5 g	0 g	2 g	200 mg

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
2 Scrambled Egg Whites Keto Veg W30 Paleo GF	65	12.5 _g	3 _g	0.3 _g	3 _g	0 _g	3 _g	180 _{mg}
2 Scrambled Egg Whites with Cauliflower Keto Veg W30 Paleo GF	90	14.5 _g	7 _g	0.5 _g	5 _g	2 _g	5 _g	196 _{mg}
2 Scrambled Egg Whites with Broccoli Keto Veg W30 Paleo GF	90	14 _g	7 _g	0.7 _g	5.5 _g	1.5 _g	4 _g	196 _{mg}
5 oz Grilled Chicken Breast tossed in Buffalo Mild Sauce Keto W30 Paleo GF	140	35 _g	0 _g	0 _g	0 _g	0 _g	0 _g	523 _{mg}
4 oz Grilled Mahi Mahi Fish coated in Olive Oil Keto W30 Paleo GF	218	22 _g	1 _g	14 _g	1 _g	0 _g	0 _g	70 _{mg}
5 oz Grilled Chicken Breast tossed in Sugar-Free BBQ Sauce Keto GF Uses Erythritol as a Sugar Replacement	195	36 _g	4.5 _g	3.75 _g	0.5 _g	1 _g	3 [†] _g	183 _{mg}
5 oz Tofu Keto Veg Vegan	75	6.7 _g	1.7 _g	3.4 _g	0 _g	1.7 _g	0 _g	0 _{mg}
8 oz Lentils Veg Vegan GF	192	13.2 _g	34.8 _g	0 _g	28.8 _g	6 _g	0 _g	6 _{mg}
5 oz Black Beans Veg Vegan GF	137.5	8.75 _g	26.25 _g	0 _g	15 _g	11.25 _g	1.25 _g	512.5 _{mg}
5 oz Pinto Beans Veg Vegan GF	137.5	8.75 _g	23.75 _g	0 _g	13.75 _g	10 _g	1.25 _g	512.5 _{mg}
5 oz Garbanzo Beans Veg Vegan GF	150	7.5 _g	23.75 _g	0 _g	16.25 _g	7.5 _g	1.25 _g	550 _{mg}

VEGETABLES & FRUIT Choose your vegetables and fruit · 26 items

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
5 oz Sauteed Seasoned White Mushroom Keto Veg Vegan W30 Paleo GF	35	3.7 _g	4 _g	0.5 _g	2.8 _g	1.2 _g	2.4 _g	6 _{mg}
5 oz Garlic Crimini Seasoned Mushrooms Keto Veg Vegan Paleo GF	45	3.5 _g	7 _g	2 _g	5.5 _g	1.5 _g	2.5 _g	45.7 _{mg}
8 oz Sauteed Seasoned Baby Spinach Keto Veg Vegan W30 Paleo GF	64	6.5 _g	8.3 _g	1 _g	3.3 _g	5 _g	1 _g	160 _{mg}
8 oz Sauteed Red Pepper (spicy) Baby Spinach Keto Veg Vegan W30 Paleo GF	80	7.4 _g	11.2 _g	2 _g	6.2 _g	5 _g	1 _g	160 _{mg}
5 oz Grilled Caramelized Sweet Onions Keto Veg Vegan W30 Paleo GF	55	1.5 _g	13 _g	0 _g	10.5 _g	2.5 _g	6 _g	5 _{mg}
5 oz Sauteed Italian Herb Onion with Rosemary, Onion and Parsley Seasoning Keto Veg Vegan W30 Paleo GF	70	1.5 _g	16.2 _g	0 _g	13.7 _g	2.5 _g	9 _g	10.6 _{mg}
4.5 oz Meatless Grilled Seasoned Eggplant Keto Veg Vegan W30 Paleo GF	47	0.13 _g	7.2 _g	2 _g	3.6 _g	3.6 _g	3.6 _g	0.27 _{mg}
3 oz Farm Fresh Blueberry Keto Veg Vegan W30 Paleo GF	57	0.7 _g	14 _g	0.3 _g	11.6 _g	2.4 _g	10 _g	0 _{mg}
3 oz Steamed Broccoli & 2 oz Carrots Keto Veg Vegan W30 Paleo GF	54	2.56 _g	11.44 _g	0.48 _g	6.94 _g	4.5 _g	3.8 _g	63 _{mg}
2 oz Grilled Onion & 3 oz Grilled Sweet Peppers Keto Veg Vegan W30 Paleo GF	43	1.2 _g	9.7 _g	0 _g	7.2 _g	2.5 _g	4.65 _g	5.5 _{mg}
4 oz Diced Tomato Keto Veg Vegan W30 Paleo GF	20	1.2 _g	4.4 _g	0 _g	3.2 _g	1.2 _g	2.8 _g	6 _{mg}
6 oz Grilled Idaho Black Pepper Potato Wedges Veg Vegan W30 Paleo GF	159.6	4.2 _g	36 _g	0.25 _g	31.8 _g	4.2 _g	1.86 _g	12 _{mg}
6 oz Sauteed Extra Virgin Olive Oil Potato Wedges Veg Vegan W30 Paleo GF	278.9	4.2 _g	36 _g	14.25 _g	31.8 _g	4.2 _g	1.86 _g	12 _{mg}
8 oz Sweet Peppers Keto Veg Vegan W30 Paleo GF	50	1.5 _g	12 _g	0 _g	8 _g	4 _g	6 _g	5.5 _{mg}
5 oz Steamed Carrots Keto Veg Vegan W30 Paleo GF	60	1.3 _g	13.6 _g	0.3 _g	9.6 _g	4 _g	6.5 _g	84 _{mg}
5 oz Grilled Zucchini Keto Veg Vegan W30 Paleo GF	25	1.3 _g	5 _g	0.5 _g	3.5 _g	1.5 _g	3.5 _g	14 _{mg}
5 oz Steamed Broccoli Keto Veg Vegan W30 Paleo GF	50	3.4 _g	10 _g	0.6 _g	5.3 _g	4.7 _g	2 _g	49 _{mg}
6 oz Sauteed Olive Oil Sweet Potatoes Veg Vegan W30 Paleo GF	268	2.6 _g	34.6 _g	14 _g	29.4 _g	5.2 _g	7.2 _g	94.6 _{mg}
6 oz Grilled Sweet Potatoes Veg Vegan W30 Paleo GF	149	2.6 _g	34.6 _g	0.1 _g	29.4 _g	5.2 _g	7.2 _g	94.6 _{mg}

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
8 oz Lentils Veg Vegan GF	192	13.2 _g	34.8 _g	0 _g	28.8 _g	6 _g	0 _g	6 _{mg}
5 oz Black Beans Veg Vegan GF	137.5	8.75 _g	26.25 _g	0 _g	15 _g	11.25 _g	1.25 _g	512.5 _{mg}
5 oz Pinto Beans Veg Vegan GF	137.5	8.75 _g	23.75 _g	0 _g	13.75 _g	10 _g	1.25 _g	512.5 _{mg}
5 oz Garbanzo Beans Veg Vegan GF	150	7.5 _g	23.75 _g	0 _g	16.25 _g	7.5 _g	1.25 _g	550 _{mg}
5 oz Green Beans Veg Vegan GF	25	1.25 _g	5 _g	0 _g	2.5 _g	2.5 _g	2.5 _g	362.5 _{mg}
5 oz Sweet Corn Veg Vegan GF	87.5	2.5 _g	21.25 _g	1.25 _g	18.75 _g	2.5 _g	7.5 _g	375 _{mg}
5 oz Sweet Peas Veg Vegan W30 GF	87.5	5 _g	15 _g	0.62 _g	11.25 _g	3.75 _g	7.5 _g	375 _{mg}

FLEX CHOICE

Rice, pasta, eggs and side salads · 13 items

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
4 oz Side Garden Salad (Iceberg, Cucumber, Tomato, no dressing) Keto Veg Vegan W30 Paleo GF	30	1.6 _g	4.8 _g	0.5 _g	2.1 _g	2.7 _g	1 _g	4.8 _{mg}
4 oz Italian Herb Penne Pasta (contains Gluten) Veg Vegan	220	6 _g	30 _g	8.5 _g	27 _g	3 _g	2 _g	200 _{mg}
5 oz Cilantro Rice Veg Vegan GF	166	5 _g	33.4 _g	1.5 _g	30.88 _g	2.52 _g	0.6 _g	7 _{mg}
5 oz Brown Rice Veg Vegan GF	165	5 _g	33 _g	1.5 _g	30.5 _g	2.5 _g	0.5 _g	7 _{mg}
5 oz Spanish Rice Veg Vegan GF	230	7.2 _g	46 _g	2 _g	44 _g	2 _g	0.5 _g	28 _{mg}
2 Scrambled Eggs Keto Veg W30 Paleo GF	190	24 _g	1 _g	10 _g	1 _g	0 _g	1 _g	124 _{mg}
2 Scrambled Eggs with Cauliflower Keto Veg W30 Paleo GF	206	24 _g	5 _g	10 _g	3 _g	2 _g	2.5 _g	149 _{mg}
2 Scrambled Eggs with Broccoli Keto Veg W30 Paleo GF	224	26.6 _g	7 _g	10 _g	4.6 _g	2.4 _g	2.5 _g	54 _{mg}
3 oz Steamed Broccoli & 2 oz Carrots Keto Veg Vegan W30 Paleo GF	54	2.56 _g	11.44 _g	0.48 _g	6.94 _g	4.5 _g	3.8 _g	63 _{mg}
2 Scrambled Egg Whites Keto Veg W30 Paleo GF	65	12.5 _g	3 _g	0.3 _g	3 _g	0 _g	3 _g	180 _{mg}
2 Scrambled Egg Whites with Cauliflower Keto Veg W30 Paleo GF	90	14.5 _g	7 _g	0.5 _g	5 _g	2 _g	5 _g	196 _{mg}
2 Scrambled Egg Whites with Broccoli Keto Veg W30 Paleo GF	90	14 _g	7 _g	0.7 _g	5.5 _g	1.5 _g	4 _g	196 _{mg}
4 oz Side Caesar Salad (Romaine, Parm, Tomato, no Dressing) (Keto) Keto GF	64	2.2 _g	6 _g	3.5 _g	4 _g	2 _g	3 _g	100 _{mg}

If an item is missing here, it is listed under Proteins or Vegetables & Fruit.

SAUCES

One side sauce choice · 15 items

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
Keto LAKANTO Maple Syrup (for Pancakes) Keto Veg Vegan W30 Paleo GF Uses Monk Fruit and Tapioca Fiber	50	0 _g	14 _g	0 _g	2 _g	12 _g	0 ⁺ _g	180 _{mg}
Buffalo Sauce (spicy) (Keto) Keto Veg Vegan W30 Paleo GF	0	0 _g	0 _g	0 _g	0 _g	0 _g	0 _g	300 _{mg}
Low Fat Italian Dressing Keto Veg Vegan W30 Paleo GF	25	0 _g	3 _g	1.5 _g	3 _g	0 _g	2 _g	440 _{mg}
Low Carb Honey Dijon Mustard Keto Veg Vegan W30 Paleo GF	45	1 _g	5.8 _g	1.5 _g	5.8 _g	0 _g	4 _g	60 _{mg}
Lemon Juice (Keto) Keto Veg Vegan W30 Paleo GF	0	0 _g	0 _g	0 _g	0 _g	0 _g	0 _g	0 _{mg}
Roasted Garlic Balsamic Vinegar Steak Sauce Keto Veg Vegan W30 Paleo GF	56	0.4 _g	10.8 _g	1.4 _g	10.8 _g	0 _g	8 _g	16 _{mg}
Greek Tzatziki Keto Veg Vegan GF	103	4 _g	6 _g	7 _g	4 _g	2 _g	2 _g	220 _{mg}
Yellow Mustard (Keto) Keto Veg Vegan W30 Paleo GF	33	2 _g	3 _g	1.5 _g	1 _g	2 _g	0 _g	400 _{mg}
Homemade Blue Cheese Dressing (Keto) Keto Veg GF	350	9 _g	4 _g	32.8 _g	4 _g	0 _g	5 _g	600 _{mg}

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
Sugar-Free BBQ Sauce (Keto) Keto Veg Vegan GF No Sugar Added, Erythritol Used	33	1.5 g	6.75 g	0 g	3.75 g	1.5 g	4.5 [†] g	300 mg
Caesar Dressing Keto Veg Vegan GF	260	2 g	4 g	26 g	4 g	0 g	1.7 g	400 mg
Homemade Marinara Sauce (California Vine-Ripened Tomatoes) Keto Veg W30 Paleo GF	16.25	0 g	2.5 g	0.47 g	1.92 g	0.58 g	1.75 g	9.5 mg
Homemade Salsa Verde (Hot) Keto Veg Vegan W30 Paleo GF	16.25	0.48 g	3.4 g	0.75 g	2.25 g	1.15 g	2 g	0.75 mg
Sour Cream Keto Veg GF	120	2 g	4 g	10 g	4 g	0 g	2 g	60 mg
Sweet & Sour Sauce Veg Vegan W30 Paleo GF Natural sugar from pineapple, coconut and tomato only.	96	0.42 g	14.96 g	0.02 g	13.66 g	1.3 g	4.36 g	480 mg

DESSERTS (OPTIONAL)

Optional add-ons · 5 items

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
Keto Cheesecake Slice Keto Veg GF Uses erythritol as a sugar replacement, already removed from calculation.	316	7.33 g	5 g	30 g	3.75 g	1.25 g	2.45 g	47 mg
1 Peanut Butter Fat Bomb Keto Veg Vegan GF	91	3.75 g	4.67 g	7.5 g	2.29 g	2.38 g	0.88 g	39.6 mg
Keto Lemon Bar Keto Veg GF Uses erythritol as a sugar replacement, already removed from calculation.	179	4 g	3.3 g	16.4 g	2.3 g	1 g	1.1 g	41.58 mg
Grilled Fruit Veg Vegan W30 Paleo GF	Coming soon							
Yogurt GF	Coming soon							

KETO PIZZA (OPTIONAL)

Optional add-on · 1 items

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
10" Keto Crust (uncooked) (BAKE 10-12 MINUTES AT 425 DEGREES) Keto Veg GF	210	26 g	7 g	3 g	0 g	4 g	2 g	190 mg