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 · 34 items

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (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 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 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
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

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
5 oz Grilled Chicken Breast tossed in Buffalo Mild Sauce Keto W30 Paleo GF	140	35g	0g	0g	0g	0g	0g	523mg
5 oz Grilled Chicken Breast tossed in Sugar-Free BBQ Sauce Keto GF Uses Erythritol as a Sugar Replacement	195	36g	4.5g	3.75g	0.5g	1g	3†g	183mg
5 oz Tofu Keto Veg Vegan	75	6.7g	1.7g	3.4g	0g	1.7g	0g	0mg
8 oz Lentils Veg Vegan GF	192	13.2g	34.8g	0g	28.8g	6g	0g	6mg
5 oz Black Beans Veg Vegan GF	137.5	8.75g	26.25g	0g	15g	11.25g	1.25g	512.5mg
5 oz Pinto Beans Veg Vegan GF	137.5	8.75g	23.75g	0g	13.75g	10g	1.25g	512.5mg
5 oz Garbanzo Beans Veg Vegan GF	150	7.5g	23.75g	0g	16.25g	7.5g	1.25g	550mg

VEGETABLES & FRUIT

Choose your vegetables and fruit · 25 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	3.7g	4g	0.5g	2.8g	1.2g	2.4g	6mg
5 oz Garlic Crimini Seasoned Mushrooms Keto Veg Vegan W30 Paleo GF	45	3.5g	7g	2g	5.5g	1.5g	2.5g	45.7mg
8 oz Sauteed Seasoned Baby Spinach Keto Veg Vegan W30 Paleo GF	64	6.5g	8.3g	1g	3.3g	5g	1g	160mg
8 oz Sauteed Red Pepper (spicy) Baby Spinach Keto Veg Vegan W30 Paleo GF	80	7.4g	11.2g	2g	6.2g	5g	1g	160mg
5 oz Grilled Caramelized Sweet Onions Keto Veg Vegan W30 Paleo GF	55	1.5g	13g	0g	10.5g	2.5g	6g	5mg
5 oz Sauteed Italian Herb Onion with Rosemary, Onion and Parsley Seasoning Keto Veg Vegan W30 Paleo GF	70	1.5g	16.2g	0g	13.7g	2.5g	9g	10.6mg
4.5 oz Meatless Grilled Seasoned Eggplant Keto Veg Vegan W30 Paleo GF	47	0.13g	7.2g	2g	3.6g	3.6g	3.6g	0.27mg
3 oz Steamed Broccoli & 2 oz Carrots Keto Veg Vegan W30 Paleo GF	54	2.56g	11.44g	0.48g	6.94g	4.5g	3.8g	63mg
2 oz Grilled Onion & 3 oz Grilled Sweet Peppers Keto Veg Vegan W30 Paleo GF	43	1.2g	9.7g	0g	7.2g	2.5g	4.65g	5.5mg
4 oz Diced Tomato Keto Veg Vegan W30 Paleo GF	20	1.2g	4.4g	0g	3.2g	1.2g	2.8g	6mg
6 oz Grilled Idaho Black Pepper Potato Wedges Veg Vegan W30 Paleo GF	159.6	4.2g	36g	0.25g	31.8g	4.2g	1.86g	12mg
6 oz Sauteed Extra Virgin Olive Oil Potato Wedges Veg Vegan W30 Paleo GF	278.9	4.2g	36g	14.25g	31.8g	4.2g	1.86g	12mg
8 oz Sweet Peppers Keto Veg Vegan W30 Paleo GF	50	1.5g	12g	0g	8g	4g	6g	5.5mg
5 oz Steamed Carrots Keto Veg Vegan W30 Paleo GF	60	1.3g	13.6g	0.3g	9.6g	4g	6.5g	84mg
5 oz Grilled Zucchini Keto Veg Vegan W30 Paleo GF	25	1.3g	5g	0.5g	3.5g	1.5g	3.5g	14mg
5 oz Steamed Broccoli Keto Veg Vegan W30 Paleo GF	50	3.4g	10g	0.6g	5.3g	4.7g	2g	49mg
6 oz Sauteed Olive Oil Sweet Potatoes Veg Vegan W30 Paleo GF	268	2.6g	34.6g	14g	29.4g	5.2g	7.2g	94.6mg
6 oz Grilled Sweet Potatoes Veg Vegan W30 Paleo GF	149	2.6g	34.6g	0.1g	29.4g	5.2g	7.2g	94.6mg
8 oz Lentils Veg Vegan GF	192	13.2g	34.8g	0g	28.8g	6g	0g	6mg
5 oz Black Beans Veg Vegan GF	137.5	8.75g	26.25g	0g	15g	11.25g	1.25g	512.5mg
5 oz Pinto Beans Veg Vegan GF	137.5	8.75g	23.75g	0g	13.75g	10g	1.25g	512.5mg
5 oz Garbanzo Beans Veg Vegan GF	150	7.5g	23.75g	0g	16.25g	7.5g	1.25g	550mg
5 oz Green Beans Veg Vegan GF	25	1.25g	5g	0g	2.5g	2.5g	2.5g	362.5mg

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (mg)
5 oz Sweet Corn Veg Vegan GF	87.5	2.5g	21.25g	1.25g	18.75g	2.5g	7.5g	375mg
5 oz Sweet Peas Veg Vegan W30 GF	87.5	5g	15g	0.62g	11.25g	3.75g	7.5g	375mg

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

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	0g	14g	0g	2g	12g	0†g	180mg
Buffalo Sauce (spicy) (Keto) Keto Veg Vegan W30 Paleo GF	0	0g	0g	0g	0g	0g	0g	300mg
Low Fat Italian Dressing Keto Veg Vegan W30 Paleo GF	25	0g	3g	1.5g	3g	0g	2g	440mg
Low Carb Honey Dijon Mustard Keto Veg Vegan W30 Paleo GF	45	1g	5.8g	1.5g	5.8g	0g	4g	60mg
Lemon Juice (Keto) Keto Veg Vegan W30 Paleo GF	0	0g	0g	0g	0g	0g	0g	0mg
Roasted Garlic Balsamic Vinegar Steak Sauce Keto Veg Vegan W30 Paleo GF	56	0.4g	10.8g	1.4g	10.8g	0g	8g	16mg
Greek Tzatziki Keto Veg Vegan GF	103	4g	6g	7g	4g	2g	2g	220mg
Yellow Mustard (Keto) Keto Veg Vegan W30 Paleo GF	33	2g	3g	1.5g	1g	2g	0g	400mg
Homemade Blue Cheese Dressing (Keto) Keto Veg GF	350	9g	4g	32.8g	4g	0g	5g	600mg
Sugar-Free BBQ Sauce (Keto) Keto Veg Vegan GF No Sugar Added, Erythritol Used	33	1.5g	6.75g	0g	3.75g	1.5g	4.5†g	300mg
Caesar Dressing Keto Veg Vegan GF	260	2g	4g	26g	4g	0g	1.7g	400mg
Homemade Marinara Sauce (California Vine-Ripened Tomatoes) Keto Veg W30 Paleo GF	16.25	0g	2.5g	0.47g	1.92g	0.58g	1.75g	9.5mg
Homemade Salsa Verde (Hot) Keto Veg Vegan W30 Paleo GF	16.25	0.48g	3.4g	0.75g	2.25g	1.15g	2g	0.75mg
Sour Cream Keto Veg GF	120	2g	4g	10g	4g	0g	2g	60mg

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (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 · 3 items

ITEM	CAL	PROTEIN (g)	CARBS (g)	FAT (g)	NET CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (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
Grilled Fruit Veg Vegan W30 Paleo GF					*Coming soon*			
Yogurt GF					*Coming soon*			

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