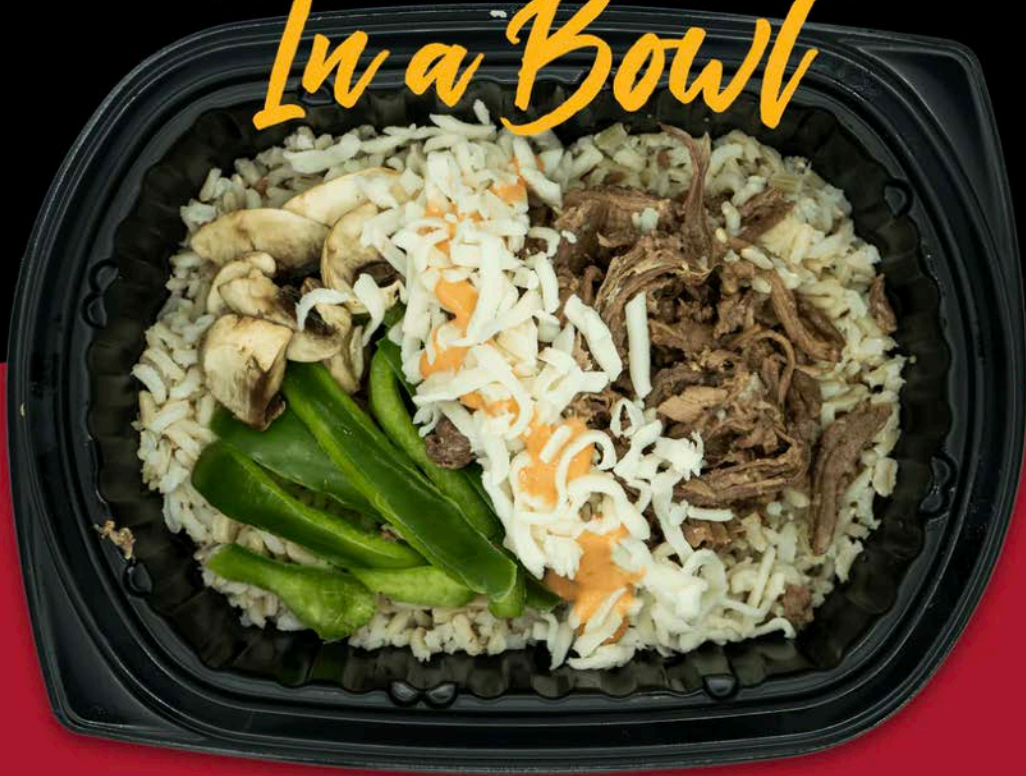


ARNOLD

In a Bowl



SHREDDED STEAK, GREEN PEPPERS AND MUSHROOMS OVER BROWN RICE WITH MOZZARELLA CHEESE AND CLEAN EATZ BUFFALO SAUCE

390
CALORIES

14g
TOTAL FAT

38g
TOTAL CARBS

28g
PROTEIN

ROASTED *Garlic Chicken*



GARLIC & HERB SEASONED CHICKEN BREAST WITH
CARROTS AND GREEN BEANS OVER RED POTATOES

280
CALORIES

6g
TOTAL FAT

29g
TOTAL CARBS

27g
PROTEIN

HIBACHI

Chicken



CHICKEN IN YUM YUM SAUCE
OVER BROCCOLI AND ZUCCHINI

360
CALORIES

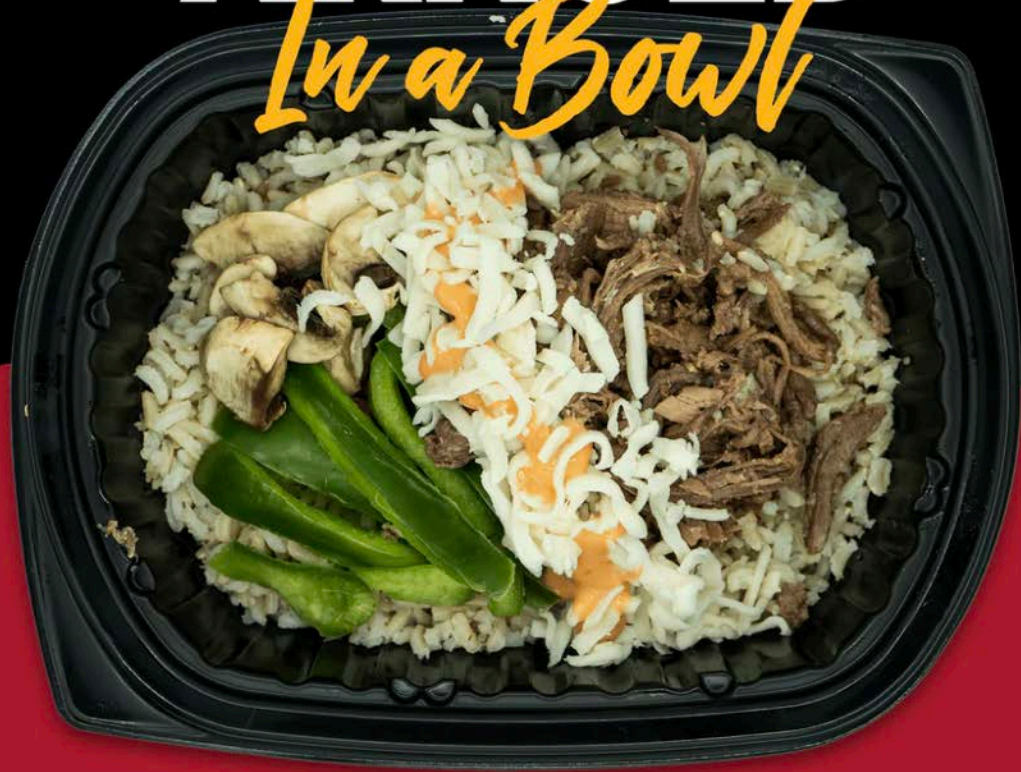
23g
TOTAL FAT

12g
TOTAL CARBS

26g
PROTEIN

ARNOLD

In a Bowl



SHREDDED STEAK, GREEN PEPPERS AND MUSHROOMS OVER BROWN RICE WITH MOZZARELLA CHEESE AND CLEAN EATZ BUFFALO SAUCE

390
CALORIES

14g
TOTAL FAT

38g
TOTAL CARBS

28g
PROTEIN

XP
SWEET CHILI
Chicken Mac & Cheese



CHICKEN TENDERS IN A SWEET AND SPICY
SAUCE WITH A SIDE OF MAC & CHEESE

540
CALORIES

15g
TOTAL FAT

70g
TOTAL CARBS

30g
PROTEIN

SWEET CHILI *Chicken Mac & Cheese*



CHICKEN TENDERS IN A SWEET AND
SPICY SAUCE WITH A SIDE OF MAC & CHEESE

430
CALORIES

12g
TOTAL FAT

55g
TOTAL CARBS

25g
PROTEIN

STICKY *Asian Chicken*



CHICKEN CHUNKS IN KOREAN BBQ SAUCE
WITH SUGAR SNAP PEAS OVER BROWN RICE

330
CALORIES

6g
TOTAL FAT

44g
TOTAL CARBS

26g
PROTEIN

PUMPKIN *Ravioli*



CHEESE RAVIOLI WITH CHICKEN IN A CREAMY
PUMPKIN SAUCE WITH SPINACH AND PECANS

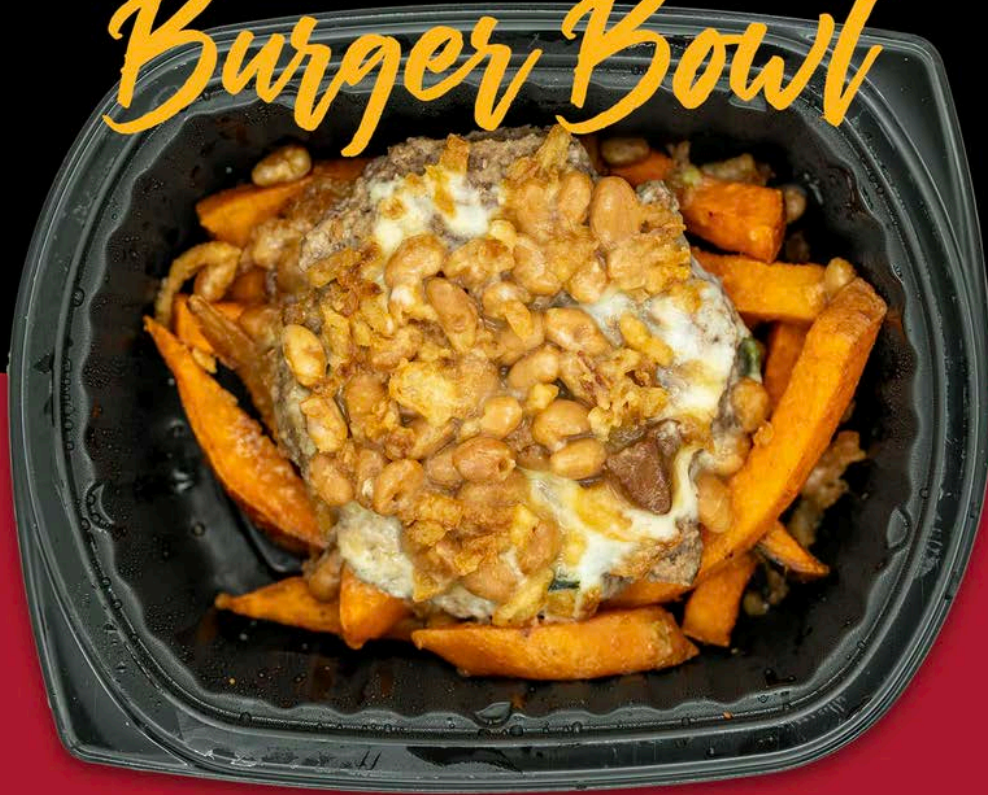
470
CALORIES

16g
TOTAL FAT

47g
TOTAL CARBS

34g
PROTEIN

LOADED *Burger Bowl*



BEEF BURGER TOPPED WITH BAKED BEANS,
QUESO, FRIED ONIONS AND SWEET POTATO FRIES

540
CALORIES

28g
TOTAL FAT

48g
TOTAL CARBS

25g
PROTEIN

KUNG PAO

Chicken



CHICKEN IN SWEET CHILI
SAUCE WITH VEGGIES AND
PEANUTS OVER WHITE RICE

500
CALORIES

20g
TOTAL FAT

58g
TOTAL CARBS

22g
PROTEIN

KETO
PHILLY

Cheesesteak



SHREDDED BEEF IN CHEESE SAUCE WITH
ONION STRAWS OVER CAULIFLOWER RICE

440
CALORIES

28g
TOTAL FAT

14g
TOTAL CARBS

34g
PROTEIN

KETO
CREAMY
Chicken & Broccoli



GARLIC & HERB SEASONED CHICKEN BREAST
WITH BROCCOLI AND HOLLANDAISE DRIZZLE

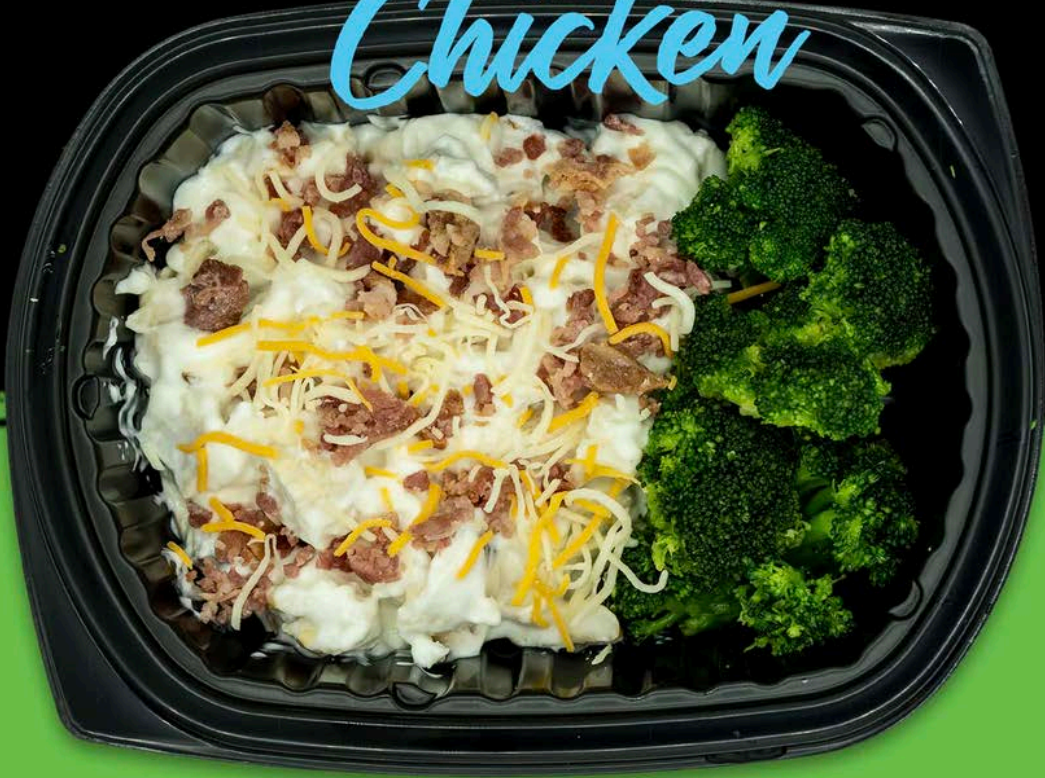
350
CALORIES

23g
TOTAL FAT

8g
TOTAL CARBS

28g
PROTEIN

KETO
CRACK
Chicken



CHICKEN IN A CREAMY, CHEESY SAUCE
WITH BACON OVER BROCCOLI FLORETS

450
CALORIES

25g
TOTAL FAT

12g
TOTAL CARBS

44g
PROTEIN

KETO
BUFFALO
Chicken



BUFFALO CHICKEN WITH RANCH AND
BLUE CHEESE CRUMBLES OVER BROCCOLI

430
CALORIES

28g
TOTAL FAT

9g
TOTAL CARBS

36g
PROTEIN

KETO BRUSCHETTO

Beef



BEEF STRIPS OVER PARMESAN ASPARAGUS
WITH A SIDE OF TOMATO, ZUCCHINI SALAD

310
CALORIES

20g
TOTAL FAT

7g
TOTAL CARBS

26g
PROTEIN

**KETO
BBQ**

Chicken



CHICKEN THIGHS IN NO SUGAR ADDED BBQ SAUCE
WITH BROCCOLI, PEPPERS, ONIONS & SHREDDED
CHEESE

320
CALORIES

15g
TOTAL FAT

14g
TOTAL CARBS

31g
PROTEIN

COWBOY *Shepherds Pie*



SHREDDED BEEF OVER MASHED
POTATOES WITH CORN, ONION STRAWS,
CHEESE AND BBQ SAUCE

350
CALORIES

11 g
TOTAL FAT

35g
TOTAL CARBS

27g
PROTEIN

CHIPOTLE *Beef Bowl*



SHREDDED BEEF IN CHIPOTLE SAUCE WITH CHEESE,
PEPPERS, ONIONS AND CORN OVER RED POTATOES

360
CALORIES

12g
TOTAL FAT

34g
TOTAL CARBS

30g
PROTEIN

CHICKEN *Dip 'N Bowl*



CHICKEN IN HONEY MUSTARD OVER
WAFFLE FRIES WITH BREAD AND
BUTTER PICKLES AND DICED TOMATOES

460
CALORIES

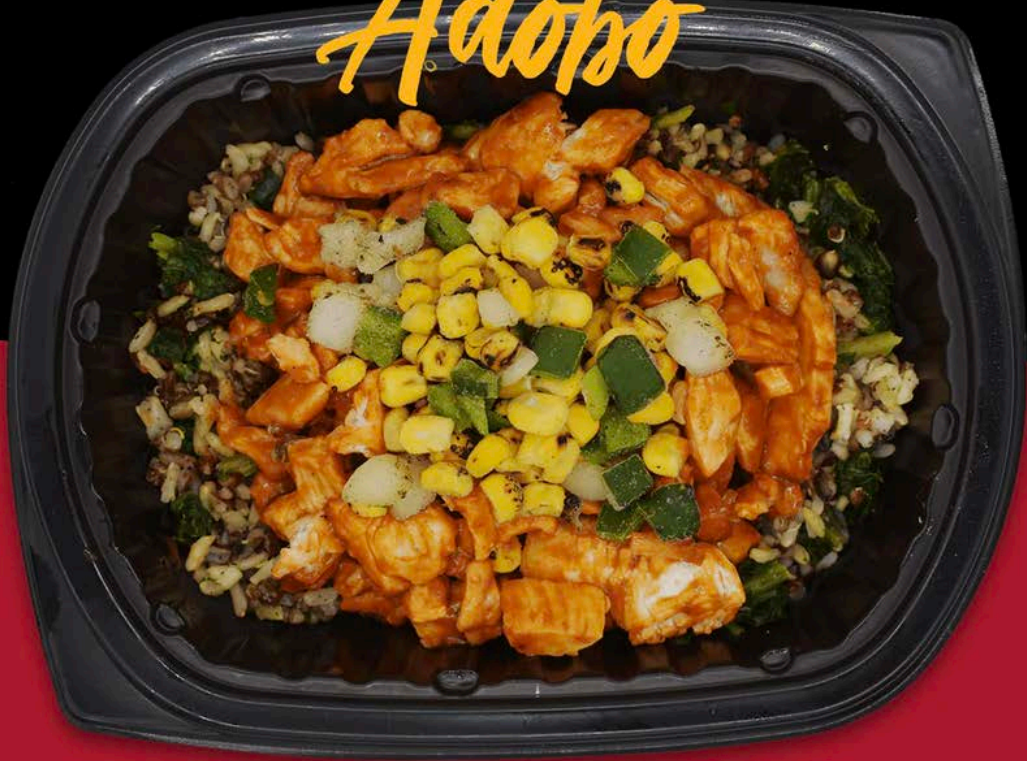
15g
TOTAL FAT

52g
TOTAL CARBS

30g
PROTEIN

CHICKEN

Adobo



CHICKEN, CORN AND PEPPERS IN
AN ADOBO SAUCE OVER AN
ANCIENT GRAINS BLEND

410
CALORIES

9g
TOTAL FAT

40g
TOTAL CARBS

42g
PROTEIN

CAPRESE *Chicken Pasta*



PESTO CHICKEN OVER PASTA
WITH DICED TOMATOES, MOZZARELLA,
AND BALSAMIC

480
CALORIES

19g
TOTAL FAT

40g
TOTAL CARBS

37g
PROTEIN

BRISKET

Spicy Mac and Cheese



SLOW-SMOKED, SLICED BRISKET
WITH SPICY MAC AND CHEESE

470
CALORIES

22g
TOTAL FAT

40g
TOTAL CARBS

27g
PROTEIN

BBQ CHICKEN

Alfredo



BBQ CHICKEN WITH PEPPERS
AND ONIONS OVER PASTA
IN ALFREDO SAUCE

470
CALORIES

7g
TOTAL FAT

65g
TOTAL CARBS

36g
PROTEIN

BASIC

Chicken and Sweet Potatoes



DICED CHICKEN,
BROCCOLI, AND SWEET POTATOES

250
CALORIES

3g
TOTAL FAT

27g
TOTAL CARBS

28g
PROTEIN

BASIC

Chicken and Rice



DICED CHICKEN,
BROCCOLI, AND BROWN RICE

320
CALORIES

5g
TOTAL FAT

43g
TOTAL CARBS

28g
PROTEIN

BASIC

Big Chicken and Veggies



DICED CHICKEN
AND STIR FRY VEGGIES

230
CALORIES

4g
TOTAL FAT

7g
TOTAL CARBS

40g
PROTEIN

BASIC

Big Chicken and Veggies



DICED CHICKEN
AND STIR FRY VEGGIES

230
CALORIES

4g
TOTAL FAT

7g
TOTAL CARBS

40g
PROTEIN

BASIC

Big Beef and Green Beans



SHREDDED STEAK
AND STIR FRY VEGGIES

290
CALORIES

11g
TOTAL FAT

8g
TOTAL CARBS

40g
PROTEIN

BASIC

Beef and Rice



SHREDDED STEAK, BROCCOLI,
BROWN RICE

370
CALORIES

8g
TOTAL FAT

44g
TOTAL CARBS

31g
PROTEIN

BASIC

Beef and Red Potatoes



SHREDDED STEAK, GREEN BEANS,
AND RED POTATOES

330
CALORIES

10g
TOTAL FAT

30g
TOTAL CARBS

30g
PROTEIN

5-CHEESE *Chicken Parm*



CHICKEN OVER WHOLE WHEAT
PASTA WITH MARINARA
AND A 5-CHEESE BLEND

360
CALORIES

6 g
TOTAL FAT

42g
TOTAL CARBS

35g
PROTEIN