

MACRO CHART

MEAT PROTEINS

Product	Qty.	Calories	Fat (g)	Carbs (g)	Protein (g)
Bison Burger	6 oz	180	3	0	37
Wagu Patty	6 oz	300	5	0	30
Chicken Breast	1 oz	28	1	0	6
Chicken Thigh	1 oz	40	3	0	5
Ground Beef	1 oz	35	1	0	6
Ground Turkey	1 oz	30	0.4	0	7
Ground Chicken	1 oz	30	0.4	0	7
Salmon	1 oz	34	1	0	7
Shrimp	1 oz	15	0	0	6
Swai	1oz	20	0	0	4
Tri-Tip	1 oz	51	2	0	8
Fuego Turkey Meatball	1 oz	41	0.5	1.7	7
Parsley Turkey Meatball	1 oz	41	0.5	1.7	7
Chicken Meatball	1 oz	41	0.5	1.7	7
Pepperoni Meatza	5 oz	280	14	1.0	30
Supreme Meatza	5 oz	310	15	2	33

CARBOHYDRATES

Product	Qty.	Calories	Fat (g)	Carbs (g)	Protein (g)
Brown rice	1 oz	29	0	6	1
Yams	1 oz	33	0	8	0
Cinnamon Sweet Potato	1 oz	22	0	6	0
Quinoa	1 oz	34	0	6	1
Red Potatos	1 oz	20	0	5	0
Spinach Tortilla	1 tortilla	210	6	33	5
Sweet Potato	1 oz	22	0	6	0
White Rice	1 oz	37	0	8	1
Black Beans	1 oz	25	0	5	2

VEGETABLES

Product	Qty.	Calories	Fat (g)	Carbs (g)	Protein (g)
Asparagus	1 cup	27	0	5	3
Bell Peppers	1 cup	28	1	6	1
Broccoli	1 cup	31	0	6	3
Yellow Squash	1 cup	15	0	1	0
Cauliflower	1 cup	27	0	5	2
Cauliflower Rice	1 oz	15	0	1	0
Green Beans	1 cup	30	0	5	1
Green Peas	1 cup	90	0	18	6
Kale	1 cup	33	0	6	3
Red Onion	1 cup	35	0	9	1
Spinach	1 cup	7	0	1	1
Veggie Medley	1 cup	90	0	18	3
Yellow Corn	1 cup	100	0	30	3
Brussel Sprouts	1 cup	38	0	8	3
Zucchini	1 cup	19	0	4	1

PLANT BASED PROTEINS

Product	Qty.	Calories	Fat (g)	Carbs (g)	Protein (g)
Plant Based Balls	1 ball	53	2	3	5
Plant Based Nuggets	1 nugget	45	2	4	3

BREAKFAST

Egg Whites	1 oz	14	0	0	3
Egg Bites	1 bite	86	4	0	11
Egg White Bites	1 bite	48	0	0	10
Turkey Sausage link	1 link	40	2	0	4
Pork Sausage Link	1 link	75	7	0	3
Breakfast hash	1 oz	16	1	1	1
Pancake	1 Pancake	96	3	10	8
Waffle	1 Waffle	96	3	10	8

SMOOTHIES

Product	Qty.	Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)
Strawberry Shortcake	24 oz	245	4	29.0	26.0	17
Funky Monkey	24 oz	195	6	14.5	25.0	7
Cookie Monster	24 oz	190	5.5	14	26.0	2
PB & J	24 oz	295	12	15.0	29.0	12
Berrylicious	24 oz	245	4	26	25	19.0
Choco Loco	24 oz	195	6.50	14	25	1.0
C-Roll	24 oz	185	4	14	26	7.0
Nutter Fudge	24 oz	290	12	18	29.0	5
The Hulk	24 oz	313	12	20	30.0	5
Wakey Wakey	24 oz	185	4	18	23.0	2
Its My B-Day	24 oz	195	4	15	25.6	7

TOPPING

Product	Qty.	Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
Avocado 1/2	half	80	8	4	1		
Avocado Whole	whole	160	16	8	2		
Berries	1 oz	14	0	6	0	2	
Cheese	1 oz	46	4	1	3	0	160
Cinnamon	1 oz	0	0	0	0	0	0
Jalapenos	1 oz	5	0	0	0	0	300
Sugar Free Syrup	1 oz	10	0	4	0	0	85

SAUCES

Product	Qty.	Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
Spicy Dijon	1 oz	5	0	2	0	0	190
Teriyaki	1 oz	40	0	9	1	8	320
Spyki	1 oz	25	0	5	0	4	160
BBQ	1 oz	20	0	15	1	9	390
Honey Ginger	1 oz	25	0	4	0	4	210
Black Truffle	1 oz	0	0	0	0	0	100
Thai Chili	1 oz	40	0	10	0	9	200
Mango Habanero	1 oz	25	0	6	0	6	90
Red Salsa	1 oz	5	0	0	0	0	80
Green Salsa	1 oz	5	0	0	0	0	80
Salad Dressing	1 oz	1	0	0	0	0	70
Black Pepper	1 oz	25	0	5	0	4	230
Mojo	1 oz	20	2	2	0	1	240
Marinara	1 oz	5	0	2	0	1	11

DRY SEASONING

Product	Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
MPR Blend	0	0	0	0	0	190
Spicy Italian	0	0	0	0	0	105
Bring The Heat	0	0	0	0	0	105
Smokey Chipotle	0	0	0	0	0	240
Fuego	5	0	2	0	2	0
Steak Rub	3	0	1	0	0	0
Garlic & Herb	0	0	0	0	0	97
Taco Seasoning	0	0	0	0	0	260
Lemon Pepper	0	0	0	0	0	0



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