

<b>Better Meal Prep - Build Your Own Meal</b>	<b>Calories</b>	<b>Carbs g</b>	<b>Fat g</b>	<b>Protein g</b>	<b>Sugar g</b>
Organic Grilled Chicken 4oz	180	0	2	41	0
Organic Grilled Chicken 6oz	189	0	4	35	0
Flank Steak 4 oz	180	0	9	24	0
Flank Steak 6 oz	270	0	14	36	0
Ahi Tuna 4 oz	120	0	1	28	0
Ahi Tuna 6 oz	180	0	1	42	0
Bison Burger	190	0	11	23	0
Turkey Burger	160	0	8	21	0
California Veggie Burger	130	13	6	5	1
Sweet Potato Serving	146	35	0	3	8
Brown Rice Serving	113	24	1	2	0
Quinoa Serving	204	36	3	7	1
Hummus Serving	150	9	11	4	1
Broccoli Serving	61	12	1	5	3
Cauliflower	43	9	0	3	3
Steamed Spinach	39	6	1	5	1
Roasted Peppers	34	8	0	1	5
Celery, Raw	138	30	1	1	10
Sautéed Spinach (Garlic & Olive Oil)	156	6.2	14	2.1	0

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Broccoli and Carrots	60	12	0	4	4
Blue Cheese Dressing	200	2	16	0	1
Raspberry Vinaigrette	70	18	0	0	16
Ranch	100	2	14	0	0
Balsamic Vinaigrette with Olive Oil	120	4	12	0	2
Caesar	165	7	16	2	2
Honey Mustard	120	13	14	0	9
Asian Sauce	130	11	15	0	10
Hot Sauce	20	4	0	0	4
BBQ Sauce	120	30	0	0	24
Teriyaki Sauce, Reduced Sodium	50	9	0	3	8
Tzatziki	45	0	5	0	0
Lite Chipotle Mayo	100	16	0	0	4