

ARE YOU ADDING PROTEIN?

Protein Nutrition Facts

Nutrition information for protein choices vary based on serving size. Please note that macronutrients are listed as grams per serving size



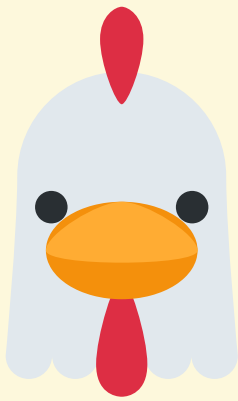
Cajun Shrimp

	Cal	Pro	Fat	Carb
1.5 oz	71	9	3	0
3.0 oz	142	19	6	1



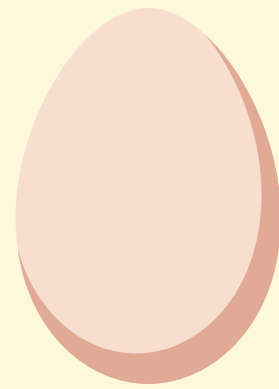
Shredded Beef

	Cal	Pro	Fat	Carb
1.5 oz	85	14	3	0
3.0 oz	169	28	6	0



**Chicken
Grilled or Shredded**

	Cal	Pro	Fat	Carb
1.5 oz	66	13	1	0
3.0 oz	131	26	3	0



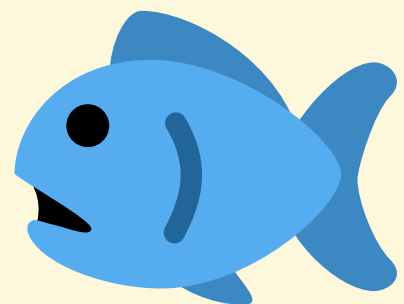
**Egg
Scrambled**

	Cal	Pro	Fat	Carb
1.5 oz	72	6	5	0
3.0 oz	143	13	10	0



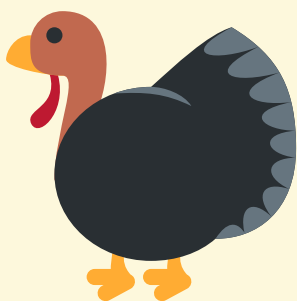
Baked Tofu

	Cal	Pro	Fat	Carb
2 oz	88	6	7	2
4 oz	177	12	14	4



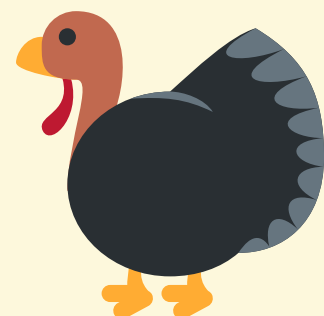
Baked Lemon Herb Cod

	Cal	Pro	Fat	Carb
1.5 oz	72	9	4	0
3.0 oz	144	18	7	0



Ground Turkey

	Cal	Pro	Fat	Carb
1.5 oz	88	11	5	0
3.0 oz	176	23	10	0



Turkey Quinoa Meatballs

	Cal	Pro	Fat	Carb
1.5 oz	91	9	4	4
3.0 oz	183	19	9	7

**Add macronutrients to your original entree nutrition information based on the extra protein serving size you chose

