

SALMON BOWL

Fitness
Calories-342 Protein 46 Carb-36 Fat-3

Weight loss
Calories-314 Protein-38 Carb-36 Fat-1

BBQ PORK-LOIN

Fitness
Calories-422 Protein-49 Carb-46 Fat-6

Weight loss
Calories-374 Protein-39 Carb-46 Fat-3

BEEF STEW

Fitness
Calories- 505 Protein 51 Carb-27 Fat-25

Weight loss
Calories-464 Protein-36 Carb-27 Fat-23

GREEK BURGER

Fitness
Calories-517 Protein-52 Carb-29 Fat-25

Weight loss
Calories-470 Protein-43 Carbs-29 Fat-23

BALSAMIC CHICKEN

Fitness
Calories-402 Protein-56 Carb-34 Fat-6

Weight loss
Calories-349 Protein-42 Fat-4 Carb-34

CILANTRO CHICKEN

Fitness
Calories-497 Protein-62 Carb-18 Fat-15

Weight loss
Calories-429 Protein-52 Fat-13 Carb-18

BROILED CAJUN COD

Fitness
Calories-339 Protein-47 Carb-30 Fat-3

Weight loss
Calories-294 Protein-34 Fat-2 Carb-30

TILAPIA LEMON BUTTER

Fitness
Calories-403 Protein-45 Carb-33 Fat-7

Weight loss
Calories-340 Protein-39 Fat-6 Carb-33

CHICKEN AND ARTICHOKE

Fitness
Calories-402 Protein-53 Carb-24 Fat-6

Weight loss
Calories-307 Protein-40 Carb-24 Fat-5

CHICKEN RED PEPPER AND MONCHEGO

Fitness
Calories-502 Protein-61 Carb-31 Fat-14

Weight loss
calories-442 Protein-48 Carb-31 Fat-12

CHICKEN TIKKA

Fitness
Calories-430 Protein-52 Carb-28 Fat-4

Weight loss
Calories-376 Protein-41 Carb-28 Fat-2

CITRUS PULLED PORK

Fitness
Calories-503 Protein- 52 Carb-10 Fat-21

Weight loss
Calories- 410 Protein-39 Carb-10 Fat-18

CHICKEN FRENCH

Fitness
Calories-443 Protein-56 Carb-31 Fat-9

Weight loss
Calories- 381 Protein-45 Carb-31 Fat-7

CHICKEN PASTA RATATOUILLE

Fitness
Calories-504 Protein-54 Carb-48 Fat-11

Weight loss
Calories-457 Protein-41 Carb-48 Fat-10

MOJO FLANK

Fitness
Calories-527 Protein-54 Carb-32 Fat-19

Weight loss
Calories-415 Protein-39 Carb-32 Fat-17

MONGOLIAN BEEF

Fitness
Calories-532 Protein-57 Carb-31 Fat-19

Weight loss
Calories-448 Protein-41 Carb-31 Fat-17

STUFFED PEPPERS

Fitness
Calories-478 Protein-52 Carb-39 Fat-15

Weight loss
Calories-388 Protein-34 Carb-31 Fat-13

TILAPIA WITH BEETS

Fitness
Calories-402 Protein-48 Carb-28 Fat-9

Weight loss
Calories-340 Protein-40 Carb-28 Fat-8

APPLE BRANDY PORK

Fitness
Calories-447 Protein 51 Carb-39 Fat-10

Weight loss
Calories-392 Protein-39 Carb-39 Fat-9

HOISIN PORK

Fitness
Calories-433 Protein- 52 Carb-36 Fat- 7

Weight loss
Calories-397 Protein-39 Carb-36 Fat-7

COD CHIMICHURI

Fitness
Calories-390 Protein-49 Carb-29 Fat-5.6

Weight loss
Calories-354 Protein-40 Carb-29 Fat- 4.5

ASIAN CHICKEN TERIYAKI

Fitness
Calories-495 Protein-63 Carb-27 Fat-7.7

Weight loss
Calories-402 Protein-50 Carb-27 Fat-6

YANKEE POT ROAST

Fitness
Calories-505 Fat-14.5 Carb-30 Protein-49

Weight loss
Calories-423 Fat-12 Carb-30 Protein-40

TURKEY TACO

Fitness
Calories-543 Fat-18 Carb 32 Protein-56

Weight loss
Calories-427 Fat-12 Carb-32 Protein 46

TURKEY MEATBALLS WITH VAGETTI

Fitness
Calories-513 22g fat, 20g carb, 57g protein

Weight loss
Calories-411 Fat-16 Carb-17 Protein-47

ASIAN GROUND TURKEY

Fitness
Calories-465 Fat-17 Carb-37g Protein-48

Weight loss
Calories- 402 Fat-15 Carb-37 Protein 40

TURKEY MEATLOAF ROASTED POTATOES

Fitness
Calories-502 Fat-18.9 Carb-26.6 Protein-47.1

Weight loss
Calories-396 Fat-14 Carb-25 Protein-40

COCONUT CURRY CHICKEN BREAST

Fitness
Calories-454 -Fat-4.7g Carb-31.8 Protein-60

Weight loss
Calories-389 Fat-4g Carb-30.5 Protein-53

FLANK STEAK, ROASTED POTATOES & VEGETABLES

Fitness
Calories-478 Protein 51 16 25.3 carb,

Weight loss
Calories-407 Protein 42 Carb- 25.3 Fat-14

BUFFALO CHICKEN

Fitness
Calories-403 Protein- 52 Carb-31 Fat-3

Weight loss
Calories- 346 Protein-39 Carb-31 Fat-2