

CREATE YOUR OWN/MEAL PREP MACROS

Chicken - 6oz
Calories 165
Protein 36
Carb 0
Fat 2

Bison - 6oz
Calories 270
Protein 26
Carb 0
Fat 17

Turkey Burger - 6oz
Calories 220
Protein 31
Carb 3
Fat 12

Black Bean Burger - 6oz
Calories 160
Protein 9
Carb 28
Fat 2

Salmon - 6oz
Calories 310
Protein 34
Carb 0
Fat 18

Tilapia - 6oz
Calories 110
Protein 22
Carb 0
Fat 2

Steak - 6oz
Calories 344
Protein 38
Carb 0
Fat 20

Tofu - 6oz
Calories 200
Protein 18
Carb 8
Fat 12

Turkey Sausage - 6oz
Calories 300
Protein 22
Carb 2
Fat 20

Egg Whites - 4oz
Calories 70
Protein 15
Carb 1
Fat 0

8oz
Calories 140
Protein 30
Carb 2
Fat 0

Whole Eggs - 3 Eggs
Calories 210
Protein 18
Carb 3
Fat 15

6 Eggs
Calories 420
Protein 36
Carb 6
Fat 30

Jasmine Rice - 1 Cup
Calories 213
Protein 4
Carb 43
Fat 2

Brown Rice - 1 Cup
Calories 215
Protein 5
Carb 44
Fat 2

Quinoa - 1 Cup
Calories 229
Protein 8
Carb 42
Fat 4

Wheat Pasta - 1 Cup
Calories 180
Protein 7
Carb 40
Fat 2

Sweet Potato Wedges - 1 Cup
Calories 82
Protein 2
Carb 19
Fat 0

Cauliflower Mash - 1 Cup
Calories 43
Protein 3
Carb 9
Fat 0

Whole Wheat bun
Calories 190
Protein 9
Carb 38
Fat 2

Ezekiel Bread
Calories 160
Protein 8
Carb 30
Fat 1

Gluten Free Bun
Calories 240
Protein 5
Carb 39
Fat 9

Whole Wheat Tortilla
Calories 30
Protein 8
Carb 48
Fat 9

Lettuce Wrap
Calories 8
Protein 0
Carb 2
Fat 0

Portobello 2 Caps
Calories 50
Protein 5
Carb 9
Fat 0

Gluten Free Tortilla
Calories 220
Protein 6
Carb 44
Fat 9

Almonds
Calories 85
Protein 3
Carb 3
Fat 8

Apple
Calories 59
Protein 0
Carb 16
Fat 0

Arugula
Calories 4
Protein 0
Carb 1
Fat 0

Arugula (Salad)
Calories 30
Protein 3
Carb 4
Fat 0

Asparagus
Calories 12
Protein 1
Carb 2
Fat 1

Avocado
Calories 69
Protein 1
Carb 4
Fat 6

Black Bean Salsa
Calories 67
Protein 4
Carb 12
Fat 1

Blueberry
Calories 78
Protein 1
Carb 8
Fat 0

Broccoli
Calories 40
Protein 3
Carb 8
Fat 0

Cabbage
Calories 20
Protein 1
Carb 5
Fat 0

Canadian Turkey Bacon 2 Slices
Calories 60
Protein 9
Carb 1
Fat 3

Carrots
Calories 35
Protein 1
Carb 8
Fat 0

Cauliflower
Calories 30
Protein 2
Carb 6
Fat 0

Celery
Calories 9
Protein 0
Carb 2
Fat 0

Cherry Tomato
Calories 30
Protein 2
Carb 3
Fat 0

Chickpeas
Calories 55
Protein 3
Carb 10
Fat 1

Cucumber
Calories 20
Protein 0
Carb 2
Fat 0

Grapes
Calories 38
Protein 0
Carb 10
Fat 0

Green Onions
Calories 2
Protein 0
Carb .5
Fat 0

Hard Boiled Egg
Calories 72
Protein 6
Carb 5
Fat 5

Jalapeno
Calories 15
Protein 0
Carb 2
Fat 0

Kalamata Olives
Calories 30
Protein 0
Carb 1
Fat 3

Lettuce
Calories 8
Protein 0
Carb 2
Fat 0

Mushroom
Calories 20
Protein 2
Carb 3
Fat 0

Pecans
Calories 80
Protein 2
Carb 1
Fat 9

Pineapple
Calories 40
Protein 1
Carb 11
Fat 0

Pico de Gallo
Calories 22
Protein 1
Carb 6
Fat 0

Red Onion
Calories 32
Protein 1
Carb 8
Fat 0

Red Peppers
Calories 20
Protein 1
Carb 4
Fat 0

Romaine Lettuce (Salad)
Calories 25
Protein 0
Carb 5
Fat 0

Spinach
Calories 5
Protein 0
Carb 1
Fat 0

Spinach (Salad)
Calories 33
Protein 4
Carb 5
Fat 1

Strawberries
Calories 10
Protein 0
Carb 2
Fat 0

Tomato
Calories 10
Protein .5
Carb 2
Fat 0

DiJon Mustard Dressing
Calories 95
Protein 3
Carb 7
Fat 6

Balsamic Vinaigrette
Calories 120
Protein 0
Carb 8
Fat 9

BBQ Sauce
Calories 89
Protein 1
Carb 22
Fat 0

Caesar Dressing
Calories 130
Protein 2
Carb 2
Fat 13

Ranch Dressing
Calories 140
Protein 0
Carb 2
Fat 14

Cilantro Lime Dressing
Calories 72
Protein 0
Carb 2
Fat 8

Teriyaki Sauce
Calories 42
Protein 2
Carb 5
Fat 2

Spicy Peanut Sauce
Calories 70
Protein 4
Carb 4
Fat 5

Green Curry
Calories 82
Protein 3
Carb 8
Fat 5

Tzatziki
Calories 56
Protein 7
Carb 5
Fat 1

Goddess Sauce
Calories 20
Protein 3
Carb 7
Fat 7

Spicy Tomatillo Sauce
Calories 35
Protein 4
Carb 3
Fat 1

Blue Cheese Crumbles
Calories 92
Protein 3
Carb 0
Fat 9

Feta Cheese
Calories 70
Protein 6
Carb 2
Fat 4

Cheddar Cheese
Calories 110
Protein 6
Carb 2
Fat 9

Parmesan Cheese
Calories 111
Protein 10
Carb 1
Fat 7

Swiss
Calories 80
Protein 6
Carb 1
Fat 6

Mozzarella
Calories 160
Protein 14
Carb 4
Fat 10

Tortilla Strips
Calories 70
Protein 1
Carb 8
Fat 0