

MEAL	FULL WT (G)	HALF WT (G)	FULL CAL	FULL P	FULL C	FULL F	HALF CAL	HALF P	HALF C	HALF F
GREEK CHICKEN ORZO BOWL	779	387	820	61	68	30	495	33	41	18
HONEY CASHEW CHICKEN	550	250	740	49	72	28	390	25	36	14
MARRY ME CHICKEN	630	320	720	44	48	36	365	23	24	18
GINGER BEEF	500	250	700	41	78	20	335	21	39	10
PULLED PORK POTATO SALAD	430	218	760	40	52	44	385	22	26	22
BBQ CHICKEN THIGHS	672	387	860	55	58	48	540	32	33	32
BARBACOA BURRITO BOWL	625	362	790	48	86	28	430	27	48	15
BUFFALO MAC & CHEESE	465	267	790	43	60	38	395	22	30	19
PORK CHOP DINNER	589	339	660	38	54	34	355	24	30	18
MARRY ME CHICKEN	630	320	720	44	48	36	365	23	24	18
SWEET & SOUR PORK	525	332	760	42	96	22	430	27	52	13
SHEPHERD'S PIE	600	370	830	60	58	34	520	38	36	21
CHICKEN ALFREDO	530	240	740	60	62	30	390	25	31	15
PEROGIES & SAUSAGE	620	390	860	33	76	47	495	20	44	28
GLAZED SALMON	588	332	810	45	70	38	430	24	38	21
POT ROAST DINNER	480	260	660	42	60	27	355	24	32	15
HAWAIIAN CHICKEN	628	305	780	55	86	25	395	28	43	13
CHICKEN POT PIE CASSEROLE	430	230	700	38	52	32	380	20	28	17
BEEF NOODLE STIR-FRY	550	300	760	43	78	20	390	21	39	10
BUTTER CHICKEN	578	309	665	37	63	22	365	22	34	12
CREAMY TUSCAN CHICKEN PASTA	597	320	820	55	70	36	420	28	36	18
BROCCOLI CHEDDAR SOUP	850	397	780	33	42	52	390	16	21	26
POTATO SAUSAGE CORN CHOWDER	850	397	700	39	60	35	350	20	30	18
TOMATO BACON SOUP	850	397	720	31	40	48	360	15	20	24
BEEF BARLEY SOUP	850	397	365	31	48	7	170	14	22	3