



THIS WEEK'S MACROS MATRIX	Calories	Fat	Protein	Carbohydrates
BRAISED BEEF POT ROAST	369	17	26	28
Low Carb	288	12	26	19
Extra Protein	453	21	37	29
Extra Protein + Low Carb	350	14	37	19
CHICKEN TACO BOWL	333	5	31	41
Low Carb	262	6	31	21
Extra Protein	394	6	43	42
Extra Protein + Low Carb	314	6	43	22
BBQ CHICKEN WIRED POTATOES	258	2	31	29
Low Carb	218	2	31	19
Extra Protein	319	3	43	30
Extra Protein + Low Carb	279	3	43	20
PUB CHICKEN	372	12	35	31
Low Carb	302	10	33	20
Extra Protein	413	13	47	27
Extra Protein + Low Carb	363	11	45	21
SWEET N SOUR CHICKEN	412	8	27	58
Low Carb	196	4	30	10
Extra Protein	506	10	39	65
Extra Protein + Low Carb	257	5	42	11
STEAK & EGG HIBACHI	384	12	31	38
Extra Protein	432	12	43	38
SOUTHWEST SALAD	237	5	33	15
GRAPE PB&J	250	12	12	33
STRAWBERRY PB&J	250	12	12	33
BEEF & CHEESE EMPANADA	240	12	14	19
PEPPERONI PIZZA EMPANADA	330	23	15	17



LAST WEEK'S MACRO MATRIX	Calories	Fat	Protein	Carbohydrates
BBQ BEEF LOADED SWEET POTATOES	349	9	32	35
Low Carb	309	9	32	25
Extra Protein	406	10	44	35
Extra Protein + Low Carb	366	10	44	25
CHICKEN FAJITA BOWL	407	15	34	34
Low Carb	250	6	31	18
*CE Sauce ON SIDE (for LC & XP/LC)	97	9	1	3
Extra Protein	486	18	47	34
Extra Protein + Low Carb	333	9	45	18
*CE Sauce ON SIDE (for LC & XP/LC)	97	9	1	3
HERB CHICKEN WIRED POTATOES	281	5	30	29
Low Carb	237	5	30	18
Extra Protein	342	6	42	30
Extra Protein + Low Carb	294	6	42	18
PARMESAN CHICKEN PASTA	428	12	37	43
Low Carb	356	12	37	25
Extra Protein	485	13	49	43
Extra Protein + Low Carb	413	13	49	25
SWEET CHILI CHICKEN	304	8	29	29
Low Carb	222	6	33	9
Extra Protein	407	11	39	38
Extra Protein + Low Carb	283	7	45	10
STEAK & EGGS W/CHEESY POTATOES	365	17	29	24
Extra Protein	418	18	40	24
LOADED PEPPERONI PIZZA	670	30	36	64
PREMIUM: LOBSTER MAC & CHEESE	398	10	22	55
SUMMER BERRY SPINACH & GOAT CHEESE SALAD	252	8	24	21
GREEK SALAD	289	17	29	5
GRAPE PB&J	250	12	12	33
STRAWBERRY PB&J	250	12	12	33
BEEF & CHEESE EMPANADA	240	12	14	19
PEPPERONI PIZZA EMPANADA	330	23	15	17



LAST WEEK'S MACRO MATRIX	Calories	Fat	Protein	Carbohydrates
CARNITAS BURRITO VERDE	583	19	38	65
Low Carb	N/A	N/A	N/A	N/A
Extra Protein	702	26	51	66
Extra Protein + Low Carb	N/A	N/A	N/A	N/A
CHICKEN PARMESAN W/BAKED ZUCCHINI	437	21	24	38
Low Carb	336	16	31	17
Extra Protein	576	28	34	47
Extra Protein + Low Carb	401	17	43	19
HEARTY BEEF RAGU	503	19	41	42
Low Carb	405	17	41	22
Extra Protein	568	20	55	42
Extra Protein + Low Carb	515	23	55	22
SWEDISH CHICKEN MEATBALLS	336	8	31	35
Low Carb	275	7	31	22
Extra Protein	429	13	43	35
Extra Protein + Low Carb	315	13	43	22
BOURBON CHICKEN MAC & CHEESE	365	5	30	50
Low Carb	216	4	25	20
Extra Protein	418	6	40	51
Extra Protein + Low Carb	269	5	35	21
HUEVOS RANCHEROS BOWL	282	10	16	32
Extra Protein	393	17	26	34
BACON CHEESEBURGER PIZZA	735	35	45	60
PREMIUM: SMOKEHOUSE BRISKET CASSEROLE	517	21	33	49
GREEK SALAD	289	17	29	5
COBB SALAD	251	7	32	15
GRAPE PB&J	250	12	12	33
STRAWBERRY PB&J	250	12	12	33
BEEF & CHEESE EMPANADA	240	12	14	19
PEPPERONI PIZZA EMPANADA	330	23	15	17



LAST WEEK'S MACRO MATRIX	Calories	Fat	Protein	Carbohydrates
ADOBO STEAK NACHOS	493	21	31	45
Low Carb	368	16	31	25
Extra Protein	559	23	43	45
Extra Protein + Low Carb	461	21	43	25
AUSSIE CHICKEN W/BROCCOLI	362	14	29	30
Low Carb	297	13	27	18
Extra Protein	415	15	39	31
Extra Protein + Low Carb	358	14	39	19
CRISPY BUFFALO CHICKEN QUINOA SKILLET	394	14	21	46
Low Carb	268	8	24	25
Extra Protein	475	17	30	53
Extra Protein + Low Carb	316	8	36	25
GENERAL TSO'S MEATBALLS	343	7	27	43
Low Carb	275	7	27	26
Extra Protein	422	10	40	43
Extra Protein + Low Carb	354	10	40	26
GREEN CHILI CHICKEN MAC & CHEESE	379	11	30	40
Low Carb	278	10	24	23
Extra Protein	464	12	40	49
Extra Protein + Low Carb	336	10	40	23
DENVER BREAKFAST SCRAMBLER	401	21	29	24
Extra Protein	544	28	45	28
BACON CHICKEN RANCH PIZZA	534	22	36	48
PREMIUM: BISON HASH W/PARMESAN ASPARAGUS	350	10	42	23
ITALIAN PASTA SALAD	323	7	29	36
SUMMER BERRY SPINACH & GOAT CHEESE SALAD	252	8	24	21
GRAPE PB&J	250	12	12	33
STRAWBERRY PB&J	250	12	12	33
BEEF & CHEESE EMPANADA	240	12	14	19
PEPPERONI PIZZA EMPANADA	330	23	15	17