

NUTRITIONAL INFORMATION – MEAL PREP PROTEINS

WICKED	WEIGHT	CALORIES	PROTEIN	CARBS	TOTAL	CHOLESTEROL(MG)	FIBER(G)
ROASTED	6	250	38	0	10	90	0
BREADED CHICKEN	6	270	42	15	4	155	0
ANGUS BURGER	6	170	27	4	6	70	1
MARINATED GRILLED CHICKEN	6	240	36	2	0	90	0
VEGGIE BURGER	6	240	9	42	5	0	8
SALMON	6	290	29	0	19	75	0
PULLED PORK	6	260	21	2	18	80	0
BUFFALO CHICKEN	6	160	16	1	6	0.1	1
TURKEY MEATBALLS	6	120	27	4	6	70	1