

Taylor Made Cuisine

Nutritional Information

2020

Chicken

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|-------------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Almond Chicken | 235.00 | 14 | 0 | 0 | 65 | 235 | 2.5 | 0 | 0 | 25 |
| BBQ Chicken | 254.5 | 4.2 | 0.7 | 0 | 97.5 | 226.9 | 17.4 | 0.9 | 13 | 34.1 |
| Blackened Chicken | 200.3 | 10.6 | 0.9 | 0 | 65 | 75 | 0 | 0 | 0 | 26 |
| Buffalo Chicken | 260.8 | 9.8 | 5.1 | 0 | 112 | 721.3 | 1.4 | 0 | 0.7 | 39.1 |
| Cheesy Bacon Chicken | 527.4 | 30.2 | 12.7 | 0.1 | 214.3 | 812.3 | 7.5 | 0.1 | 1.3 | 54.3 |
| Chicken Fajitas | 203.9 | 6.8 | 1.3 | 0 | 104.5 | 105.9 | 11.1 | 0.2 | 9.6 | 24.6 |
| Chicken Marsala | 225.9 | 4.6 | 0.8 | 0 | 105 | 358.4 | 5.9 | 0.9 | 1.7 | 37.7 |
| Chicken Piccata | 172.2 | 3.7 | 0.6 | 0 | 84 | 464.5 | 2.2 | 0.2 | 0.4 | 29.6 |
| Chicken Pomodoro | 200.7 | 3.6 | 0.6 | 0 | 79.8 | 421.7 | 10.2 | 3 | 6.5 | 30.5 |
| Chicken Tikka Masala | 351.8 | 23.1 | 10.1 | 0 | 105.6 | 469.7 | 10.4 | 2.2 | 4 | 26.7 |
| Citrus Rosemary Chicken | 210.9 | 8.6 | 1.2 | 0 | 91 | 169.2 | 0.6 | 0.4 | 0.2 | 31.3 |
| Coconut Chicken Curry | 313.6 | 17.3 | 10.2 | 0 | 152 | 164 | 2.9 | 0 | 1.4 | 36.2 |
| Enchilada Chicken | 230 | 16 | 4.5 | 0 | 78.7 | 538.6 | 1.6 | 0.3 | 1.1 | 20.8 |
| Herbed Chicken | 210.9 | 8.6 | 1.2 | 0 | 91 | 169.2 | 0.6 | 0.4 | 0.2 | 31.3 |
| Kung Pao Chicken | 465.5 | 22.9 | 5.1 | 0.1 | 219.6 | 954.5 | 11.2 | 1.2 | 4.9 | 51 |
| Sweet + Sour Chicken | 376.9 | 11 | 2.4 | 0.1 | 117.8 | 443.1 | 23.4 | 1.8 | 21.5 | 43.8 |
| Tuscan Chicken | 234 | 16.9 | 5.4 | 0 | 58.5 | 5780.6 | 14.5 | 1.2 | 3.4 | 10.6 |

Pork

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|----------------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| BBQ Pork | 234.9 | 4.9 | 1.9 | 0 | 76 | 275.1 | 19.9 | 0.9 | 15.4 | 25.9 |
| Carnitas | 204.5 | 6.5 | 2.4 | 0 | 96.1 | 356.6 | 2.6 | 1 | 1 | 32.3 |
| Grilled Italian Sausage | 310 | 21 | 7 | 0.2 | 80 | 1010 | 5 | 2 | 2 | 25 |
| Pork Chile Rojo | 274.5 | 8.5 | 2.4 | 0 | 96.1 | 756.6 | 12.6 | 3 | 7 | 34.3 |
| Pork Roast + Apple Chutney | 481.3 | 24.1 | 7.4 | 0 | 125.9 | 447.4 | 25.3 | 3.9 | 18.7 | 37.7 |

| | | | | | | | | | | |
|-------------------|-------|-----|-----|---|-------|--------|------|-----|------|----|
| Sweet + Sour Pork | 423.2 | 8.9 | 3.3 | 0 | 133.1 | 1090.1 | 38.9 | 3.3 | 30.9 | 44 |
|-------------------|-------|-----|-----|---|-------|--------|------|-----|------|----|

Lamb

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|-------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Lamb Curry | 241.6 | 9.6 | 3.3 | 0.4 | 92.5 | 545.7 | 7.1 | 2.5 | 3.4 | 30 |
| Lamb Meatballs | 507.7 | 41.7 | 17 | 2.6 | 117.8 | 1011.6 | 5 | 0.7 | 3.2 | 29 |
| Persian Lamb Stew | 398.4 | 21.1 | 5.3 | 0 | 115.6 | 195.9 | 11 | 1.3 | 8.4 | 40.6 |

Beef

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|-----------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Beef + Broccoli | 419.7 | 12.2 | 3.8 | 0.4 | 149.7 | 987.7 | 16.3 | 1.9 | 11.3 | 60.2 |
| Beef Meatballs | 423 | 28 | 10 | 2 | 150 | 150.3 | 0.7 | 0 | 0 | 44.1 |
| Beef Ragù | 314.7 | 21.2 | 8.1 | 1.1 | 77.8 | 256.8 | 5.3 | 1.1 | 3.1 | 24.4 |
| Beef Stroganoff | 397.1 | 24.5 | 11.4 | 0.9 | 111.3 | 338.4 | 8.6 | 1 | 5.9 | 34.4 |
| Bolognese | 247.8 | 18.2 | 5.3 | 0.6 | 43.8 | 423 | 6.8 | 0.9 | 4.4 | 14.5 |
| Brazilian Skirt Steak | 465.6 | 36.9 | 19.4 | 1.5 | 132.5 | 886.5 | 10.7 | 1.6 | 4.7 | 24.2 |
| Cajun Skirt Steak | 271.1 | 17.7 | 5.4 | 0.6 | 71.5 | 880 | 4.4 | 0 | 1.1 | 23.1 |
| Chile Colorado | 512.1 | 8.6 | 3.4 | 0.4 | 115.7 | 3143.6 | 15.9 | 0.5 | 1.4 | 92.6 |
| Korean Beef Bulgogi | 309.5 | 15.4 | 6 | 0 | 84 | 530.3 | 9.1 | 0.7 | 7.6 | 28.7 |
| Pot Roast | 289.3 | 9.5 | 2.8 | 0 | 122.5 | 866.1 | 9.2 | 2.2 | 3.7 | 39.9 |
| Steak Tips | 272.3 | 13.7 | 5 | 0 | 112.9 | 76.2 | 0 | 0 | 0 | 37.2 |
| Swedish Meatballs | 433.2 | 26.8 | 12.7 | 0.4 | 150.2 | 549.6 | 9.5 | 1.2 | 3.4 | 39 |

Plant-Based Proteins

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|--|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| BBQ Jackfruit | 138.7 | 0.1 | 0 | 0 | 0 | 862.7 | 32.5 | 7.7 | 18.6 | 2.7 |
| Borracho Beans | 180.9 | 1.6 | 0.3 | 0 | 0 | 348.2 | 32.5 | 8.5 | 1.7 | 10.7 |
| Chana Masala | 172 | 3.4 | 0.3 | 0 | 0 | 638.8 | 28.8 | 6.3 | 6.8 | 9.1 |
| Coconut Lentil Curry | 196.1 | 4.5 | 3.8 | 0 | 0 | 8.3 | 28 | 13 | 3 | 11.1 |
| Dairy-Free Spaghetti Squash + Marinara | 143.6 | 8.5 | 1.1 | 0 | 0 | 415.7 | 16.8 | 2.8 | 8 | 2.3 |
| Jackfruit Carnitas | 148 | 0.8 | 0.1 | 0 | 0 | 95.4 | 13.6 | 10.9 | 5.2 | 5.4 |
| Stewed Black Beans | 219.4 | 1.1 | 0.2 | 0 | 0 | 581.2 | 41.4 | 16.2 | 1.9 | 12.5 |

Bowls

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|-----------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Buddha Bowl | 589.2 | 33.8 | 4.3 | 0 | 0 | 359 | 61.6 | 11.6 | 9.5 | 13.5 |
| Harvest Bowl | 431.2 | 16.1 | 5.6 | 0 | 0 | 296.7 | 71.4 | 13.5 | 17.2 | 10.5 |
| Vegan Taco Bowl | 481.8 | 12.2 | 1.9 | 0 | 0 | 988.1 | 74.4 | 13.4 | 10.1 | 20.6 |

Salads

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|------------------------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Arugula Side Salad (With Dressing) | 405.50 | 37.1 | 4.9 | 0 | 0 | 367.2 | 16.5 | 1.9 | 13.4 | 3.3 |
| Kale Shaker Salad (With Dressing) | 293.5 | 20.1 | 3.1 | 0 | 0 | 82.5 | 27.1 | 7.4 | 16 | 6.6 |

Seafood

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|---------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Blackened Shrimp | 112.3 | 0.3 | 0.1 | 0 | 214.3 | 125.9 | 0.2 | 0 | 0 | 27.2 |
| Halibut | 205 | 5.8 | 0.7 | 0 | 55 | 90 | 0 | 0 | 0 | 35 |
| Kung Pao Shrimp | 259.9 | 8.7 | 1.4 | 0 | 175 | 1301.3 | 20.7 | 1.3 | 12.5 | 24.5 |
| Lemon Pepper Shrimp | 50.4 | 0.1 | 0 | 0 | 94.5 | 55.6 | 0.4 | 0.2 | 0.1 | 12 |
| Mahi Mahi | 95 | 1 | 0 | 0 | 80 | 100 | 0 | 0 | 0 | 21 |
| Pesto Shrimp | 186.2 | 10.7 | 1.3 | 0 | 175 | 310.8 | 1 | 0.4 | 0.2 | 23 |
| Saffron Shrimp | 89.6 | 0.5 | 0.1 | 0 | 94.5 | 60.6 | 9.1 | 2 | 3 | 13.3 |
| Salmon | 278.1 | 13.8 | 2 | 0 | 100.6 | 79.4 | 0 | 0 | 0 | 36.1 |
| Shrimp Etouffe | 86.5 | 0.5 | 0.1 | 0 | 94.5 | 82 | 3.4 | 1.4 | 2.1 | 13.3 |
| Tuna | 95 | 2.8 | 0.2 | 0 | 30 | 25 | 0 | 0 | 0 | 17 |
| Tuscan Shrimp | 138.1 | 4.5 | 3.8 | 0 | 47.3 | 71.7 | 7.9 | 2 | 5.4 | 8.6 |

Soups, Chili + Stews

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|---------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Beef Bourguignon | 453.70 | 22.3 | 8.8 | 0 | 147.6 | 764.3 | 12.5 | 2 | 4.1 | 50.1 |
| Beef Chili | 354.20 | 12.6 | 6.1 | 0.4 | 49.4 | 645.7 | 37.1 | 9.9 | 8.9 | 27.5 |
| Cajun Gumbo | 259.3 | 14.1 | 5 | 0 | 71.8 | 1028.5 | 11.3 | 1.7 | 6.1 | 22.6 |
| Cauliflower Chowder | 322.8 | 26.3 | 16.6 | 0 | 90.4 | 215.4 | 12.3 | 4.3 | 4.5 | 7.9 |

| | | | | | | | | | | |
|--------------------------|-------|------|------|---|-------|--------|------|------|------|------|
| Cheesy Broccoli Soup | 271.7 | 18.2 | 9.4 | 0 | 48.4 | 369.8 | 15.8 | 4.9 | 4.4 | 12.8 |
| Chicken + Wild Rice Soup | 271.8 | 6.9 | 1.1 | 0 | 85.9 | 522.4 | 15.3 | 1 | 5.6 | 37.8 |
| Chicken Stew | 297.6 | 7.6 | 1.2 | 0 | 99.4 | 609.3 | 26.5 | 4.7 | 6 | 32.7 |
| Chicken Tortilla Soup | 274.7 | 4.6 | 0.9 | 0 | 59.6 | 919.7 | 29 | 6 | 10.3 | 30.8 |
| Chicken Zoodle Soup | 225 | 4.4 | 0.7 | 0 | 81.8 | 435.7 | 12 | 1 | 5.7 | 35.1 |
| Cream of Broccoli Soup | 189.5 | 14.2 | 9 | 0 | 0 | 149.4 | 13.4 | 3.9 | 4.9 | 4.4 |
| Butternut Squash Soup | 115.7 | 1 | 0.8 | 0 | 0 | 132.6 | 25.9 | 3.6 | 14.4 | 2 |
| Curry Vegetable Soup | 115.3 | 7.2 | 2.9 | 0 | 0 | 117.6 | 11.1 | 3.8 | 4.6 | 3.7 |
| French Lentil Stew | 343.9 | 4.8 | 0.5 | 0 | 0 | 252 | 58.4 | 11.2 | 7.5 | 19.8 |
| Moroccan Lentil Stew | 222.7 | 3.4 | 0.4 | 0 | 0 | 143 | 40.2 | 7.4 | 7.4 | 10.2 |
| Potato Leek Soup | 382.6 | 16.5 | 11.2 | 0 | 0 | 260.8 | 53.9 | 6.1 | 9.2 | 8.1 |
| Pozole Verde | 682.8 | 18.9 | 2.8 | 0 | 216.9 | 1159.1 | 57.4 | 15.4 | 15 | 72.9 |
| Thai Carrot Soup | 196.1 | 1.6 | 0.9 | 0 | 0 | 391.6 | 28.1 | 9.7 | 17.5 | 4.8 |
| Tomato Bisque | 309.2 | 21.5 | 14.3 | 0 | 88.9 | 1085.8 | 20.3 | 4.4 | 10.9 | 3.4 |
| Vegan Chili | 241.1 | 0.7 | 0.1 | 0 | 0 | 394.6 | 43.7 | 13.1 | 7.9 | 13.1 |
| Vegan Jambalaya | 160.8 | 0.7 | 0.2 | 0 | 585.8 | 24.6 | 6.2 | 6.2 | 5.9 | 6.2 |
| Zuppa Toscana | 545.4 | 40.3 | 20.9 | 0 | 67.5 | 227.9 | 21.9 | 4 | 3.5 | 25.4 |

Sides

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|------------------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Borracho Beans | 180.9 | 1.6 | 0.3 | 0 | 0 | 348.2 | 32.5 | 8.5 | 1.7 | 10.7 |
| Broccoli | 34.7 | 0.4 | 0.1 | 0 | 0 | 40.7 | 7.1 | 3.3 | 1.4 | 2.4 |
| Brown Rice | 139.5 | 1.1 | 0.3 | 0 | 0 | 4.5 | 29 | 1.8 | 0.3 | 3.1 |
| Brussels Sprouts | 55.9 | 2.3 | 0.3 | 0 | 0 | 23.8 | 8.1 | 2.9 | 2 | 2.9 |
| Coconut Almond Rice Stir Fry | 244.6 | 11.3 | 2.4 | 0 | 0 | 26.8 | 30.2 | 2.7 | 2.5 | 6.2 |
| Coconut Rice | 256.1 | 4.1 | 3.5 | 0 | 0 | 4.9 | 47.3 | 0 | 0.6 | 5.1 |
| Dairy-Free Mashed Potatoes | 128.6 | 3.5 | 3 | 0 | 0 | 44.4 | 24 | 2.3 | 1.6 | 2.6 |
| Farro | 111.1 | 0.5 | 0.1 | 0 | 0 | 149.8 | 24.2 | 4.1 | 0.1 | 4.3 |
| Gluten-Free Mac + Cheese | 268 | 11.5 | 6 | 0.3 | 30.1 | 320.3 | 39 | 2 | 1.7 | 8.3 |
| Gluten-Free Pasta + Marinara | 234.7 | 2.8 | 0.3 | 0 | 0 | 222.8 | 54.8 | 2.9 | 0 | 5.9 |

| | | | | | | | | | | |
|-----------------------------|-------|------|-----|-----|------|-------|------|------|-----|------|
| Green Beans | 49.7 | 15 | 0.2 | 0 | 0 | 1.1 | 8.9 | 3.6 | 4.1 | 2.1 |
| Grilled Peppers + Onions | 99.6 | 1.8 | 0.3 | 0 | 0 | 11.3 | 20.8 | 5.2 | 12 | 2.9 |
| Mixed Veggies | 46.7 | 0.6 | 0.1 | 0 | 0 | 53.4 | 9.9 | 4 | 3.7 | 2.4 |
| Naked Spaghetti Squash | 75.3 | 0.7 | 0.2 | 0 | 0 | 50.2 | 18 | 3.9 | 7.1 | 1.8 |
| Potato Gratin | 233.9 | 14.7 | 9.6 | 0 | 53.2 | 204.5 | 18.1 | 1.7 | 0.9 | 6.7 |
| Quinoa | 153.1 | 2.4 | 0.3 | 0 | 0 | 8.9 | 27.2 | 3.6 | 1.1 | 5.6 |
| Roasted Cauliflower | 23.5 | 0.5 | 0.1 | 0 | 0 | 15.3 | 4.2 | 2.3 | 2.1 | 1.9 |
| Roasted Potatoes | 194.2 | 5 | 0.5 | 0 | 0 | 65.8 | 37.6 | 3.8 | 1.9 | 3.8 |
| Roasted Sweet Potatoes | 160.7 | 4.8 | 0.5 | 0 | 0 | 47.5 | 27.8 | 4.8 | 8.5 | 2.7 |
| Roasted Zucchini | 26.4 | 0.6 | 0.1 | 0 | 0 | 5.3 | 4.7 | 1.8 | 3 | 2 |
| Sauteed Asparagus | 28.1 | 0.3 | 0.1 | 0 | 0 | 17.9 | 5.2 | 2.6 | 1.7 | 3.1 |
| Sauteed Peas | 132.8 | 3.3 | 0.5 | 0 | 0 | 145.2 | 19.6 | 6.2 | 7.3 | 7.2 |
| Spaghetti Squash + Marinara | 169.8 | 10.3 | 2.1 | 0.1 | 5.4 | 528.5 | 17.7 | 2.8 | 8 | 4.1 |
| Stewed Black Beans | 219.4 | 1.1 | 0.2 | 0 | 0 | 581.2 | 41.4 | 16.2 | 1.9 | 12.5 |
| Sweet Potato Hash | 120 | 0.3 | 0.1 | 0 | 0 | 75.6 | 27.5 | 5.1 | 6.6 | 3 |
| Vegan Spanish Rice | 135.4 | 0.3 | 0.1 | 0 | 0 | 383.7 | 29.4 | 0.6 | 0.9 | 3 |
| Veggie Stir Fry | 82.5 | 3.1 | 0.4 | 0 | 0 | 131.3 | 9.6 | 2.9 | 4.1 | 1.8 |
| Zoodles | 27 | 0.5 | 0.1 | 0 | 0 | 12.7 | 4.9 | 1.6 | 4 | 0 |

Breakfast Items

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|---|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Aloha Bowl | 353.20 | 17.6 | 9.9 | 0.1 | 22.5 | 91.9 | 40.5 | 5.6 | 29.2 | 11.6 |
| Apple Streusel | 373.4 | 14.1 | 4.6 | 0.3 | 0 | 83.5 | 59.2 | 6.9 | 34.2 | 6.7 |
| BLT Scramble | 200.2 | 13 | 4 | 0 | 377.9 | 287.1 | 4.4 | 1.1 | 2.3 | 15.6 |
| Blueberry Peanut Butter Cookie Crumble | 491 | 30.3 | 4.6 | 0 | 0 | 77.8 | 46.7 | 9.6 | 27.7 | 15 |
| Broccoli Cheddar Muffins (Two Servings Per Package) | 179.8 | 14.2 | 8.7 | 0.1 | 93.4 | 241.1 | 6.4 | 2.1 | 1 | 6 |
| Carrot Muffins | 421.9 | 31.2 | 9.2 | 0 | 102.6 | 127.8 | 29.6 | 6.1 | 21.3 | 10.1 |
| Cinnamon Pecan Waffles | 106.3 | 5.7 | 4.3 | 0 | 31.1 | 112 | 12.5 | 1 | 6.7 | 1.5 |

| | | | | | | | | | | |
|---|-------|------|------|-----|-------|-------|------|-----|------|------|
| Cowboy Scramble | 190 | 12.9 | 4 | 0 | 377.9 | 275.9 | 2.8 | 0.6 | 0.6 | 15.3 |
| Crumb Donut | 218 | 15.1 | 2.1 | 0 | 74 | 96 | 16.4 | 2.7 | 12.7 | 7.6 |
| Dairy-Free Aloha Bowl | 354.8 | 15.5 | 9.4 | 0 | 0 | 41 | 51.6 | 7.2 | 34.8 | 6 |
| Dairy-Free Yogurt Parfait | 124.4 | 3.7 | 3.2 | 0 | 0 | 26.1 | 23.2 | 3.1 | 16 | 0.8 |
| Keto Bacon Cheddar Scones (Two Servings Per Package) | 386.2 | 31.7 | 9.4 | 0.3 | 71.5 | 501.7 | 11.9 | 5.6 | 1.8 | 16.7 |
| Keto Chorizo Poblano Scone (Two Servings Per Package) | 327.2 | 26.8 | 6.1 | 0 | 55 | 396.9 | 12.9 | 6 | 2.6 | 12.2 |
| Keto Pumpkin Scones (Two Servings Per Package) | 304.8 | 22.8 | 4.6 | 0 | 44.1 | 626.8 | 26.4 | 7.7 | 5.4 | 10 |
| Overnight Oats | 178.3 | 7.4 | 3.8 | 0 | 0 | 8.8 | 25.6 | 7 | 8.1 | 4.3 |
| Paleo Cinnamon Raisin Bread | 441.3 | 24.8 | 10 | 0 | 82.1 | 357.2 | 51.1 | 7.5 | 38.5 | 9.8 |
| Protein Waffles | 122 | 6.4 | 2.8 | 0 | 24.2 | 105.9 | 13 | 1.2 | 5.4 | 4 |
| Scrambled Eggs | 140 | 10 | 3 | 0 | 370 | 140 | 0 | 0 | 0 | 12 |
| Sweet Potato Hash | 120 | 0.3 | 0.1 | 0 | 0 | 75.6 | 27.5 | 5.1 | 6.6 | 3 |
| Vegan Chocolate Muffins | 525.9 | 35.1 | 12.9 | 0 | 0 | 90.9 | 48.5 | 8.2 | 30.5 | 10.5 |
| Veggie Egg Scramble | 200.2 | 13 | 4 | 0 | 377.9 | 287.1 | 4.4 | 1.1 | 2.3 | 15.6 |
| Yogurt Parfait | 122.9 | 5.8 | 3.6 | 0.1 | 22.5 | 77 | 12.2 | 1.5 | 10.4 | 6.4 |

Snacks + Desserts

| | Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugar (g) | Protein (g) |
|--|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Apple Streusel | 373.4 | 14.1 | 4.6 | 0.3 | 0 | 83.5 | 59.2 | 6.9 | 34.2 | 6.7 |
| Birthday Cake Fat Bombs | 172.1 | 17.1 | 7.7 | 0.3 | 33.8 | 52.6 | 8.5 | 1 | 1.1 | 3 |
| Bliss Balls: Caramel | 159.30 | 8.1 | 2.1 | 0 | 0 | 1.6 | 21.6 | 4 | 16.2 | 3.4 |
| Bliss Balls: Chocolate | 153.50 | 6.6 | 1.6 | 0 | 0 | 2.2 | 24.4 | 4.4 | 18.3 | 3.3 |
| Bliss Balls: PB & J | 214 | 13.3 | 6.9 | 0 | 0 | 28 | 23.9 | 4.1 | 16.8 | 3.9 |
| Blueberry Peanut Butter Cookie Crumble | 491 | 30.3 | 4.6 | 0 | 0 | 77.8 | 46.7 | 9.6 | 27.7 | 15 |
| Carrot Muffins | 421.9 | 31.2 | 9.2 | 0 | 102.6 | 127.8 | 29.6 | 6.1 | 21.3 | 10.1 |

| | | | | | | | | | | |
|--|-------|------|------|-----|------|-------|------|-----|------|------|
| Chewy Chocolate Chip Cookies | 114.7 | 8.1 | 2.1 | 0 | 0 | 70.7 | 9.7 | 1.7 | 6.1 | 2.5 |
| Chocolate Peanut Butter Protein Donut | 205.3 | 11 | 4.1 | 0 | 12.6 | 131 | 22 | 3.9 | 14.4 | 9.2 |
| Cinnamon Pecan Waffles | 106.3 | 5.7 | 4.3 | 0 | 31.1 | 112 | 12.5 | 1 | 6.7 | 1.5 |
| Coffe Chia Panna Cotta | 328 | 11.7 | 4.7 | 0.3 | 11.7 | 233.5 | 54.7 | 5.2 | 39.9 | 3.4 |
| Crispy Rice Bar | 206.1 | 12.8 | 2.8 | 0.1 | 0 | 69.9 | 21 | 3.4 | 13.3 | 5.2 |
| Crumb Donut | 218 | 15.1 | 2.1 | 0 | 7.4 | 96 | 16.4 | 2.7 | 12.7 | 7.6 |
| Hemp Heart Granola Bar | 349.9 | 19.8 | 5 | 0 | 0 | 102.6 | 36.6 | 5.1 | 15.7 | 9.2 |
| Keto Blueberry Muffins | 203.8 | 18.5 | 5.9 | 0 | 82.2 | 188.9 | 14.6 | 2 | 1.1 | 6 |
| Keto Fat Bombs (Three Servings Per Package) | 230.6 | 23.2 | 12.5 | 0 | 0 | 36.8 | 14.5 | 2.9 | 0.8 | 4 |
| Keto Peanut Butter Cups (Three Servings Per Package) | 148.5 | 14 | 6.8 | 0 | 0 | 2.9 | 8.6 | 1.9 | 0.9 | 3.2 |
| Keto Thumbprint Cookies | 241.6 | 19.7 | 6.3 | 0.4 | 39.7 | 34.6 | 21.9 | 5.9 | 5.5 | 5.8 |
| Low-Carb Granola Bar | 327.1 | 30.7 | 7.9 | 0 | 0 | 4.3 | 14.5 | 5.9 | 1.8 | 7.9 |
| O.G. Granola Bar | 297.3 | 24.3 | 4.3 | 0 | 0 | 5.2 | 18.5 | 4.7 | 12.2 | 6.5 |
| Paleo Cinnamon Raisin Bread | 441.3 | 24.8 | 10 | 0 | 82.1 | 357.2 | 51.1 | 7.5 | 38.5 | 9.8 |
| Peanut Butter Crunch Bar | 290.4 | 19.3 | 4.5 | 0 | 0 | 29.4 | 24.5 | 4.1 | 15 | 9.7 |
| Pecan Pie Bar | 413.5 | 35.6 | 14.2 | 0 | 0 | 9.6 | 22 | 4.3 | 15.7 | 5.2 |
| Protein Waffles | 122 | 6.4 | 2.8 | 0 | 24.2 | 105.9 | 13 | 1.2 | 5.4 | 4 |
| Strawberry Almond Donut | 198.8 | 14.7 | 5.4 | 0 | 53.3 | 20.9 | 13.7 | 2 | 11 | 5.3 |
| Strawberry Chia "Cheesecake" | 435.9 | 25.7 | 4.6 | 0 | 0 | 12.6 | 50.1 | 7.3 | 32.6 | 8.2 |
| Tahini Brownie | 159.2 | 10.2 | 2.3 | 0.1 | 23.3 | 105.5 | 15.8 | 2.3 | 11.1 | 3.9 |
| Taylor's Favorite Donut | 354 | 24.2 | 10.4 | 0 | 7.4 | 102.6 | 30.5 | 4.4 | 23.2 | 8.2 |
| Vegan Chocolate Muffins | 525.9 | 35.1 | 12.9 | 0 | 0 | 90.9 | 48.5 | 8.2 | 30.5 | 10.5 |