

	CAL	PROT	FAT	CARB
<b>Balsamic Vinaigrette</b> 2 tbsp	67	0g	7g	1g
<b>Champagne Vinaigrette</b> 2 tbsp	93	0g	10g	1g
<b>Citrus Vinaigrette</b> 2 tbsp	63	0g	7g	1g
<b>Greek Vinaigrette</b> 2 tbsp	78	1g	7g	2g
<b>Herbes de Provence Vinaigrette</b> 2 tbsp	93	0g	10g	1g
<b>Mustard Vinaigrette</b> 2 tbsp	62	0g	6g	2g
<b>Red Wine Vinaigrette</b> 2 tbsp	93	0g	10g	1g
<b>Sesame Ginger Vinaigrette</b> 2 tbsp	91	1g	7g	6g
<b>Tomato Balsamic Vinaigrette</b> 2 tbsp	78	1g	7g	2g
<b>Tzatziki</b> 2 tbsp	27	2g	0g	6g
<b>Satay Peanut Sauce</b> 2 tbsp	93	4g	8g	5g
<b>Peach Bourbon BBQ Sauce</b> 2 tbsp	85	1g	2g	11g
<b>Spicy Tangy BBQ Sauce</b> 2 tbsp	101	0g	2g	3g
<b>Chimichurri</b> 2 tbsp	5	0g	0g	1g
<b>Lemon Tahini</b> 2 tbsp	153	5g	14g	7g
<b>Vietnamese Dressing</b> 2 tbsp	82	5g	5g	6g
<b>Basic Paleo Mayo</b> 2 tbsp	126	0g	14g	0g
<b>Paleo Ranch</b> 2 tbsp	124	0g	14g	0g
<b>Buffalo Ranch</b> 2 tbsp	132	0g	15g	0g
<b>Chipotle Ranch</b> 2 tbsp	136	0g	1g	15g
<b>Chipotle Crema</b> 2 tbsp	62	1g	2g	6g
<b>Avocado Cilantro Lime Crema</b> 2 tbsp	47	1g	2g	4g
<b>Paleo Ketchup</b> 2 tbsp	105	5g	21g	0g
<b>Beast Sauce</b> 2 tbsp	182	0g	3g	15g
<b>Louie Dressing</b> 2 tbsp	188	0g	2g	20g
<b>Basic Aioli</b> 2 tbsp	205	2g	23g	1g
<b>Remoulade</b> 2 tbsp	163	2g	4g	17g
<b>Onion Jam</b> 2 tbsp	110	1g	20g	4g
<b>Spicy Tomato Jam</b> 2 tbsp	60	1g	4g	7g

	CAL	PROT	FAT	CARB
<b>Almond Bark</b> 1 piece	228	5g	18g	19g
<b>Chai Latte Chia Pudding</b> ½ cup	151	3g	10g	15g
<b>Chocolate Chia Pudding</b> ½ cup	196	3g	13g	17g
<b>Strawberry Chia Pudding</b> ½ cup	169	3g	15g	11g
<b>Rocky Road Fudge</b> 1 piece	137	2g	13g	10g
<b>Hazelnut Chocolate Chip Cookies</b> 1 cookie	134	2g	7g	12g
<b>Strawberry Mojito Nice Cream</b> ½ cup	151	2g	31g	3g
<b>Paleo Granola Bites</b> ¼ cup	110	3g	7g	8g
<b>Savory Roasted Nuts</b> ¼ cup	73	2g	7g	4g

	CAL	PROT	FAT	CARB
<b>Jamaican Rice &amp; Peas</b> ½ cup	165	6g	1g	32g
<b>Roasted Plantains</b> ½ cup	126	6g	1g	31g
<b>Roasted Yukon Gold Potatoes</b> ½ cup	112	2g	4g	17g
<b>Roasted Sweet Potatoes</b> ½ cup	86	1g	3g	15g
<b>Asian Cucumber Salad</b> 1 cup	23	1g	1g	4g
<b>Pickled Asian Veggies</b> ½ cup	27	0g	0g	6g
<b>Southern Style Cole Slaw</b> ½ cup	135	1g	11g	5g
<b>Bone Broth</b> 1 cup	40	8g	1g	1g
<b>Mexican Slaw</b> 1 cup	67	2g	2g	12g
<b>Carrot &amp; Apple Slaw</b> 1 cup	72	1g	0g	19g
<b>Cauliflower Smash</b> ½ cup	190	3g	8g	17g
<b>Asian Slaw</b> 1 cup	114	3g	6g	11g
<b>Tostones</b> 3 ounces	175	1g	7g	14g
<b>Colombian Guacamole</b> ¼ cup	143	2g	11g	12g
<b>Mexican Guacamole</b> ¼ cup	143	2g	11g	12g
<b>Pineapple Salsa</b> 2 tbsp	61	1g	2g	11g
<b>Roasted Corn Salsa</b> 2 tbsp	61	1g	2g	11g
<b>Salsa Fresca</b> 2 tbsp	42	0g	2g	7g
<b>Mango Salsa</b> 2 tbsp	71	1g	2g	16g
<b>Blanched Green Beans</b> ½ cup	25	1g	0g	6g

	CAL	PROT	FAT	CARB
<b>Paleo Breakfast</b>				
<b>Amped Up Scrambled Eggs</b> as listed	244	25g	15g	2g
<b>Sweet Potatoes</b> ½ cup	50	1g	1g	14g
<b>Blueberries</b> ½ cup	41	1g	0g	10g
<b>Beast Bowl Total</b>	<b>335</b>	<b>27g</b>	<b>16g</b>	<b>26g</b>

	CAL	PROT	FAT	CARB
<b>Paleo Meatloaf</b>				
<b>Meatloaf</b> 5 ounces <small>one-seventh of the recipe</small>	271	30g	16g	2g
<b>Tomato Balsamic Vinaigrette</b> 2 tbsp	150	0g	7g	2g
<b>Blanched Green Beans</b> ½ cup	25	1g	0g	6g
<b>Beast Bowl Total</b>	<b>446</b>	<b>31g</b>	<b>23g</b>	<b>10g</b>

	CAL	PROT	FAT	CARB
<b>Fried Chicken</b>				
<b>Fried Chicken Tenders</b> 4 ounces	390	33g	17g	28g
<b>Paleo Ranch</b> 2 tbsp	124	0g	14g	0g
<b>Bacon</b> 1 slice	40	3g	4g	1g
<b>Beast Bowl Total</b>	<b>554</b>	<b>36g</b>	<b>35g</b>	<b>29g</b>

	CAL	PROT	FAT	CARB
<b>Herbes de Provence</b>				
<b>1 Chicken Breast w/ Crispy Skin</b> 6 ounces	330	50g	13g	0g
<b>Herbes de Provence Vinaigrette</b> 2 tbsp	64	0g	7g	0g
<b>Roasted Carrots</b> ½ cup	82	1g	3g	15g
<b>Roasted Potatoes</b> ½ cup	50	1g	3g	11g
<b>Blanched Green Beans</b> ½ cup	25	1g	0g	6g
<b>Beast Bowl Total</b>	<b>551</b>	<b>53g</b>	<b>25g</b>	<b>32g</b>

	CAL	PROT	FAT	CARB
<b>Asian Chicken Meatballs</b>				
<b>Asian Chicken Meatballs</b> 4 ounces	224	23g	11g	7g
<b>Vietnamese Dressing</b> 2 tbsp	17	0g	0g	3g
<b>Asian Cucumber Salad</b> ½ cup	40	2g	1g	5g
<b>Beast Bowl Total</b>	<b>281</b>	<b>25g</b>	<b>12g</b>	<b>15g</b>

	CAL	PROT	FAT	CARB
<b>Tequila Lime</b>				
<b>Tequila Lime Halibut</b> 6 ounces	189	35g	4g	0g
<b>Mango Salsa</b> ¼ cup	41	0g	1g	8g
<b>Mexican Slaw</b> ¼ cup	67	2g	2g	12g
<b>Crème Fraiche</b> 2 tbsp	105	0g	11g	2g
<b>Tortilla Chips</b> 9 chips	140	2g	7g	19g
<b>Avocado Crema</b> 2 tbsp	66	1g	7g	2g
<b>Beast Bowl Total</b>	<b>608</b>	<b>40g</b>	<b>32g</b>	<b>43g</b>

	CAL	PROT	FAT	CARB
<b>Teriyaki</b>				
<b>Teriyaki Chicken Breast</b> 4 ounces	160	35g	2g	0g
<b>Sesame Ginger Dressing</b> 2 tbsp	61	0g	5g	3g
<b>White Rice</b> ½ cup	121	2g	0g	27g
<b>Beast Bowl Total</b>	<b>342</b>	<b>37g</b>	<b>7g</b>	<b>30g</b>

	CAL	PROT	FAT	CARB
<b>Mom-Style Taco</b>				
<b>Super Easy Taco Meat</b> 4 ounces	205	27g	10g	0g
<b>Mexican Slaw</b> ¼ cup	67	2g	2g	12g
<b>Tortilla Chips</b> 9 chips	140	2g	7g	19g
<b>Mexican Guacamole</b> ½ cup	46	1g	4g	3g
<b>Salsa Fresca</b> 2 tbsp	10	0g	0g	2g
<b>Beast Bowl Total</b>	<b>468</b>	<b>32g</b>	<b>23g</b>	<b>36g</b>

	CAL	PROT	FAT	CARB
<b>Steak Chimichurri</b>				
<b>Flat Iron Steak</b> 4 ounces	256	30g	14g	0g
<b>Chimichurri Sauce</b> 2 tbsp	5	0g	0g	1g
<b>Tostones</b> 3 ounces	160	1g	8g	24g
<b>Colombian Guacamole</b> ¼ cup	46	1g	4g	3g
<b>Beast Bowl Total</b>	<b>467</b>	<b>32g</b>	<b>26g</b>	<b>28g</b>

	CAL	PROT	FAT	CARB
<b>Steak &amp; Sweet Potato</b>				
<b>Chateaubriand Steak</b> 4 ounces	280	23g	20g	0g
<b>Balsamic Vinaigrette</b> 2 tbsp	67	0g	9g	1g
<b>Sweet Potato Fries</b> 2 ounces	37	1g	1g	14g
<b>Avocado</b> ¼ avocado	58	1g	5g	3g
<b>Beast Bowl Total</b>	<b>442</b>	<b>25g</b>	<b>35g</b>	<b>18g</b>

	CAL	PROT	FAT	CARB
<b>Shrimp Louie</b>				
<b>Shrimp</b> 6 ounces	247	36g	3g	0g
<b>Hard Boiled Egg</b> 1 large egg	78	7g	6g	0g
<b>Louie Dressing</b> 2 tbsp	188	0g	20g	2g
<b>Avocado</b> ¼ avocado	58	1g	5g	3g
<b>Black Olives</b> 8 olives	50	0g	5g	2g
<b>Beast Bowl Total</b>	<b>621</b>	<b>44g</b>	<b>39g</b>	<b>7g</b>

	CAL	PROT	FAT	CARB
<b>Mediterranean</b>				
<b>Mediterranean Cod Fillet</b> 6 ounces	139	30g	1g	0g
<b>Lemon Tahini</b> 2 tbsp	145	3g	13g	3g
<b>Quinoa</b> ½ cup	111	4g	2g	20g
<b>Avocado</b> ¼ avocado	58	1g	5g	3g
<b>Beast Bowl Total</b>	<b>453</b>	<b>38g</b>	<b>21g</b>	<b>26g</b>

	CAL	PROT	FAT	CARB
<b>Lemongrass Shrimp</b>				
<b>Lemongrass Shrimp</b> 6 ounces	218	44g	4g	2g
<b>Vietnamese Dressing</b> 2 tbsp	34	1g	0g	8g
<b>Pickled Asian Veggies</b> ¼ cup	27	0g	0g	6g
<b>Rice Noodles</b> ½ cup	95	2g	0g	21g
<b>Crushed Peanuts</b> 2 tbsp	45	2g	4g	0g
<b>Beast Bowl Total</b>	<b>419</b>	<b>49g</b>	<b>8g</b>	<b>37g</b>

	CAL	PROT	FAT	CARB
<b>Breakfast Hash</b>				
<b>Sweet Potato Hash</b> 1 cup	280	14g	14g	25g
<b>Eggs</b> 2 large	143	13g	10g	1g
<b>Beast Bowl Total</b>	<b>423</b>	<b>27g</b>	<b>24g</b>	<b>26g</b>

	CAL	PROT	FAT	CARB
<b>Jerk Chicken</b>				
<b>Jerk Chicken</b> 4 ounces	136	28g	2g	0g
<b>Roasted Plantains</b> ¼ cup	200	1g	9g	28g
<b>Jamaican Rice &amp; Peas</b> ½ cup	173	4g	7g	22g
<b>Pineapple Salsa</b> ¼ cup	71	1g	2g	16g
<b>Beast Bowl Total</b>	<b>580</b>	<b>34g</b>	<b>20g</b>	<b>66g</b>

	CAL	PROT	FAT	CARB
<b>Greek Lamb Burger</b>				
<b>Lamb Burgers</b> 4 ounces	321	28g	22g	0g
<b>Tzatziki</b> 2 tbsp	33	3g	1g	2g
<b>Greek Vinaigrette</b> 2 tbsp	78	1g	7g	2g
<b>Feta</b> ¼ cup	99	5g	8g	2g
<b>Kalmata Olives</b> 4 olives	30	0g	2g	1g
<b>Beast Bowl Total</b>	<b>561</b>	<b>37g</b>	<b>40g</b>	<b>7g</b>

	CAL	PROT	FAT	CARB
<b>Chipotle Chicken</b>				
<b>Chipotle Chicken</b> 4 ounces	136	28g	2g	0g
<b>Chipotle Ranch</b> 2 tbsp	136	0g	15g	0g
<b>Avocado</b> ¼ medium	59	1g	5g	3g
<b>Roasted Corn Salsa</b> 2 tbsp	61	1g	2g	11g
<b>Black Beans</b> ¼ cup	60	1g	0g	11g
<b>Beast Bowl Total</b>	<b>452</b>	<b>31g</b>	<b>24g</b>	<b>25g</b>

	CAL	PROT	FAT	CARB
<b>Chicken Satay</b>				
<b>Chicken Satay</b> 4 ounces	166	28g	2g	3g
<b>Satay Peanut Sauce</b> 2 tbsp	95	4g	6g	6g
<b>Asian Cucumber Salad</b> ¼ cup	40	2g	1g	5g
<b>Beast Bowl Total</b>	<b>301</b>	<b>34g</b>	<b>9g</b>	<b>14g</b>

	CAL	PROT	FAT	CARB
<b>Chili Verde</b>				
<b>Chicken, Plus Chili Verde</b> 4 ounces	265	39g	15g	12g
<b>Rice</b> ½ cup	100	2g	0g	23g
<b>Mexican Slaw</b> 1 cup	67	2g	2g	12g
<b>Mexican Guacamole</b> ½ cup	46	1g	4g	3g
<b>Beast Bowl Total</b>	<b>478</b>	<b>44g</b>	<b>21g</b>	<b>50g</b>

	CAL	PROT	FAT	CARB
<b>Barbecue Pulled Pork</b>				
<b>Pulled Pork</b> 4 ounces	283			