

**Legend**

- Proteins
- Carbs
- Fats
- Veggies
- Other

**Chicken & Rice Bowl**



30 Protein | 47 Carbs | 14 Fats

- 2.5 oz Chicken Breast (Raw)
- .75 Cup Brown Rice (Cooked)
- .35 Medium Avocado
- 1 Cup Broccoli

**Salmon & Rice**



42 Protein | 90 Carbs | 20 Fats

- 4 oz Salmon (Raw)
- 1 Cup Quinoa (Cooked)
- 1 Cup Brown Rice (Cooked)
- 1.5 Cup Asparagus

**Shrimp Pasta**



28 Protein | 45 Carbs | 15 Fats

- 4 oz Shrimp (Raw)
- 4 oz Whole Grain Pasta (Cooked)
- .65 TBSP Olive Oil
- 3 Cup Spinach (Raw)
- 2 TBSP Grated Parmesan

**Beef Pasta**



49 Protein | 90 Carbs | 20 Fats

- 4 oz Lean Ground Beef (Raw)
- 7 oz Whole Grain Pasta (Cooked)
- 1 Cup Spaghetti Sauce

**Pork Pasta**



39 Protein | 64 Carbs | 16 Fats

- 4 oz Pork Loin (Raw)
- 4 oz Whole Grain Pasta (Cooked)
- .65 TBSP Olive Oil
- 3 Cup Spinach (Raw)
- 2 TBSP Grated Parmesan

**Turkey Wraps & Crackers**



43 Protein | 90 Carbs | 15 Fats

- 4 oz Deli Turkey
- 1.25 Cup Fairlife Fat Free Milk
- 2 Whole Wheat Tortilla
- 8 Triscuit Cracker
- 2 TBSP Light Miracle Whip

**Food Quality Index**



- Salmon
- Bison
- Brown Rice
- Sweet Potato
- Olive Oil
- Avocado



- Ground Beef
- Shrimp
- Whole Grain Pasta
- Black Beans
- Nuts
- Low Fat Cheese



- Pork Roast
- Frozen/Processed Meat
- Tortillas
- White Rice
- Light Salad Dressing
- Butter