

MEAL PREP CHEAT SHEET - MEATS

	Servings Size	Calories	Protein	Fat	Carbs
Chicken Breast	4 oz	245	31	6	0
Chicken Drumsticks	each	180	20	10	0
Chicken Wing Plain	each	86	8.8	4.6	0
Chicken Ground	4 oz	165	22.5	9.5	0
Turkey Breast	4 oz	167	35	2.5	0
Turkey Ground - 93% lean	4 oz	181	23	9.9	0
Beef Ground - 80% Lean	4 oz	308	31	20	0
T-Bone	4 oz	328	28	23	0
Sirloin	4 oz	275	30	16	0
Porterhouse	4 oz	290	27	19.5	0
Skirt Steak	4 oz	269	28	16	0
Sirloin Roast	4 oz	238	29	12.5	0
Round Steak	4 oz	231	34.5	10.5	0
Pork Tenderloin	4 oz	166	29	4.5	0
Pork Shoulder	4 oz	330	26.5	24	0
Pork Chops	4 oz	237	29	12.5	0
Bacon	3 slices	161	12	12	0.6
Ham Roasted	3 oz	118	19	4.3	0

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	Servings Size	Calories	Protein	Fat	Carbs
Shrimp	4 oz	135	25.5	2	0
Tilapia	4 oz	144	29.5	3	0
Walleye	4 oz	135	28	1.7	0
Pike	4 oz	128	28	1	0
Scallops	4 oz	125	23	1	0
Crab	4 oz	95	20	1	0
Lobster	4 oz	163	29.5	2.1	0
Tuna	4 oz	147	33	0.7	0
Venison	4 oz	172	34.5	2.7	0
Elk	4 oz	165	35	2	0
Moose	4 oz	152	33	1.1	0
Bear	4 oz	293	37.5	15	0

MEAL PREP CHEAT SHEET - FRUITS

	Servings Size	Calories	Protein	Fat	Carbs	Fiber	Ratio carb/fiber
Apple	1	95	0.5	0.3	25	4	6.25
Pear	1	101	0.6	0.3	27	5.5	4.91
Peach	1	59	1	0.4	14	2	7
Pineapple	4 oz	50	0.5	0.1	13.8	1.4	9.86
Mandarin Orange	4oz	47	0.7	0.3	47	2	23.5
Blueberries	4 oz	57	0.7	0.3	14.5	2.4	6.04
Strawberry	4 oz	64	1.5	0.8	14.7	8	1.84
Raspberry	4 oz	60	1.4	0.7	13.6	7.2	1.89
Mango	4 oz	68	0.9	0.4	16.8	1.8	9.33
Avocado	1	322	4	29	17	13	1.31

MEAL PREP CHEAT SHEET - VEGGIES

	Servings Size	Calories	Protein	Fat	Carbs	Fiber	Ratio carb/fiber
Broccoli	4 oz	40	2.7	0.5	8	3.8	2.11
Carrots	4 oz	40	0.9	0.2	9.2	3.4	2.71
Sweet Peppers	4 oz	32	1	0.2	7.6	1.4	5.43
Peas	4 oz	96	6	0.2	17.6	6.4	2.75
Corn	4 oz	108	3.9	1.7	23.6	2.7	8.74
Asparagus	4 oz	25	2.7	0.3	4.7	2.3	2.04
Spinach	4 oz	26	3.4	0.3	4.3	2.7	1.59
Iceberg Lettuce	4 oz	16	1	0.2	3.4	1.4	2.43
Red Cabbage	4 oz	33	1.7	0.1	7.9	2.9	2.72
Zucchini	4 oz	17	1.3	0.4	3.1	1.1	2.82
Beets	4 oz	50	1.9	0.2	11	2.3	4.78
Romaine Lettuce	4 oz	19	1.4	0.3	3.7	2.4	1.54

MEAL PREP CHEAT SHEET - EXTRA

	Servings Size	Calories	Protein	Fat	Carbs	Fiber
Eggs	each	72	6.3	4.8	0.4	
Duck Eggs	each	130	9	9.6	1	
Mozzarella Cheese	2 oz	170	12.5	12.5	1.2	
Cheddar Cheese	2 oz	230	13	18.8	1.8	
Parmesan Cheese	2 oz	238	16.2	16	8	
Goat Cheese	2 oz	150	10.6	12	0	
Cottage Cheese	4 oz	111	13	4.9	3.8	
Greek Yogurt	6 oz	100	17	0.7	6.1	
Whole Fat Yogurt	6 oz	107	8.9	2.6	12	
Quinoa	half cup	111	4.1	1.8	20	2.6
Brown Rice	half cup	109	2.3	0.8	23	1.8
Jasmine Rice	half cup	102.5	2.2	0.2	22.5	0.3
Rolled Oats	half cup	153	5.3	2.6	27	4.1