

Macros:	Calories	Protein (gram)	Carb (gram)	Sugar (gram)	Fiber (gram)	Fat (gram)	Sat. Fat (gram)	Sodium (mg)	Potassium (mg)
Protein:									
Jerk Chicken (piece)									
~4.5oz	229	36	7	1	6	4.5		316mg	
Thai Chicken (piece)									
~4.5oz	249	37	10	0	5	4.5	0	670mg	36mg
Blackened Chicken (piece)									
~4.5oz	199	36	0	0	0	4.5	0	409mg	
Blackened Tenderloin (piece)									
~4oz	210	29	1	0	0	9	4	58mg	427mg
	Calories	Protein (gram)	Carb (gram)	Sugar (gram)	Fiber (gram)	Fat (gram)	Sat. Fat (gram)	Sodium (mg)	Potassium (mg)
Ground Beef (oz)									
3	171	21	0	0	0	9	1	63	306
3.5	199.5	24.5	0	0	0	10.5	1.25	73.5	357
4	228	28	0	0	0	12	1.5	84	408
4.5	256.5	31.5	0	0	0	13.5	1.75	94.5	459
5	285	35	0	0	0	15	2	105	510
5.5	313.5	38.5	0	0	0	16.5	2.25	115.5	561
6	342	42	0	0	0	18	2.5	126	612
6.5	370.5	45.5	0	0	0	19.5	2.75	136.5	663
7	399	49	0	0	0	21	3	147	714
	Calories	Protein (gram)	Carb (gram)	Sugar (gram)	Fiber (gram)	Fat (gram)	Sat. Fat (gram)	Sodium (mg)	Potassium (mg)
Chicken (oz)									
3	132	24	0	0	0	3	0	27	
3.5	154	28				3.5		31.5	
4	176	32				4		36	
4.5	198	36				4.5		40.5	
5	220	40				5		45	
5.5	242	44				5.5		49.5	
6	264	48				6		54	
6.5	286	52				6.5		58.5	
7	308	56				7		63	

	Calories	Protein (gram)	Carb (gram)	Sugar (gram)	Fiber (gram)	Fat (gram)	Sat. Fat (gram)	Sodium (mg)	Potassium (mg)
Ground Bison (oz)									
3	153	21	0	0	0	7.5	3	63	300
3.5	178.5	24.5				8.75	3.5	73.5	350
4	204	28				10	4	84	400
4.5	229.5	31.5				11.25	4.5	94.5	450
5	255	35				12.5	5	105	500
5.5	280.5	38.5				13.75	5.5	115.5	550
6	306	42				15	6	126	600
6.5	331.5	45.5				16.25	6.5	136.5	650
7	357	49				17.5	7	147	700
	Calories	Protein (gram)	Carb (gram)	Sugar (gram)	Fiber (gram)	Fat (gram)	Sat. Fat (gram)	Sodium (mg)	Potassium (mg)
Ground Turkey (oz)									
3	126	21	0	0	0	4.5	0	51	303
3.5	147	24.5				5.25		59.5	353.5
4	168	28				6		68	404
4.5	189	31.5				6.75		76.5	454.5
5	210	35				7.5		85	505
5.5	231	38.5				8.25		93.5	555.5
6	252	42				9		102	606
6.5	273	45.5				9.75		110.5	656.5
7	294	49				10.5		119	707
	Calories	Protein (gram)	Carb (gram)	Sugar (gram)	Fiber (gram)	Fat (gram)	Sat. Fat (gram)	Sodium (mg)	Potassium (mg)
Salmon (oz)									
3	144	21	0	0	0	6	0	81	324
3.5	168	24.5				7		94.5	378
4	192	28				8		108	432
4.5	216	31.5				9		121.5	486
5	240	35				10		135	540
5.5	264	38.5				11		148.5	594
6	288	42				12		162	648
6.5	312	45.5				13		175.5	702
7	336	49				14		189	756
	Calories	Protein (gram)	Carb (gram)	Sugar (gram)	Fiber (gram)	Fat (gram)	Sat. Fat (gram)	Sodium (mg)	Potassium (mg)
Cod (oz)									
3	147	13.5	6	0	0	7.5	0	276	285
3.5	171.5	15.75	7			8.75		322	332.5

4	196	18	8			10		368	380
4.5	220.5	20.25	9			11.25		414	427.5
5	245	22.5	10			12.5		460	475
5.5	269.5	24.75	11			13.75		506	522.5
6	294	27	12			15		552	570
6.5	318.5	29.25	13			16.25		598	617.5
7	343	31.5	14			17.5		644	665
	Calories	Protein (gram)	Carb (gram)	Sugar (gram)	Fiber (gram)	Fat (gram)	Sat. Fat (gram)	Sodium (mg)	Potassium (mg)
Shrimp (oz)									
3	105	22.5	1.05	0	0	0.1	0	516	147
3.5	122.5	26.25	1.225			0.2		602	171.5
4	140	30	1.4			0.3		688	196
4.5	157.5	33.75	1.575			0.4		774	220.5
5	175	37.5	1.75			0.5		860	245
5.5	192.5	41.25	1.925			0.6		946	269.5
6	210	45	2.1			0.7		1032	294
6.5	227.5	48.75	2.275			0.8		1118	318.5
7	245	52.5	2.45			0.9		1204	343