

HEALTHPLEX
MEAL PREP
POWERED BY HEALTHY REVOLUTION

| Summer Menu | Total Calories | Fat | Carbs | Protein |
|--|---------------------------|------------|--------------|----------------|
| Chef Salad | 360.3 | 24.8 | 10.0 | 25.4 |
| Blackened Fish with Squash & Cucumbers | 140.0 | 4.3 | 2.1 | 23.5 |
| Grilled Fish over a Natural Grain Blend | 198.0 | 4.0 | 22.0 | 18.0 |
| Roasted Red Pepper Hummus over Spring Mix with Fresh Veges | 289.6 | 8.9 | 44.9 | 9.8 |
| Chicken Salad over Spring Mix With Fresh Veges | 242.7 | 12.8 | 2.9 | 27.3 |
| Grilled Chicken Ranch Wrap with Side Salad | 674.7 | 34.0 | 42.8 | 47.0 |
| Caribbean Jerk Chicken Over Yellow Rice With Broccoli | 385.5 | 18.8 | 23.3 | 28.7 |
| Roasted Pork Loin W/ Mango Chutney | 328.1 | 13.4 | 23.2 | 27.7 |
| Santa Fe Chicken Salad | 312.0 | 14.0 | 18.0 | 29.0 |
| Chicken Stir Fry | 399.8 | 9.1 | 60.4 | 18.8 |
| Spaghetti Squash & Chunky Sauce | 123.0 | 6.0 | 12.0 | 5.0 |
| Cajun Shrimp Pasta | 411.4 | 7.2 | 54.0 | 35.5 |