

Serving Size	2.5 lbs			1lb (2.5 Servings per bag)			8oz (5 Servings per bag)			6oz (6.67 Servings per bag)			4oz (10 servings per bag)		
	Calories	Protein (g)	Total Fat (g)	Calories	Protein (g)	Total Fat (g)	Calories	Protein (g)	Total Fat (g)	Calories	Protein (g)	Total Fat (g)	Calories	Protein (g)	Total Fat (g)
Cooked Tilapia	1440	296	30	576	118.4	12	288	59.2	6	216	44.4	4.5	144	29.6	3
Seared Steak Tips	1550	100	125	620	40	50	248	20	25	232.5	15	18.8	124	10	12.5
Baked Salmon	1800	240	120	720	96	48	288	48	24	270	36	18	144	24	12
Chicken Breast	1200	260	15	480	104	6	192	52	3	180	39	2.3	96	26	1.5
Chicken Tenders	1134	275	34	453.6	110	13.6	181.4	55	6.8	170.1	41.3	5.1	90.7	27.5	3.4
Ground Turkey	2302	310	118	920.8	124	47.2	368.3	62	23.6	345.3	46.5	17.7	184.2	31	11.8
Roasted Pork Tenderloin	1000	210	35	400	84	14	160	42	7	150	31.5	5.3	80	21	3.5

**All nutritional information are estimations and not guaranteed to be exact.*