

PALEO

Spinach Salad	cal	carb	fat	protein
spinach	16	2.6	0.3	2
butternut squash	46	12.5	0.1	1.1
almonds	161	6.6	14.2	5.7
strawberry	57	0	0	0
option: chicken	150	0	1.9	32.5
shrimp	100	0	0.5	23
salmon	200	0	8.4	30.7

PALEO side

	cal	carb	fat	protein
Butternut Squash Soup	534	26.6	34	5.6

Total (salad)	280	21.7	14.6	8.8
w/ chicken	430	21.7	16.5	41.3
w/ shrimp	380	21.7	15.1	31.8
w/ salmon	480	21.7	23	39.5

Chicken breast

chicken	150	0	1.9	32.5
warm kale	42	7.4	0.8	3.6
butternut squash	46	12.5	0.1	1
quinoa	90	15.5	1.5	3.5

Total	328	35.4	4.3	40.6
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Salmon

salmon	200	0	8.4	30.7
almond crust	86.5	3.5	7.1	4
asparagus	17	3.3	0.1	1.9
wild mushroom	35	4	1.5	1

Total	338.5	10.8	17.1	37.6
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Blackened Shrimp

shrimp	100	0	0.5	23
green beans	44	9.9	0.3	2.6

Total	144	9.9	0.8	25.6
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CLEAN EATS**Steak**

Steak	225	0	11.2	30
spinach	26	4.1	0.4	3.2
demi glace	28	4.1	1	0.7

Total	279	8.2	12.6	33.9
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Shrimp

shrimp	100	0	0.5	23
green beans	44	9.9	0.3	2.6
jasmine rice	213	48	0	4

Total	357	57.9	0.8	29.6
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Chicken breast

Chicken breast	150	0	1.9	32.5
kale	42	7.4	0.8	3.6
sweet potato	98	24.8	0	1.5
au ju	49	7	1.3	1

Total	339	39.2	4	38.6
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Salmon

salmon	200	0	8.4	30.7
asparagus	17	3.3	0.1	1.9
wild mushrooms	35	4	1.5	1
wild rice	166	35	0.6	6.5
chimmichuri	360	4	38	0

Total	778	46.3	48.6	40.1
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KETO
Salmon

salmon	200	0	8.4	30.7
asparagus	17	3.3	0.1	1.9
wild mushrooms	35	4	1.5	1
chimmichuri	360	4	38	0

Total	612	11.3	48	33.6
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Confit chicken wings

chicken wings	312	0	22.5	26.2
carrots	35	8	0	1
celery	14	3	0.2	0.7
bleu cheese	170	2	17	2

Total	531	13	39.7	29.9
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Shrimp

shrimp	100	0	0.5	23
bacon	126	0	9	9
green beans	44	9.9	0.3	2.6
horseradish crema	198	0	24	0

Total	468	9.9	33.8	34.6
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Steak

steak	225	0	11.2	30
spinach	26	4.1	0.4	3.2
pancetta butter	199	0	20.7	2.2

Total	450	4.1	32.3	35.4
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Rib special

babyback ribs	375	0	31.2	23.8
cole slaw	40	3	1	0.2
creamed spinach	75	6	4.5	3

Total	490	9	36.7	27
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