














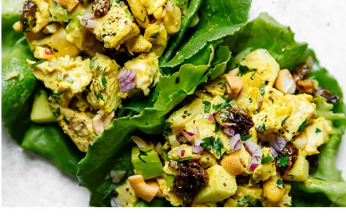

HIGH-PROTEIN SALADS

	RECIPE	PROTEIN
	No Lettuce Salad	24 Grams
	Waldorf Chicken Salad	27 Grams
	Thai-Inspired Chicken Quinoa Salad	45 Grams
	Creamy BBQ Chicken Salad	27 Grams
	Greek Chickpea Chicken Salad	50 Grams

HIGH-PROTEIN MEAL PREP BOWLS

RECIPE	PROTEIN
 A bowl of Crockpot Chicken Fajitas Burrito Bowl featuring a mix of chicken, beans, rice, and vegetables, topped with sliced avocado and purple corn tortilla chips.	34 Grams
 A bowl of Egg Roll In A Bowl containing stir-fried chicken, vegetables, and a sauce, served with chopsticks.	23 Grams
 A meal prep bowl with a piece of salmon, quinoa, and roasted vegetables like broccoli and sweet potatoes.	33 Grams
 A bowl of Greek Chicken Meatballs with rice, a fresh salad of tomatoes, cucumbers, and olives, and a dressing.	32 Grams
 A bowl of Buffalo Chicken Bowls with cauliflower garlic rice, chicken wings, and sliced cucumbers.	30 Grams

HIGH-PROTEIN SANDWICHES

RECIPE	PROTEIN
	24 Grams
	36 Grams
	31 Grams
	23 Grams
	46 Grams