Beef Paprikash with Fire-Roasted Tomatoes and Egg Noodles			
Lean Option			
Item #	**Ingredient**	**Amount**	**Unit**
1	Boneless Beef Chuck Roast	6	oz
2	Olive Oil	0.5	oz
3	Onion	1	oz
4	Red Bell Pepper	2	oz
5	Roasted Diced Tomatoes	1	oz
6	Tomato Sauce	1	oz
7	Paprika	0.2	oz
8	Green Beans	2	oz
9	Egg Noodles	4	oz
10	Salt	0.05	oz
11	Pepper	0.05	oz
12	Parsley	1	oz

Ingredient List

Beef Chuck, Egg Noodles (wheat, egg), Green Beans, Red Bell Pepper, Onion, Tomato, Parsley, Tomato Sauce, Paprika, Salt, Pepper, Olive Oil.

Calories	Fat (g)	Carbs (g)	Protein (g)
540	23	31	53

Beef Paprikash with Fire-Roasted Tomatoes			
Low Carb Option			
Item #	**Ingredient**	**Amount**	**Unit**
1	Boneless Beef Chuck Roast	12	oz
2	Olive Oil	0.5	oz
3	Onion	1	oz
4	Red Bell Pepper	1	oz
5	Roasted Diced Tomatoes	1	oz
6	Tomato Sauce	1	oz
7	Paprika	0.2	oz
8	Green Beans	1	oz
9	Salt	0.05	oz
10	Pepper	0.05	oz
11	Parsley	1	oz

Ingredient List

Beef Chuck, Green Beans, Red Bell Pepper, Onion, Tomato, Parsley, Tomato Sauce, Paprika, Salt, Pepper, Olive Oil.

Calories	Fat (g)	Carbs (g)	Protein (g)
750	36	11	99

Beef Paprikash with Fire-Roasted Tomatoes and Egg Noodles			
Double Protein			
Item #	**Ingredient**	**Amount**	**Unit**
1	Boneless Beef Chuck Roast	12	oz
2	Olive Oil	0.5	oz
3	Onion	1	oz
4	Red Bell Pepper	2	oz
5	Roasted Diced Tomatoes	1	oz
6	Tomato Sauce	1	oz
7	Paprika	0.2	oz
8	Green Beans	2	oz
9	Egg Noodles	4	oz
10	Salt	0.05	oz
11	Pepper	0.05	oz
12	Parsley	1	oz

Ingredient List

Beef Chuck, Egg Noodles (wheat, egg), Green Beans, Red Bell Pepper, Onion, Tomato, Parsley, Tomato Sauce, Paprika, Salt, Pepper, Olive Oil.

Calories	Fat (g)	Carbs (g)	Protein (g)
780	34	29	89