Herb Roasted Chicken Breast with Quinoa and Roasted Vegetables			
Lean Option			
Item #	**Ingredient**	**Amount**	**Unit**
1	Chicken Breast	5	oz
2	Quinoa	4	oz
3	Yellow Squash	0.05	oz
4	Zucchini	1	oz
5	Eggplant	1	oz
6	Broccoli	1	oz
7	Cauliflower	1	oz
8	Fresh Garlic	0.5	oz
9	Seasoning Mix	0.5	oz
10	Olive Oil	0.5	oz
11	Salt	0.025	oz
12	Black Pepper	0.05	oz

Ingredient List

Chicken Breast, Cooked Quinoa, Squash, Eggplant, Broccoli, Cauliflower, Garlic, Olive Oil, Seasoning Mix, Ground Black Pepper, Salt

Calories	Fat (g)	Carbs (g)	Protein (g)
540	22	39	51

Herb Roasted Chicken Breast with Roasted Vegetables			
Low Carb Option			
Item #	**Ingredient**	**Amount**	**Unit**
1	Chicken Breast	10	oz
2	Yellow Squash	0.5	oz
3	Zucchini	0.5	oz
4	Eggplant	0.5	oz
5	Broccoli	0.5	oz
6	Cauliflower	0.5	oz
7	Fresh Garlic	0.5	oz
8	Seasoning Mix	0.5	oz
9	Olive Oil	1	oz
10	Salt	0.025	oz
11	Black Pepper	0.05	oz

Ingredient List

Chicken Breast, Squash, Eggplant, Broccoli, Cauliflower, Garlic, Olive Oil, Seasoning Mix, Ground Black Pepper, Salt

Calories	Fat (g)	Carbs (g)	Protein (g)
730	38	11	89

Herb Roasted Chicken Breast with Quinoa and Roasted Vegetables			
Double Protein			
Item #	Ingredient	Amount	Unit
1	Chicken Breast	10	oz
2	Quinoa	4	oz
3	Yellow Squash	1	oz
4	Zucchini	1	oz
5	Eggplant	1	oz
6	Broccoli	1	oz
7	Cauliflower	1	oz
8	Fresh Garlic	0.5	oz
9	Seasoning Mix	0.5	oz
10	Olive Oil	0.5	oz
11	Salt	0.025	oz
12	Black Pepper	0.05	oz

Ingredient List
Chicken Breast, Cooked Quinoa, Squash, Eggplant, Broccoli, Cauliflower, Garlic, Olive Oil, Seasoning Mix, Ground Black Pepper, Salt

Calories	Fat (g)	Carbs (g)	Protein (g)
760	26	39	95