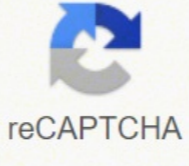




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# Meal Prep Lunch Ideas

*you'll never get bored of!*



|   | Calories     | Carbs     | Fat        | Protein   | Fiber    |
|---|--------------|-----------|------------|-----------|----------|
| <b>Breakfast</b>  |              |           |            |           |          |
| Butter - Salted, 1 tbsp   | 102          | 0         | 12         | 0         | 0        |
| Eggs - Whole, raw, 2 large  | 147          | 1         | 10         | 13        | 0        |
| Famland - Classic Cut Bacon, 4 pan fried slices (15g)             | 160          | 0         | 14         | 8         | 0        |
| Heavy Cream - Heavy Cream, 2 tbsp                                 | 100          | 0         | 10         | 1         | 0        |
| Onions - Raw, 1 oz(s)   | 12           | 3         | 0          | 0         | 0        |
| <b>Add Food   Quick Tools</b>                                     | <b>521</b>   | <b>4</b>  | <b>46</b>  | <b>22</b> | <b>0</b> |
| <b>Lunch</b>  |              |           |            |           |          |
| Louis Rich - Chicken Breast Strips - Grilled, 1.33 serving (3 oz) | 146          | 1         | 4          | 25        | 0        |
| Kirkland Olive Oil - Pure Olive Oil, 2 tbsp                       | 238          | 0         | 28         | 0         | 0        |
| Salad dressing - Ranch dressing, regular, 2 oz(s)                 | 274          | 4         | 29         | 1         | 0        |
| Celery - Raw, 1 stalk, medium (7-1/2" - 8" long)                  | 6            | 1         | 0          | 0         | 1        |
| Salata - Mixed Greens - Salad, 3 cup                              | 150          | 3         | 0          | 1         | 2        |
| <b>Add Food   Quick Tools</b>                                     | <b>814</b>   | <b>9</b>  | <b>61</b>  | <b>27</b> | <b>3</b> |
| <b>Dinner</b>   |              |           |            |           |          |
| Homemade - Ribeye Steak on the Grill, 4 oz                        | 308          | 0         | 24         | 20        | 0        |
| Mushrooms - Raw, 1 cup, pieces or slices                          | 15           | 2         | 0          | 2         | 1        |
| Butter - Salted, 2 tsp(s)   | 203          | 0         | 23         | 0         | 0        |
| Heavy Cream - Heavy Cream, 2 tbsp                                 | 100          | 0         | 10         | 1         | 0        |
| Broccoli - Raw, 1 cup, chopped                                    | 30           | 6         | 0          | 2         | 2        |
| <b>Add Food   Quick Tools</b>                                     | <b>636</b>   | <b>8</b>  | <b>57</b>  | <b>25</b> | <b>3</b> |
| <b>Snacks</b>   |              |           |            |           |          |
| <b>Add Food   Quick Tools</b>                                     |              |           |            |           |          |
| <b>Totals</b>   | <b>1,991</b> | <b>21</b> | <b>164</b> | <b>74</b> | <b>6</b> |



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