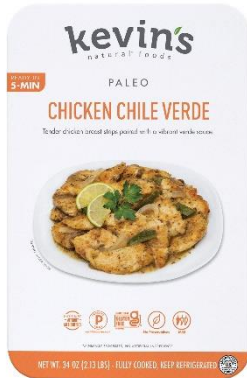


# Frozen Meals



## Kevin's Natural Food

Chicken or Beef

high protein 22-25g per serving

low carb

clean ingredients, gluten free, dairy free

Available at Costco, Giant



## Primal Kitchen Skillet

1 bag serve 2

High protein 18-25g, moderated in carb

Gluten free, Soy free, Dairy Free

Available Acme, CVS, WholeFood, Target



## Primal Kitchen Frozen meal

Gluten free, Soy free, Dairy Free

1 fat, 1 protein, 1 Carb

Pair it with a side salad or steamed vegetables to make a completed meal

Available Acme, CVS, WholeFood, Target

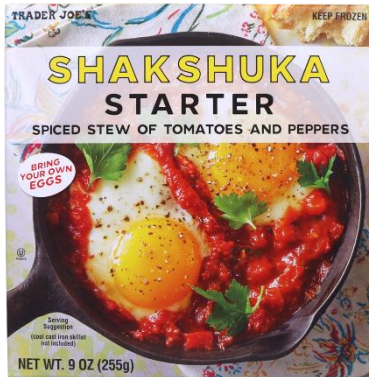


### Trader Joe's BBQ Sockeye Salmon

1 protein choice (32g) per serving

Add on salad, rice, baked potato to make it a balance meal

Available at Trader Joe's only



### Shakshuka Starter

Add 2 whole eggs in for a filled brunch dish

1 serving: 22g carb, 12g protein

Available at Trader Joe's only



### Healthy Choice Power Bowl Adobo Chicken

23g protein, 38 carb

Pair it with a side salad or steamed vegetables to make a completed meal

Available at all major supermarket



### Healthy Choice Zero

5-10g net carb, 18g protein

Pair it with a side salad or steamed vegetables to make a completed meal

Available at all major supermarket