

<b>Chicken Salad</b>	
Servings: 1	
<b>Amount per serving</b>	
<b>Calories</b>	<b>321</b>
	<b>% Daily Value*</b>
<b>Total Fat 5.3g</b>	<b>7%</b>
Saturated Fat 0g	0%
<b>Cholesterol 125mg</b>	<b>42%</b>
<b>Sodium 184mg</b>	<b>8%</b>
<b>Total Carbohydrate 21.1g</b>	<b>8%</b>
Dietary Fiber 5.7g	20%
Total Sugars 10.6g	
<b>Protein 44.9g</b>	



<b>Steak salad</b>	
Servings: 1	
<b>Amount per serving</b>	
<b>Calories</b>	<b>462</b>
<b>% Daily Value*</b>	
<b>Total Fat 12.6g</b>	<b>16%</b>
Saturated Fat 4.6g	<b>23%</b>
<b>Cholesterol 175mg</b>	<b>58%</b>
<b>Sodium 213mg</b>	<b>9%</b>
<b>Total Carbohydrate 21.1g</b>	<b>8%</b>
Dietary Fiber 5.7g	<b>20%</b>
Total Sugars 10.6g	
<b>Protein 62.8g</b>	



<b>Salmon Salad</b>	
Servings: 1	
<b>Amount per serving</b>	
<b>Calories</b>	<b>341</b>
	<b>% Daily Value*</b>
<b>Total Fat 8.2g</b>	<b>11%</b>
Saturated Fat 1.8g	<b>9%</b>
<b>Cholesterol 147mg</b>	<b>49%</b>
<b>Sodium 179mg</b>	<b>8%</b>
<b>Total Carbohydrate 21.1g</b>	<b>8%</b>
Dietary Fiber 5.7g	<b>20%</b>
Total Sugars 10.6g	
<b>Protein 43.3g</b>	



<b>Shrimp Salad</b>	
Servings: 1	
<b>Amount per serving</b>	
<b>Calories</b>	<b>292</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.6g	<b>3%</b>
<b>Cholesterol</b> 382mg	<b>127%</b>
<b>Sodium</b> 523mg	<b>23%</b>
<b>Total Carbohydrate</b> 21.1g	<b>8%</b>
Dietary Fiber 5.7g	<b>20%</b>
Total Sugars 10.6g	
<b>Protein</b> 44.3g	



<b>Tofu Salad</b>	
Servings: 1	
<b>Amount per serving</b>	
<b>Calories</b>	<b>235</b>
	<b>% Daily Value*</b>
<b>Total Fat 8.6g</b>	<b>11%</b>
Saturated Fat 1.7g	<b>9%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 107mg</b>	<b>5%</b>
<b>Total Carbohydrate 24.5g</b>	<b>9%</b>
Dietary Fiber 7.4g	<b>27%</b>
Total Sugars 11.8g	
<b>Protein 19.4g</b>	

