

FRATO'S CLEAN EATS KITCHEN MEAL PREP: 7-2021

Note: No Salt Added to Any Items unless specifically indicated.

*All Items include Seasoning (unless otherwise stated): Turmeric, Black Pepper, Paprika, Celery Seed, Dried Vinegar, Ground Fennel, Ground Ginger, Ground Garlic

Note: All Items are Gluten Free except Pasta & Gyro. Gyro does have a gluten binder in it for the Beef & Lamb therefore it does contain a low amount of Gluten



ALL INFORMATION IS CREATED TO THE BEST OF OUR KNOWLEDGE USING NUTRITION DATA FROM THE DATE LISTED ON THE FIRST LINE. IF YOU NOTICE ANY DISCREPANCIES, PLEASE ADVISE A CHEF OR EMAIL US. IF YOU HAVE ANY ALLERGIES, PLEASE MAKE IT KNOWN TO US SO WE AVOID ANY CROSS CONTAMINATION POSSIBILITIES

PROTEIN CHOICE	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)	Calories	Fat – G			Carb – G		Fiber – G		Sodium – MG		Sugar – G or Sugar Alcohol – G		Protein – G	Net Carbs	Note	
4 oz Honey & Lime Carne Asada	K	330	Cal	23	Fat	8	Carb	0	Fiber	110	Sodium	8	Sugar	24	Protein	8	Uses Honey (natural sugar) & Lime
5 oz Parmesan Crusted Chicken	K	364	Cal	22	Fat	1	Carb	0	Fiber	545	Sodium	0	Sugar	36	Protein	1	
5 oz Jamaican Jerk Chicken	K	226	Cal	8.5	Fat	3.6	Carb	0.5	Fiber	508	Sodium	0.4	Sugar	33.2	Protein	3.1	
5 oz Cajun Chicken	K	178	Cal	3.76	Fat	1	Carb	0.4	Fiber	184	Sodium	0.3	Sugar	35.2	Protein	0.6	
5 oz Sugar-Free Teriyaki Chicken	K	178	Cal	3.8	Fat	11.7	Carb	0.1	Fiber	1038	Sodium	10.1	Sugar Alcohol	23.1	Protein	1.5	
4 oz Taco Ground Beef	K	258	Cal	20.03	Fat	1.5	Carb	0.6	Fiber	75	Sodium	0.3	Sugar	17.5	Protein	0.9	
4 oz Fajita Ground Beef	K	257	Cal	21.25	Fat	2.81	Carb	1.5	Fiber	216	Sodium	0.2	Sugar	17.6	Protein	1.31	
4 oz Sugar-Free BBQ Ground Beef	K	272	Cal	20	Fat	4.5	Carb	1	Fiber	66	Sodium	3	Sugar Alcohol	18.2	Protein	0.5	Uses Erythritol as a Sugar Replacement
5 oz Taco Chicken	K	181	Cal	3.78	Fat	1.5	Carb	0.6	Fiber	192	Sodium	0.3	Sugar	35.3	Protein	0.9	
2 Banana Protein Pancakes	K	100	Cal	2.6	Fat	8.6	Carb	0.8	Fiber	331.5	Sodium	3.6	Sugar	10.8	Protein	7.8	Uses Stevia
4 oz Italian Beef (Available in Bulk Only) (contains salt)	K	133	Cal	4	Fat	0	Carb	0	Fiber	587	Sodium	0	Sugar	22.67	Protein	0	
5 oz Fajita Chicken	K	186	Cal	4.25	Fat	2.81	Carb	1.5	Fiber	848	Sodium	0.2	Sugar	35.6	Protein	1.31	
5 oz Sweet & Sour Chicken		400	Cal	5	Fat	50	Carb	3	Fiber	912	Sodium	24	Sugar	35	Protein	47	Natural Sugar from Pineapple, Coconut and Tomato Only. Uses Arrowroot Starch.
5 oz Grilled Seasoned Chicken Breast	K	173	Cal	3.75	Fat	0	Carb	0	Fiber	183	Sodium	0	Sugar	35	Protein	0	
4 oz Grilled Seasoned Salmon Strips	K	170	Cal	9	Fat	2	Carb	0	Fiber	330	Sodium	0	Sugar	20	Protein	2	
5.33 oz Grilled Seasoned Turkey Strips	K	280	Cal	20	Fat	0	Carb	0	Fiber	340	Sodium	0	Sugar	25	Protein	0	
4.5 oz Meatless Grilled Seasoned Eggplant	K	47	Cal	2	Fat	7.2	Carb	3.6	Fiber	0.27	Sodium	3.6	Sugar	0.13	Protein	3.6	
4 oz Diced Rosemary Prime Rib	K	330	Cal	29	Fat	0	Carb	0	Fiber	290	Sodium	0	Sugar	17	Protein	0	Eat Within 3 Days of Ordering
4 oz Grilled Ground Beef	K	250	Cal	20	Fat	0	Carb	0	Fiber	66	Sodium	0	Sugar	17.2	Protein	0	
5 oz Grilled Turmeric Chicken	K	188	Cal	3.75	Fat	3	Carb	2	Fiber	183	Sodium	0	Sugar	35.5	Protein	1	
4 oz Beef & Lamb Gyro	K	334	Cal	26	Fat	8	Carb	1.25	Fiber	900	Sodium	0	Sugar	17	Protein	6.75	
2 Scrambled Eggs	K	190	Cal	10	Fat	1	Carb	0	Fiber	124	Sodium	1	Sugar	24	Protein	1	
2 Scrambled Eggs with Cauliflower	K	206	Cal	10	Fat	5	Carb	2	Fiber	149	Sodium	2.5	Sugar	24	Protein	3	
2 Scrambled Eggs with Broccoli	K	224	Cal	10	Fat	7	Carb	2.4	Fiber	54	Sodium	2.5	Sugar	26.6	Protein	4.6	
4 oz Smoked Canadian Ham	K	244	Cal	10	Fat	3.5	Carb	0	Fiber	200	Sodium	2	Sugar	33	Protein	3.5	
2 Scrambled Egg Whites	K	65	Cal	0.3	Fat	3	Carb	0	Fiber	180	Sodium	3	Sugar	12.5	Protein	3	
2 Scrambled Egg Whites with Cauliflower	K	90	Cal	0.5	Fat	7	Carb	2	Fiber	196	Sodium	5	Sugar	14.5	Protein	5	
2 Scrambled Egg Whites with Broccoli	K	90	Cal	0.7	Fat	7	Carb	1.5	Fiber	196	Sodium	4	Sugar	14	Protein	5.5	
5 oz Grilled Chicken Breast tossed in Buffalo Mild Sauce	K	140	Cal	0	Fat	0	Carb	0	Fiber	523	Sodium	0	Sugar	35	Protein	0	
4 oz Grilled Mahi Mahi Fish coated in Olive Oil	K	218	Cal	14	Fat	1	Carb	0	Fiber	70	Sodium	0	Sugar	22	Protein	1	
5 oz Grilled Chicken Breast tossed in Sugar-Free BBQ Sauce	K	195	Cal	3.75	Fat	4.5	Carb	1	Fiber	183	Sodium	3	Sugar Alcohol	36	Protein	0.5	Uses Erythritol as a Sugar Replacement
5 oz Tofu	K	75	Cal	3.4	Fat	1.7	Carb	1.7	Fiber	0	Sodium	0	Sugar	6.7	Protein	0	
8 oz Lentils		192	Cal	0	Fat	34.8	Carb	6	Fiber	6	Sodium	0	Sugar	13.2	Protein	28.8	
5 oz Black Beans		137.5	Cal	0	Fat	26.25	Carb	11.25	Fiber	512.5	Sodium	1.25	Sugar	8.75	Protein	15	
5 oz Pinto Beans		137.5	Cal	0	Fat	23.75	Carb	10	Fiber	512.5	Sodium	1.25	Sugar	8.75	Protein	13.75	
5 oz Garbanzo Beans		150	Cal	0	Fat	23.75	Carb	7.5	Fiber	550	Sodium	1.25	Sugar	7.5	Protein	16.25	

VEGETABLE/FRUIT CHOICE:	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)	Calories	Fat – G			Carb – G		Fiber – G		Sodium – MG		Sugar – G or Sugar Alcohol – G		Protein – G	Net Carbs	Note	
5 oz Sautéed Seasoned White Mushroom	K	35	Cal	0.5	Fat	4	Carb	1.2	Fiber	6	Sodium	2.4	Sugar	3.7	Protein	2.8	
5 oz Garlic Crimini Seasoned Mushrooms	K	45	Cal	2	Fat	7	Carb	1.5	Fiber	45.7	Sodium	2.5	Sugar	3.5	Protein	5.5	
8 oz Sautéed Seasoned Baby Spinach	K	64	Cal	1	Fat	8.3	Carb	5	Fiber	160	Sodium	1	Sugar	6.5	Protein	3.3	
8 oz Sautéed Red Pepper (spicy) Baby Spinach	K	80	Cal	2	Fat	11.2	Carb	5	Fiber	160	Sodium	1	Sugar	7.4	Protein	6.2	
5 oz Grilled Caramelized Sweet Onions	K	55	Cal	0	Fat	13	Carb	2.5	Fiber	5	Sodium	6	Sugar	1.5	Protein	10.5	
5 oz Sautéed Italian Herb Onion with Rosemary, Onion and Parsley Seasoning	K	70	Cal	0	Fat	16.2	Carb	2.5	Fiber	10.6	Sodium	9	Sugar	1.5	Protein	13.7	
4.5 oz Meatless Grilled Seasoned Eggplant	K	47	Cal	2	Fat	7.2	Carb	3.6	Fiber	0.27	Sodium	3.6	Sugar	0.13	Protein	3.6	
3 oz Farm Fresh Blueberry	K	57	Cal	0.3	Fat	14	Carb	2.4	Fiber	0	Sodium	10	Sugar	0.7	Protein	11.6	
3 oz Steamed Broccoli & 2 oz Carrots	K	54	Cal	0.48	Fat	11.44	Carb	4.5	Fiber	63	Sodium	3.8	Sugar	2.56	Protein	6.94	
2 oz Grilled Onion & 3 oz Grilled Sweet Peppers	K	43	Cal	0	Fat	9.7	Carb	2.5	Fiber	5.5	Sodium	4.65	Sugar	1.2	Protein	7.2	
4 oz Diced Tomato	K	20	Cal	0	Fat	4.4	Carb	1.2	Fiber	6	Sodium	2.8	Sugar	1.2	Protein	3.2	
6 oz Grilled Idaho Black Pepper Potato Wedges		159.6	Cal	0.25	Fat	36	Carb	4.2	Fiber	12	Sodium	1.86	Sugar	4.2	Protein	31.8	
6 oz Sautéed Extra Virgin Olive Oil Potato Wedges		278.9	Cal	14.25	Fat	36	Carb	4.2	Fiber	12	Sodium	1.86	Sugar	4.2	Protein	31.8	
8 oz Sweet Peppers	K	50	Cal	0	Fat	12	Carb	4	Fiber	5.5	Sodium	6	Sugar	1.5	Protein	8	
5 oz Steamed Carrots	K	60	Cal	0.3	Fat	13.6	Carb	4	Fiber	84	Sodium	6.5	Sugar	1.3	Protein	9.6	
5 oz Grilled Zucchini	K	25	Cal	0.5	Fat	5	Carb	1.5	Fiber	14	Sodium	3.5	Sugar	1.3	Protein	3.5	
5 oz Steamed Broccoli	K	50	Cal	0.6	Fat	10	Carb	4.7	Fiber	49	Sodium	2	Sugar	3.4	Protein	5.3	
6 oz Sautéed Olive Oil Sweet Potatoes		268	Cal	14	Fat	34.6	Carb	5.2	Fiber	94.6	Sodium	7.2	Sugar	2.6	Protein	29.4	

6 oz Grilled Sweet Potatoes	V	V2	W	P	GF	149	Cal	0.1	Fat	34.6	Carb	5.2	Fiber	94.6	Sodium	7.2	Sugar	2.6	Protein	29.4		
8 oz Lentils	V	V2			GF	192	Cal	0	Fat	34.8	Carb	6	Fiber	6	Sodium	0	Sugar	13.2	Protein	28.8		
5 oz Black Beans	V	V2			GF	137.5	Cal	0	Fat	26.25	Carb	11.25	Fiber	512.5	Sodium	1.25	Sugar	8.75	Protein	15		
5 oz Pinto Beans	V	V2			GF	137.5	Cal	0	Fat	23.75	Carb	10	Fiber	512.5	Sodium	1.25	Sugar	8.75	Protein	13.75		
5 oz Garbanzo Beans	V	V2			GF	150	Cal	0	Fat	23.75	Carb	7.5	Fiber	550	Sodium	1.25	Sugar	7.5	Protein	16.25		
5 oz Green Beans	V	V2			GF	25	Cal	0	Fat	5	Carb	2.5	Fiber	362.5	Sodium	2.5	Sugar	1.25	Protein	2.5		
5 oz Sweet Corn	V	V2			GF	87.5	Cal	1.25	Fat	21.25	Carb	2.5	Fiber	375	Sodium	7.5	Sugar	2.5	Protein	18.75		
5 oz Sweet Peas	V	V2	W		GF	87.5	Cal	0.625	Fat	15	Carb	3.75	Fiber	375	Sodium	7.5	Sugar	5	Protein	11.25		
FLEX CHOICE	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)					Calories		Fat – G		Carb – G		Fiber – G		Sodium – MG		Sugar – G or Sugar Alcohol – G		Protein – G		Net Carbs	Note	
4 oz Side Garden Salad (Iceberg, Cucumber, Tomato, no dressing)	K	V	V2	W	P	GF	30	Cal	0.5	Fat	4.8	Carb	2.7	Fiber	4.8	Sodium	1	Sugar	1.6	Protein	2.1	
4 oz Italian Herb Penne Pasta (contains Gluten)	V	V2					220	Cal	8.5	Fat	30	Carb	3	Fiber	200	Sodium	2	Sugar	6	Protein	27	
5 oz Cilantro Rice	V	V2			GF	166	Cal	1.5	Fat	33.4	Carb	2.52	Fiber	7	Sodium	0.6	Sugar	5	Protein	30.88		
5 oz Brown Rice	V	V2			GF	165	Cal	1.5	Fat	33	Carb	2.5	Fiber	7	Sodium	0.5	Sugar	5	Protein	30.5		
5 oz Spanish Rice	V	V2			GF	230	Cal	2	Fat	46	Carb	2	Fiber	28	Sodium	0.5	Sugar	7.2	Protein	44		
2 Scrambled Eggs	K	V		W	P	GF	190	Cal	10	Fat	1	Carb	0	Fiber	124	Sodium	1	Sugar	24	Protein	1	
2 Scrambled Eggs with Cauliflower	K	V		W	P	GF	206	Cal	10	Fat	5	Carb	2	Fiber	149	Sodium	2.5	Sugar	24	Protein	3	
2 Scrambled Eggs with Broccoli	K	V		W	P	GF	224	Cal	10	Fat	7	Carb	2.4	Fiber	54	Sodium	2.5	Sugar	26.6	Protein	4.6	
3 oz Steamed Broccoli & 2 oz Carrots	K	V	V2	W	P	GF	54	Cal	0.48	Fat	11.44	Carb	4.5	Fiber	63	Sodium	3.8	Sugar	2.56	Protein	6.94	
2 Scrambled Egg Whites	K	V		W	P	GF	65	Cal	0.3	Fat	3	Carb	0	Fiber	180	Sodium	3	Sugar	12.5	Protein	3	
2 Scrambled Egg Whites with Cauliflower	K	V		W	P	GF	90	Cal	0.5	Fat	7	Carb	2	Fiber	196	Sodium	5	Sugar	14.5	Protein	5	
2 Scrambled Egg Whites with Broccoli	K	V		W	P	GF	90	Cal	0.7	Fat	7	Carb	1.5	Fiber	196	Sodium	4	Sugar	14	Protein	5.5	
4 oz Side Caesar Salad (Romaine, Parm, Tomato, no Dressing) (Keto)	K					GF	64	Cal	3.5	Fat	6	Carb	2	Fiber	100	Sodium	3	Sugar	2.2	Protein	4	
(IF AN ITEM IS MISSING, IT SHOULD BE IN THE PROTEIN OR VEGETABLE SECTIONS ABOVE)																						
1 SIDE SAUCE CHOICE:	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)					Calories		Fat – G		Carb – G		Fiber – G		Sodium – MG		Sugar – G or Sugar Alcohol – G		Protein – G		Net Carbs	Note	
Keto LAKANTO Maple Syrup (for Pancakes)	K	V	V2	W	P	GF	50	Cal	0	Fat	14	Carb	12	Fiber	180	Sodium	0	Sugar Alcohol	0	Protein	2	Uses Monk Fruit and Tapioca Fiber
Buffalo Sauce (spicy) (Keto)	K	V	V2	W	P	GF	0	Cal	0	Fat	0	Carb	0	Fiber	300	Sodium	0	Sugar	0	Protein	0	
Low Fat Italian Dressing	K	V	V2	W	P	GF	25	Cal	1.5	Fat	3	Carb	0	Fiber	440	Sodium	2	Sugar	0	Protein	3	
Low Carb Honey Dijon Mustard	K	V	V2	W	P	GF	45	Cal	1.5	Fat	5.8	Carb	0	Fiber	60	Sodium	4	Sugar	1	Protein	5.8	
Lemon Juice (Keto)	K	V	V2	W	P	GF	0	Cal	0	Fat	0	Carb	0	Fiber	0	Sodium	0	Sugar	0	Protein	0	
Roasted Garlic Balsamic Vinegar Steak Sauce	K	V	V2	W	P	GF	56	Cal	1.4	Fat	10.8	Carb	0	Fiber	16	Sodium	8	Sugar	0.4	Protein	10.8	
Greek Tzatziki	K	V	V2			GF	103	Cal	7	Fat	6	Carb	2	Fiber	220	Sodium	2	Sugar	4	Protein	4	
Yellow Mustard (Keto)	K	V	V2	W	P	GF	33	Cal	1.5	Fat	3	Carb	2	Fiber	400	Sodium	0	Sugar	2	Protein	1	
Homemade Blue Cheese Dressing (Keto)	K	V				GF	350	Cal	32.8	Fat	4	Carb	0	Fiber	600	Sodium	5	Sugar	9	Protein	4	
Sugar-Free BBQ Sauce (Keto)	K	V	V2			GF	33	Cal	0	Fat	6.75	Carb	1.5	Fiber	300	Sodium	4.5	Sugar Alcohol	1.5	Protein	3.75	No Sugar Added, Erythritol Used
Caesar Dressing	K	V	V2			GF	260	Cal	26	Fat	4	Carb	0	Fiber	400	Sodium	1.7	Sugar	2	Protein	4	
Homemade Marinara Sauce (California Vine-Ripened Tomatoes)	K	V		W	P	GF	16.25	Cal	0.47	Fat	2.5	Carb	0.58	Fiber	9.5	Sodium	1.75	Sugar	0	Protein	1.92	
Homemade Salsa Verde (Hot)	K	V	V2	W	P	GF	16.25	Cal	0.75	Fat	3.4	Carb	1.15	Fiber	0.75	Sodium	2	Sugar	0.48	Protein	2.25	
Sour Cream	K	V				GF	120	Cal	10	Fat	4	Carb	0	Fiber	60	Sodium	2	Sugar	2	Protein	4	
Sweet & Sour Sauce	V	V2	W	P	GF	96	Cal	0.02	Fat	14.96	Carb	1.3	Fiber	480	Sodium	4.36	Sugar	0.42	Protein	13.66	Natural Sugar from Pineapple, Coconut and Tomato Only.	
OPTIONAL: DESSERTS	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)					Calories		Fat – G		Carb – G		Fiber – G		Sodium – MG		Sugar – G or Sugar Alcohol – G		Protein – G		Net Carbs	Note	
Keto Cheesecake Slice	K	V				GF	316	Cal	30	Fat	5	Carb	1.25	Fiber	47	Sodium	2.45	Sugar	7.33	Protein	3.75	Uses Erythritol as a Sugar Replacement, already removed from calculation
1 Peanut Butter Fat Bomb	K	V	V2			GF	91	Cal	7.5	Fat	4.67	Carb	2.38	Fiber	39.6	Sodium	0.88	Sugar	3.75	Protein	2.29	
Keto Lemon Bar	K	V				GF	179	Cal	16.4	Fat	3.3	Carb	1	Fiber	41.58	Sodium	1.1	Sugar	4	Protein	2.3	Uses Erythritol as a Sugar Replacement, already removed from calculation
Grilled Fruit	V	V2	W	P	GF																0	
Yogurt					GF																0	
OPTIONAL: KETO PIZZA	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)					Calories		Fat – G		Carb – G		Fiber – G		Sodium – MG		Sugar – G or Sugar Alcohol – G		Protein – G		Net Carbs	Note	
10" Keto Crust (uncooked) (BAKE 10-12 MINUTES AT 425 DEGREES)	K	V				GF	210	Cal	3	Fat	7	Carb	4	Fiber	190	Sodium	2	Sugar	26	Protein	0	