

## Week 5 Macros

### Medium

Item-	Protein-	Carbs-	Fats-	Calories-
CarnitaOmelet	22	18	14	286
Picadillo	25	15	18	322
Medallions	31	18	16	340
SW Chicken	25	9	7	199
Peppers	24	11	16	284

### Medium Paleo

Item-	Protein-	Carbs-	Fats-	Calories-
CarnitaOmelet	22	21	14	298
Picadillo	25	15	18	322
Medallions	31	8	16	300
SW Chicken	25	9	7	199
Peppers	24	11	16	284

### Large

Item-	Protein-	Carbs-	Fats-	Calories-
CarnitaOmelet	22	18	14	286
Picadillo	25	15	18	322
Medallions	47	23	22	478
SW Chicken	38	11	10	286
Peppers	36	14	22	398

### Large Paleo

Item-	Protein-	Carbs-	Fats-	Calories-
CarnitaOmelet	22	21	14	286
Picadillo	25	15	18	322
Medallions	47	10	22	426
SW Chicken	38	11	10	286

Peppers	36	14	22	398
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