



## THANK YOU FOR ORDERING FROM EAT TO GROW.

The nutritional information for the products you ordered are below:

All Natural Turkey Breast	
Nutrition Facts	
Serving Size 6 oz (170g)	
Amount Per Serving	
Calories 270	Calories from Fat 110
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 110mg	35%
Sodium 100mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 37g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
Zinc 20%	Thiamin 8%
Riboflavin 10%	Niacin 45%
Vitamin B-6 40%	Folate 4%
Vitamin B-12 10%	Phosphorus 30%
Magnesium 10%	Vitamin D 0%

Rainbow Trout Filets	
Nutrition Facts	
Serving Size 4 oz (113g)	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	20%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
Vitamin A 6%	Vitamin C 6%
Calcium 8%	Iron 2%
Zinc 4%	Thiamin 15%
Riboflavin 6%	Niacin 45%
Vitamin B-6 35%	Folate 4%
Vitamin B-12 70%	Phosphorus 30%
Magnesium 10%	Vitamin D 0%

All Natural Chicken Breast	
Nutrition Facts	
Serving Size 6 oz (170g)	
Amount Per Serving	
Calories 190	Calories from Fat 20
% Daily Value*	
Total Fat 0g	4%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 100mg	35%
Sodium 110mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 39g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 8%
Zinc 10%	Thiamin 8%
Riboflavin 10%	Niacin 100%
Vitamin B-6 45%	Folate 2%
Vitamin B-12 10%	Phosphorus 35%
Magnesium 10%	Vitamin D 0%

All Natural Classic Cut Sirloin Steaks (USDA CHOICE)	
Nutrition Facts	
Serving Size 7oz (198g)	
Amount Per Serving	
Calories 430	Calories from Fat 250
% Daily Value*	
Total Fat 20g	32%
Saturated Fat 8g	40%
Trans Fat 0g	0%
Cholesterol 178mg	60%
Sodium 130mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 60g	

1/2 lb. Bison Burger	
Nutrition Facts	
Serving Size 8 oz (226g)	
Amount Per Serving	
Calories 248	Calories from Fat 34
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.2g	4%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 124mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 48g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

Tilapia Filet	
Nutrition Facts	
Serving Size 6 oz (170g)	
Amount Per Serving	
Calories 106	Calories from Fat 24
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 88mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 35g	

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**The nutritional information for the products you ordered are below:**

<b>Flank Steak</b>	
<b>Nutrition Facts</b>	
Serving Size 6 oz (170g)	
<b>Amount Per Serving</b>	
Calories 260	Calories from Fat 110
<b>% Daily Value*</b>	
Total Fat 15g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 85mg	30%
Sodium 125mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 35g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 20%
Zinc 40%	Thiamin 10%
Riboflavin 15%	Niacin 40%
Vitamin B-6 35%	Folate 4%
Vitamin B-12 80%	Phosphorus 35%
Magnesium 10%	Vitamin D 0%

<b>1/2 lb. Steak Burgers</b>	
<b>Nutrition Facts</b>	
Serving Size 8 oz (227g)	
<b>Amount Per Serving</b>	
Calories 580	Calories from Fat 410
<b>% Daily Value*</b>	
Total Fat 45g	70%
Saturated Fat 18g	88%
Trans Fat 3g	
Cholesterol 160mg	54%
Sodium 150mg	6%
Total Carbohydrate 1mg	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 39g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 25%

<b>Salmon Filet</b>	
<b>Nutrition Facts</b>	
Serving Size 4 oz (113g)	
<b>Amount Per Serving</b>	
Calories 210	Calories from Fat 110
<b>% Daily Value*</b>	
Total Fat 10g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	20%
Sodium 65mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 2%
Zinc 4%	Thiamin 25%
Riboflavin 8%	Niacin 45%
Vitamin B-6 35%	Folate 8%
Vitamin B-12 50%	Phosphorus 25%
Magnesium 8%	Vitamin D 0%

<b>1/2 lb. Lean 95/5 Steak Burgers</b>	
<b>Nutrition Facts</b>	
Serving Size 8 oz (227g)	
<b>Amount Per Serving</b>	
Calories 306	Calories from Fat 100
<b>% Daily Value*</b>	
Total Fat 11.2g	18%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 140mg	46%
Sodium 150mg	6%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 46g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 30%

<b>Orange Roughy</b>	
<b>Nutrition Facts</b>	
Serving Size 3 oz (85g)	
<b>Amount Per Serving</b>	
Calories 65	Calories from Fat 5
<b>% Daily Value*</b>	
Total Fat .6g	1%
Saturated Fat .013g	0%
Trans Fat 0g	
Cholesterol 51mg	17%
Sodium 61mg	3%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 5%

<b>Petite Beef Tenderloin (Teras Major)</b>	
<b>Nutrition Facts</b>	
Serving Size 6oz (170g)	
<b>Amount Per Serving</b>	
Calories 300	Calories from Fat 110
<b>% Daily Value*</b>	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 132mg	44%
Sodium 100mg	4%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 44g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 24%