



Good Chop Essential Meat Bundle

| Nutrition Facts | Ranch Steak | Boneless Skinless Chicken Breast | Ground Beef | Thick-Cut Uncured Bacon |
|---|------------------|----------------------------------|------------------|-------------------------|
| servings per container | 4 | 4 | 8 | 30 |
| Serving size | 4 oz (113g) | 6 oz (170g) | 4 oz (113g) | 1 Piece Cooked (11g) |
| Amount per serving | | | | |
| Calories | 160 | 200 | 280 | 50 |
| | % Daily Value* | % Daily Value* | % Daily Value* | % Daily Value* |
| Total Fat | 6g 8% | 4.5g 6% | 22g 28% | 4.5g 6% |
| Saturated Fat | 2g 10% | 1g 5% | 8g 40% | 1.5g 8% |
| Trans Fat | 0g | 0g | 1.5g | 0g |
| Cholesterol | 75mg 25% | 125mg 42% | 80mg 27% | 10mg 3% |
| Sodium | 85mg 4% | 75mg 3% | 75mg 3% | 150mg 7% |
| Total Carbohydrate | 0g 0% | 0g 0% | 0g 0% | 0g 0% |
| Dietary Fiber | 0g 0% | 0g 0% | 0g 0% | 0g 0% |
| Total Sugars | 0g | 0g | 0g | 0g |
| Includes Added Sugars | 0g 0% | 0g 0% | 0g 0% | 0g 0% |
| Protein | 25g | 38g | 19g | 1g |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | Vitamin D | 0mcg 0% | 0mcg 0% | 0mcg 0% |
| | Calcium | 17mg 2% | 9mg 0% | 20mg 2% |
| | Iron | 2mg 10% | 1mg 6% | 2mg 10% |
| | Potassium | 381mg 8% | 575mg 10% | 304mg 6% |
| | | 28mg 0% | | 28mg 0% |