



Good Chop Family-Size Meat Bundle

Nutrition Facts	Top Sirloin Steak	Boneless Skinless Chicken Breast	Ground Beef	Thick-Cut Uncured Bacon	Boneless Pork Chop	Ranch Steak
servings per container	6	6	8	30	4	4
Serving size	4 oz (113g)	6 oz (170g)	4 oz (113g)	1 Piece Cooked (11g)	8 oz (227g)	4 oz (113g)
Amount per serving						
Calories	210	200	280	50	450	160
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	13g 17%	4.5g 6%	22g 28%	4.5g 6%	18g 23%	6g 8%
Saturated Fat	5g 25%	1g 5%	8g 40%	1.5g 8%	6g 30%	2g 10%
Trans Fat	0g	0g	1.5g	0g	0g	0g
Cholesterol	80mg 27%	125mg 42%	80mg 27%	10mg 3%	185mg 62%	75mg 25%
Sodium	60mg 3%	75mg 3%	75mg 3%	150mg 7%	170mg 7%	85mg 4%
Total Carbohydrate	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Total Sugars	0g	0g	0g	0g	0g	0g
Includes Added Sugars	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Protein	23g	38g	19g	1g	68g	25g
	Vitamin D	0mcg 0%	0mcg 0%	0mcg 0%	2mcg 10%	0mcg 0%
	Calcium	27mg 2%	9mg 0%	20mg 2%	130mg 10%	17mg 2%
	Iron	2mg 10%	1mg 6%	2mg 10%	2mg 10%	2mg 10%
	Potassium	367mg 8%	575mg 10%	304mg 6%	704mg 15%	381mg 8%

*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.