

	Calories	Fat (g)	Sat Fat (g)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>Breakfast</b>							
SP Egg Whites and Turkey Sausage with Oats and Berries	390	6	1.5	36	8	7	41
SP Egg Whites and Turkey Sausage with Nuts and Berries	560	31	5	26	8	10	46
DP Egg Whites and Turkey Sausage with Oats and Berries	505	8	2	47	10	9	53
DP Egg Whites and Turkey Sausage with Nuts and Berries	730	40	6	34	10	13	60
SP Egg Whites and Veggies with Oats and Berries	370	3	0	35	8	7	42
SP Egg Whites and Veggies with Nuts and Berries	550	28	4	26	8	10	46
DP Egg Whites and Veggies with Oats and Berries	480	4	0	45	10	9	56
DP Egg Whites and Veggies with Nuts and Berries	715	36	5	34	10	13	60
SP Breakfast Bowl, Turkey Sausage and Red Potatoes	320	6	1.5	23	3	3	37
DP Breakfast Bowl, Turkey Sausage and Red Potatoes	415	8	2	30	4	4	48
SP Breakfast Bowl, Turkey Sausage and Yams	330	6	1.5	30	5	2	37
DP Breakfast Bowl, Turkey Sausage and Yams	430	8	2	39	6	3	48
SP Breakfast Bowl, Veggies and Red Potatoes	280	3.5	0.5	22	3	3	33
DP Breakfast Bowl, Veggies and Red Potatoes	365	4	1	29	4	4	43
SP Breakfast Bowl, Veggies and Yams	310	3.5	0.5	30	5	2	32
DP Breakfast Bowl, Veggies and Yams	403	5	1	39	6.5	3	42
SP Protein Pancakes with Strawberries	330	3.5	0	55	10	10	23
DP Protein Pancakes with Strawberries	495	5	0	82	15	15	34
SP Protein Blueberry Pancakes	360	3.5	0	62	10	15	23
DP Protein Blueberry Pancakes	540	5	0	93	15	22	34
SP Protein Banana Pancakes	440	12	0.5	62	11	12	26
DP Protein Banana Pancakes	660	18	1	93	16	18	39
SP Protein Waffle	330	3.5	0	55	10	10	23

DP Protein Waffle	495	5	0	82	15	15	34
SP Protein Pancakes with Strawberries (GF)	290	11	1.5	40	4	8	10
DP Protein Pancakes with Strawberries (GF)	435	16	2	60	6	12	15
SP Protein Blueberry Pancakes (GF)	310	11	1.5	45	4	12	10
DP Protein Blueberry Pancakes (GF)	465	16	2	67	6	18	15
SP Protein Banana Pancakes (GF)	360	11	1.5	58	5	17	10
DP Protein Banana Pancakes (GF)	540	16	2	87	8	25	15
SP Protein Waffle (GF)	290	11	1.5	40	4	8	10
DP Protein Waffle (GF)	435	16	2	60	6	12	15

American Breakfast Burrito	730	36	13	65	4	4	36
Beyond Sausage Breakfast Burrito	740	34	11	71	8	3	41

Overnight Oats Yogi Bear	240	3.5	0	40	5	14	17
Overnight Oats Peanut Butter and Jelly	470	17	2.5	59	15	21	23
Overnight Oats Brain Food	410	13	1	63	10	10	17

**Signature Meals (Includes Broccoli for Veggie)**

**Burrito Bowl**

4oz Shredded Beef Burrito Bowl	470	13	4.5	51	7	2	38
6oz Shredded Beef Burrito Bowl	610	19	7	58	7	2	53
8oz Shredded Beef Burrito Bowl	750	24	9	65	8	2	69
4oz Shredded Chicken Burrito Bowl	410	7	1.5	51	7	2	39
6oz Shredded Chicken Burrito Bowl	530	9	2	58	7	2	56
8oz Shredded Chicken Burrito Bowl	650	11	2.5	65	8	2	73

<b>Caesar Wrap</b>	650	36	7	57	5	6	27
<b>Classic Chicken Burrito</b>	670	20	9	69	6	2	54
<b>Greek Bowl (without dressing)</b>							
Greek Quinoa Veggie Bowl	270	10	3	36	7	6	10
Greek Quinoa Veggie Bowl with 4oz of Chicken	440	14	4	36	7	6	45
Greek Quinoa Veggie Bowl with 6oz of Chicken	560	16	5	42	8	6	63
Greek Dressing (2tbsp)	100	11	1.5	1	0	1	0
<b>Hummus and Veggie Wrap</b>	340	9	2.5	56	8	7	11
<b>Impossible Power Bowl</b>	450	15	7	56	15	5	27
<b>Kabob Plate</b>							
Chicken Kabob (1)	190	3.5	1	13	4	8	26
Shrimp Kabob (1)	160	2	0	14	4	8	22
Steak Kabob (1)	220	5	2	13	4	8	28
Kabob rice (Brown with Lentils)	160	1	0	32	4	0	5
Tzatziki (2oz)	100	9	7	4	0	0	2
<b>Mommas Beyond Sausage</b>							
4oz Mommas Meatballs with Brown Rice	340	6	0	47	15	8	24
4oz Mommas Meatballs with Whole Wheat Pasta	350	6	0	48	16	9	28
4oz Mommas Meatballs with Zucchini Pasta	240	5	0	25	15	10	23
6oz Mommas Meatballs with Brown Rice	450	8	0.5	59	20	8	35
6oz Mommas Meatballs with Whole Wheat Pasta	460	8	0	60	22	9	39

6oz Mommas Meatballs with Zucchini Pasta	310	7	0	29	19	9	32
8oz Mommas Meatballs with Brown Rice	560	10	0.5	70	26	8	45
8oz Mommas Meatballs with Whole Wheat Pasta	570	10	0	73	28	9	50
8oz Mommas Meatballs with Zucchini Pasta	390	9	0	35	25	10	42

### **Mommas Meatballs**

4oz Mommas Meatballs with Brown Rice	450	17	4	38	5	8	37
4oz Mommas Meatballs with Whole Wheat Pasta	450	16	4	39	6	9	40
4oz Mommas Meatballs with Zucchini Pasta	340	16	4	16	4	10	35
6oz Mommas Meatballs with Brown Rice	610	24	6	45	5	8	54
6oz Mommas Meatballs with Whole Wheat Pasta	620	24	6	47	7	9	58
6oz Mommas Meatballs with Zucchini Pasta	480	23	6	17	5	10	52
8oz Mommas Meatballs with Brown Rice	780	32	8	52	6	8	71
8oz Mommas Meatballs with Whole Wheat Pasta	780	31	8	55	8	9	76
8oz Mommas Meatballs with Zucchini Pasta	610	30	8	18	5	11	68

### **Mommas Chicken Noodle Soup**

Chicken Noodle Soup - Single Portion	Coming Soon
Chicken Noodle Soup - Double Portion	Coming Soon

### **Southwest Bowl (All calories include broccoli)**

4oz Southwest Chicken Bowl with Brown Rice	460	7	1.5	60	9	3	42
4oz Southwest Chicken Bowl with White Rice	460	6	1.5	63	8	3	41
4oz Southwest Chicken Bowl with Cauliflower Rice	360	6	1.5	40	10	4	41
4oz Southwest Chicken Bowl with Quinoa	450	8	1.5	56	10	3	43
4oz Southwest Salmon Bowl with Brown Rice	390	10	1.5	43	8	4	33
4oz Southwest Salmon Bowl with White Rice	400	9	1.5	46	7	4	33

4oz Southwest Salmon Bowl with Cauliflower Rice	290	9	1.5	21	8	6	32
4oz Southwest Salmon Bowl with Quinoa	390	11	1.5	38	9	4	35
4oz Southwest Shrimp Bowl with Brown Rice	320	4	0	42	8	4	31
4oz Southwest Shrimp Bowl with White Rice	330	3	0	45	6	4	31
4oz Southwest Shrimp Bowl with Cauliflower Rice	230	3.5	0	21	8	6	31
4oz Southwest Shrimp Bowl with Quinoa	320	5	0	38	9	4	33
4oz Southwest Steak Bowl with Brown Rice	490	10	3	59	9	3	43
4oz Southwest Steak Bowl with White Rice	490	9	2.5	62	8	3	42
4oz Southwest Steak Bowl with Cauliflower Rice	390	9	2.5	39	10	4	42
4oz Southwest Steak Bowl with Quinoa	480	11	3	55	10	3	44
4oz Southwest Turkey Bowl with Brown Rice	450	15	4	42	8	4	38
4oz Southwest Turkey Bowl with White Rice	460	14	3.5	45	6	4	38
4oz Southwest Turkey Bowl with Cauliflower Rice	350	14	3.5	21	8	6	38
4oz Southwest Turkey Bowl with Quinoa	450	16	4	38	9	4	40
6oz Southwest Chicken Bowl with Brown Rice	570	9	2	67	10	3	58
6oz Southwest Chicken Bowl with White Rice	580	8	2	71	8	3	58
6oz Southwest Chicken Bowl with Cauliflower Rice	450	8	2	41	10	5	57
6oz Southwest Chicken Bowl with Quinoa	570	10	2	62	11	4	60
6oz Southwest Salmon Bowl with Brown Rice	510	14	2.5	50	8	4	45
6oz Southwest Salmon Bowl with White Rice	490	12	2	54	7	4	42
6oz Southwest Salmon Bowl with Cauliflower Rice	360	12	2	22	9	6	41
6oz Southwest Salmon Bowl with Quinoa	480	14	2	44	10	5	45
6oz Southwest Shrimp Bowl with Brown Rice	420	5	0.5	50	8	4	44
6oz Southwest Shrimp Bowl with White Rice	430	4.5	0	53	6	4	44
6oz Southwest Shrimp Bowl with Cauliflower Rice	290	4.5	0	22	9	6	43
6oz Southwest Shrimp Bowl with Quinoa	430	7	0	44	10	5	46

6oz Southwest Steak Bowl with Brown Rice	620	14	4	67	10	3	60
6oz Southwest Steak Bowl with White Rice	630	13	4	70	8	3	59
6oz Southwest Steak Bowl with Cauliflower Rice	490	13	4	40	10	5	59
6oz Southwest Steak Bowl with Quinoa	620	15	4	61	11	4	62
6oz Southwest Turkey Bowl with Brown Rice	580	17	4.5	66	10	2	42
6oz Southwest Turkey Bowl with White Rice	590	16	4	70	8	2	42
6oz Southwest Turkey Bowl with Cauliflower Rice	450	17	4	39	10	5	41
6oz Southwest Turkey Bowl with Quinoa	570	18	4.5	61	11	3	44
8oz Southwest Chicken Bowl with Brown Rice	690	12	2.5	74	10	3	75
8oz Southwest Chicken Bowl with White Rice	700	10	2.5	79	8	3	74
8oz Southwest Chicken Bowl with Cauliflower Rice	530	11	2.5	41	11	6	74
8oz Southwest Chicken Bowl with Quinoa	690	13	2.5	78	12	4	78
8oz Southwest Salmon Bowl with Brown Rice	690	21	3.5	57	9	4	67
8oz Southwest Salmon Bowl with White Rice	610	16	2.5	62	7	4	54
8oz Southwest Salmon Bowl with Cauliflower Rice	360	6	0	23	10	7	55
8oz Southwest Salmon Bowl with Quinoa	600	18	3	50	11	5	57
8oz Southwest Shrimp Bowl with Brown Rice	510	7	0.5	57	9	4	57
8oz Southwest Shrimp Bowl with White Rice	520	6	0	61	6	4	56
8oz Southwest Shrimp Bowl with Cauliflower Rice	360	6	0	23	10	7	55
8oz Southwest Shrimp Bowl with Quinoa	510	8	0.5	50	10	5	59
8oz Southwest Steak Bowl with Brown Rice	750	18	5	74	10	3	77
8oz Southwest Steak Bowl with White Rice	760	17	5	78	8	3	76
8oz Southwest Steak Bowl with Cauliflower Rice	600	17	5	40	11	6	76
8oz Southwest Steak Bowl with Quinoa	750	19	5	67	12	4	80
8oz Southwest Turkey Bowl with Brown Rice	700	22	6	73	10	2	54
8oz Southwest Turkey Bowl with White Rice	710	21	5	78	8	2	53

8oz Southwest Turkey Bowl with Cauliflower Rice	540	21	5	40	11	5	52
8oz Southwest Turkey Bowl with Quinoa	690	24	6	67	12	3	56
<b>Southwest Chicken Wrap with Cheese</b>	730	22	10	84	8	20	51
<b>Southwest Chicken Wrap without Cheese</b>	620	13	3.5	83	8	20	45
<b>Tacos</b>							
Shrimp Taco (1)	200	2.5	0	23	2	3	22
Shredded Chicken Taco (1)	240	4.5	1	16	1	0	33
Shredded Beef Taco (1)	250	6	2	16	1	0	31
<b>Teriyaki Bowl</b>							
4oz Chicken Teriyaki Bowl with Brown Rice	370	8	1.5	39	6	6	39
4oz Chicken Teriyaki Bowl with White Rice	380	7	1.5	42	4	6	38
4oz Chicken Teriyaki Bowl with Cauliflower Rice	280	7	1.5	18	6	8	38
4oz Chicken Teriyaki Bowl with Quinoa	370	9	1.5	35	7	6	40
4oz Salmon Teriyaki Bowl with Brown Rice	420	13	2	39	6	6	36
4oz Salmon Teriyaki Bowl with White Rice	420	12	2	42	4	6	35
4oz Salmon Teriyaki Bowl with Cauliflower Rice	330	12	2	30	6	8	36
4oz Salmon Teriyaki Bowl with Quinoa	410	14	2	35	7	6	37
4oz Steak Teriyaki Bowl with Brown Rice	420	10	3	39	6	6	42
4oz Steak Teriyaki Bowl with White Rice	420	9	3	42	4	6	41
4oz Steak Teriyaki Bowl with Cauliflower Rice	320	10	3	18	6	8	41
4oz Steak Teriyaki Bowl with Quinoa	410	11	3	35	7	8	43
6oz Chicken Teriyaki Bowl with Brown Rice	490	10	2	46	6	6	55

6oz Chicken Teriyaki Bowl with White Rice	500	9	2	50	4	5	55
6oz Chicken Teriyaki Bowl with Cauliflower Rice	360	8	2	20	6	8	54
6oz Chicken Teriyaki Bowl with Quinoa	490	11	2	41	7	7	58
6oz Salmon Teriyaki Bowl with Brown Rice	550	18	3	46	6	6	51
6oz Salmon Teriyaki Bowl with White Rice	560	17	2.5	50	4	6	51
6oz Salmon Teriyaki Bowl with Cauliflower Rice	430	17	2.5	20	6	8	50
6oz Salmon Teriyaki Bowl with Quinoa	550	19	3	41	7	7	53
6oz Steak Teriyaki Bowl with Brown Rice	560	14	4.5	46	6	6	60
6oz Steak Teriyaki Bowl with White Rice	560	13	4	50	4	6	59
6oz Steak Teriyaki Bowl with Cauliflower Rice	430	13	4	19	7	8	59
6oz Steak Teriyaki Bowl with Quinoa	550	15	4.5	41	7	7	62
8oz Chicken Teriyaki Bowl with Brown Rice	610	12	3	53	6	6	72
8oz Chicken Teriyaki Bowl with White Rice	620	11	2.5	58	4	6	72
8oz Chicken Teriyaki Bowl with Cauliflower Rice	450	11	2.5	21	7	9	71
8oz Chicken Teriyaki Bowl with Quinoa	600	14	2.5	47	8	7	75
8oz Salmon Teriyaki Bowl with Brown Rice	690	23	3.5	53	6	6	66
8oz Salmon Teriyaki Bowl with White Rice	700	21	3.5	58	4	6	66
8oz Salmon Teriyaki Bowl with Cauliflower Rice	540	22	3.5	21	7	9	65
8oz Salmon Teriyaki Bowl with Quinoa	690	24	3.5	47	8	7	69
8oz Steak Teriyaki Bowl with Brown Rice	690	17	6	53	6	6	78
8oz Steak Teriyaki Bowl with White Rice	700	16	5	58	4	6	77
8oz Steak Teriyaki Bowl with Cauliflower Rice	540	17	6	20	7	9	76
8oz Steak Teriyaki Bowl with Quinoa	690	19	6	47	8	7	80
<b>Turkey Chili - Single Portion</b>	280	6	1.5	36	9	8	21

<b>Turkey Chili - Double Portion</b>	560	12	3	72	18	16	42
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<b>Corn Bread</b>	510	19	11	78	5	14	10
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<b>Vegan Chili - Single Portion</b>	280	4.5	0	37	10	8	24
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<b>Vegan Chili - Double Portion</b>	560	9	0	74	20	16	48
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**Create Your Own (Includes Broccoli for Veggie)**

**Chicken**

4oz Garlic and Herb	160	4	1	0	0	0	32
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6oz Garlic and Herb	240	6	1.5	0	0	0	48
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8oz Garlic and Herb	330	8	2	0	0	0	64
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4oz Hot and Spicy	160	4	1	0	0	0	32
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6oz Hot and Spicy	240	6	1.5	0	0	0	48
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8oz Hot and Spicy	330	8	2	0	0	0	64
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4oz Lemon Pepper	160	4	1	0	0	0	32
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6oz Lemon Pepper	240	6	1.5	0	0	0	48
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8oz Lemon Pepper	330	8	2	0	0	0	64
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4oz Pesto	230	10	2	2	0	0	33
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6oz Pesto	310	12	2.5	2	0	0	49
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8oz Pesto	390	14	3	2	0	0	65
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**Ground Turkey**



4oz	260	14	3.5	0	0	0	32
6oz	390	21	6	0	0	0	48
8oz	510	29	7	0	0	0	64

**Create Your Own - Carb and Carb Substitutue**

**Brown Rice**

4oz	110	1	0	23	2	0	2
6oz	140	1	0	30	2	0	3
8oz	170	1.5	0	37	3	0	4

**White Rice**

4oz	130	0	0	28	0	0	2
6oz	170	0	0	36	0	0	3
8oz	200	0	0	45	0	0	4

**Quinoa**

4oz	120	2	0	21	3	0	4
6oz	150	2.5	0	27	4	1	6
8oz	190	3	0	33	4	1	7

**Couscous**

4oz	80	0	0	16	0	0	3
6oz	100	0	0	20	0	0	3
8oz	120	0	0	25	0	0	4

**Whole Wheat Pasta**

4oz	130	0.5	0	27	3	0	6
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6oz	160	1	0	34	4	0	7
8oz	200	1	0	42	5	1	9

**Yams (Cinnamon and Diced)**

4oz	120	0	0	27	4	0	1
6oz	150	0	0	35	5	0	2
8oz	180	0	0	43	6	0	2

**Red Potato's**

4oz	90	0	0	19	2	1	2
6oz	110	0	0	25	2	2	3
8oz	140	0	0	31	3	2	4

**Cauliflower Rice**

4oz	40	1.5	0	5	2	2	2
6oz	50	2.5	0	7	3	3	2
8oz	60	3	0.5	7	3	3	2

**Zucchini Pasta**

4oz	25	2	0	3	0	2	1
6oz	35	2.5	0	3	1	2	1
8oz	45	3.5	0	4	2	3	2

**Bean Medley**

4oz	110	0.5	0	19	6	0	7
6oz	140	1	0	24	8	0	9
8oz	150	1	0	29	10	0	11

**Veggies**

<b>Asparagus</b>	20	0	0	4	2	1	2
<b>Broccoli</b>	35	0	0	7	3	1	2
<b>Brussel Sprouts</b>	35	0	0	7	3	2	3
<b>Green Beans</b>	35	0	0	8	3	4	2
<b>Squash</b>	15	0	0	3	1	2	1

**Salads****BBQ Chicken Salad**

4oz	470	20	7	28	4	5	42
6oz	550	22	8	28	4	5	58
Ranch Dressing (2oz)	110	7	0.5	12	0	2	1
BBQ Sauce (1oz)	45	0	0	12	0	11	0

**Caesar Salad**

Caesar Salad	60	2	1	8	3	2	4
Caesar Salad with 4oz of Chicken	230	6	2	8	3	2	36
Caesar Salad with 6oz of Chicken	310	8	2.5	8	3	2	52
Caesar Dressing	307	33	5	2	0	1	1

**Caprese Salad**

	774	53	32	7	2	5	53
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**House Salad - (without dressing)**

4oz Ahi Tuna	170	0.5	0	9	2	5	30
4oz Chicken	220	3.5	1	9	2	5	37
4oz Salmon	250	9	1.5	9	2	5	31
4oz Steak	250	7	2.5	9	2	5	37
6oz Ahi Tuna	230	1	0	9	2	5	44
6oz Chicken	290	6	1.5	9	2	5	50
6oz Salmon	350	14	2	9	2	5	45
6oz Steak	360	10	4	9	2	5	54
8oz Ahi Tuna	290	1	0	9	2	5	57
8oz Chicken	390	7	2.5	9	2	5	71
8oz Salmon	460	19	3	9	2	5	60
8oz Steak	460	13	5	9	2	5	71
Sesame Dressing	90	5	1	11	0	11	0

**Superfood Salad**

Superfood Salad	250	3	0	47	11	7	11
Superfood Salad with 4oz of Shredded Chicken	410	7	1.5	47	11	7	43
Superfood Salad with 6oz of Shredded Chicken	490	9	2	47	11	7	59
Sesame Dressing	90	5	1	11	0	11	0

**Snacks**

Peanut Butter Protein Bars (Each)	310	16	6	36	6	15	10
Protein Box	380	25	5	25	5	15	19
Hummus Plate with Veggies	580	22	3	83	19	14	16
Hummus Plate with Pita	850	23	3	133	13	8	26