

	Calories	Fat (g)	Sat Fat (g)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Breakfast							
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 Egg Whites and Taters, Turkey Sausage and Red Potatoes	320	6	1.5	23	3	3	37
DP Egg Whites and Taters, Turkey Sausage and Red Potatoes	415	8	2	30	4	4	48
SP Egg Whites and Taters, Turkey Sausage and Yams	330	6	1.5	30	5	2	37
DP Egg Whites and Taters, Turkey Sausage and Yams	430	8	2	39	6	3	48
SP Egg Whites and Taters, Veggies and Red Potatoes	280	3.5	0.5	22	3	3	33
DP Egg Whites and Taters, Veggies and Red Potatoes	365	4	1	29	4	4	43
SP Egg Whites and Taters, Veggies and Yams	310	3.5	0.5	30	5	2	32
DP Egg Whites and Taters, Veggies and Yams	403	5	1	39	6.5	3	42
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 Chocolate Chip Pancakes	320	4.5	0.5	50	8	6	23
DP Protein Chocolate Chip Pancakes	435	7	1	74	12	9	34
SP Protein Chunky Monkey Pancakes	330	4.5	0.5	51	8	7	23

DP Protein Chunky Monkey Pancakes	495	7	2	77	12	11	34
SP Protein Funfetti Pancakes (Seasonal)	450	4.5	0	93	3	25	18
DP Protein Funfetti Pancakes (Seasonal)	750	7.5	0	155	5	42	30
SP Protein Pumpkin Pancakes (without frosting) Seasonal	662	18	2	101	11	28	24
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 = Single Portion / DP = Double Portion

Breakfast Burrito w/ Cheese	730	36	13	65	4	4	36
Breakfast Burrito w/o Cheese	630	28	8	64	4	4	30
Beyond Sausage Breakfast Burrito	740	34	11	71	8	3	41
Eggs and Rice	460	20	6	43	0	3	22
Harvest Bowl	420	16	4.5	46	10	9	23
Overnight Oats Brain Food	410	13	1	63	10	10	17
Overnight Oats Brain Food with Yogurt	448	14	1	65	10	12	24
Overnight Oats Caramel Apple	430	19	3	58	7	31	13
Overnight Oats Caramel Apple with Yogurt	460	20	3	61	7	33	19
Overnight Oats Chocolate Peppermint	380	12	3.5	60	11	27	14
Overnight Oats Chocolate Peppermint with Yogurt	420	12	4	62	11	29	20
Overnight Oats Strawberry Matcha	292	12	1	37	8	9	13
Overnight Oats Strawberry Matcha with Yogurt	330	13	7	39	8	11	19
Overnight Oats Peanut Butter and Jelly	432	16	2.5	57	15	19	17

Overnight Oats Peanut Butter and Jelly with Yogurt	470	17	2.5	59	15	21	23
Overnight Oats Not Your Grannys	492	27	4	52	9	20	18
Overnight Oats Not Your Grannys with Yogurt	530	28	4	54	9	22	24
Overnight Oats S'mores	370	10	3.5	61	5	24	13
Overnight Oats S'mores wit Yogurt	400	10	3.5	63	5	26	19
Overnight Oats Yogi Bear	240	3.5	0	40	5	14	17
Overnight Oats Yogi Bear with Yogurt	278	4	0	42	5	16	24
Overnight Oats Pumpkin Pie (Seasonal)	350	7	1	53	8	18	20
Power Oats - Blueberry and Peanut Butter	390	13	1.5	61	9	25	15
Power Oats - Golden Raisin and Brown Sugar	280	4	0	57	6	21	12
Power Oats - Mixed Berry	290	4.5	0	57	7	23	11
Power Oats - Peanut Butter and Chocolate Chip	340	15	4	42	7	9	15
Power Oats - Strawberries and Cream	200	4	0	33	6	2	11
Smoothie - Strawberry, Apple and Raspberry	Coming Soon						
Smoothie - Banana, Blueberry and Peanut Butter	Coming Soon						
Smoothie - Banana, Beet, Blueberry and Oats	Coming Soon						
Smoothie - Add on - Protein	Coming Soon						
Smoothie - Add on - Oats	Coming Soon						

Our Creations (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
Caesar Wrap	650	36	7	57	5	6	27
Chicken Burrito w/ Cheese	670	20	9	69	6	2	54
Chicken Burrito w/o Cheese	570	12	4	69	6	1	47
Beef Enchilada Plate (2)	550	12	4.5	63	10	3	45
Cheese Enchilada Plate (2)	450	14	8	64	10	3	16
Chicken Enchilada Plate (2)	500	9	0	63	10	3	42
Greek Bowl (without dressing)							
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
Ground Turkey Lasagna	457	21	7	39	6	6	34
Hawaiian Bowl							
Hawaiian Bowl 4oz with Brown Rice	400	10	3	43	2	13	31
Hawaiian Bowl 4oz with White Rice	420	10	2	49	0	13	31
Hawaiian Bowl 6oz with Brown Rice	530	15	4	49	3	13	46
Hawaiian Bowl 6oz with White Rice	560	14	4	57	1	13	46

Hummus Veggie Wrap	350	9	2.5	57	9	7	11
Balsamic Vinaigrette	90	9	1.5	3	0	2	0
Impossible Power Bowl	450	15	7	56	15	5	27
Kabob Plate							
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
Mommas Beyond Sausage							
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

Orange Chicken

Orange Chicken 4oz White Rice	410	7	1.5	49	4	9	38
Orange Chicken 4oz Brown Rice	400	8	1.5	46	5	9	38
Orange Chicken 6oz White Rice	560	9	2	65	4	9	55
Orange Chicken 6oz Brown Rice	550	10	2.5	60	6	9	56

Shepherd's Pie

	480	21	8	33	4	5	39
--	-----	----	---	----	---	---	----

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
Southwest Chicken Wrap with Cheese	730	22	10	84	8	20	51
Southwest Chicken Wrap without Cheese	620	13	3.5	83	8	20	45

Stir Fry	370	12	2.5	51	9	8	12
Stir Fry 4oz Chicken	540	16	3.5	51	9	8	44
Stir Fry 6oz Chicken	620	18	4	51	9	8	60
Stir Fry 4oz Tofu	470	18	3.5	53	10	9	24
Stir Fry 6oz Tofu	510	21	4	53	11	9	29
Stuffed Bell Pepper NO cheese (HALF ORDER)	240	6	1	36	7	6	14
Stuffed Bell Pepper WITH cheese (HALF ORDER)	290	10	3.5	36	7	6	17
Taco Stuffed Sweet Potato	520	10	2.5	78	14	3	29
Taco Stuffed Sweet Potato NO meat	430	1.5	0	94	19	5	12
Tacos							
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
Teriyaki Bowl							
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
Turkey Chili - Pint	280	6	1.5	36	9	8	21
Turkey Chili - Quart	560	12	3	72	18	16	42
Corn Bread	510	19	11	78	5	14	10
Vegan Chili - Pint	280	4.5	0	37	10	8	24
Vegan Chili - Quart	560	9	0	74	20	16	48

Your Creations (Includes Broccoli for Veggie)

Chicken

4oz Garlic and Herb	160	4	1	0	0	0	32
6oz Garlic and Herb	240	6	1.5	0	0	0	48
8oz Garlic and Herb	330	8	2	0	0	0	64
4oz Hot and Spicy	160	4	1	0	0	0	32
6oz Hot and Spicy	240	6	1.5	0	0	0	48
8oz Hot and Spicy	330	8	2	0	0	0	64
4oz Lemon Pepper	160	4	1	0	0	0	32
6oz Lemon Pepper	240	6	1.5	0	0	0	48
8oz Lemon Pepper	330	8	2	0	0	0	64

4oz Pesto	230	10	2	2	0	0	33
6oz Pesto	310	12	2.5	2	0	0	49
8oz Pesto	390	14	3	2	0	0	65
Ground Turkey							
4oz	240	13	3.5	0	0	0	31
6oz	360	20	5	0	0	0	46
8oz	480	26	7	0	0	0	61
Hungry Planet Patty (Vegan)							
	212	12	0	12	12	0	30
Pacific Cod							
4oz	100	0.5	0	0	0	0	21
6oz	140	1	0	0	0	0	32
8oz	190	1	0	0	0	0	42
Salmon							
4oz	230	9	1.5	5	0	5	29
6oz	330	14	2	6	0	6	44
8oz	440	18	3	7	0	6	58
Shrimp							
4oz	120	2	0	0	0	0	24
6oz	180	3	0	0	0	0	36
8oz	240	4.5	0	0	0	0	47

Top Sirloin Steak

4oz	210	7	2.5	0	0	0	35
6oz	310	10	4	0	0	0	52
8oz	420	13	5	0	0	0	69

Turkey Ball

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

Your Creations - 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
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

Asparagus	20	0	0	4	2	1	2
------------------	----	---	---	---	---	---	---

Broccoli	35	0	0	7	3	1	2
-----------------	----	---	---	---	---	---	---

Brussel Sprouts	35	0	0	7	3	2	3
------------------------	----	---	---	---	---	---	---

Green Beans	35	0	0	8	3	4	2
--------------------	----	---	---	---	---	---	---

Squash	15	0	0	3	1	2	1
---------------	----	---	---	---	---	---	---

Salads

Arugula Beet Salad

Arugula Beet Salad	410	28	6	37	7	28	10
--------------------	-----	----	---	----	---	----	----

Arugula Beet Salad with 4oz Chicken	580	32	7	37	7	28	42
-------------------------------------	-----	----	---	----	---	----	----

Arugula Beet Salad with 6oz Chicken	660	34	7	37	7	28	58
-------------------------------------	-----	----	---	----	---	----	----

Arugula Beet Salad with 4oz Steak	620	34	8	37	7	28	45
-----------------------------------	-----	----	---	----	---	----	----

Arugula Beet Salad with 6oz Steak	730	38	10	37	7	28	62
-----------------------------------	-----	----	----	----	---	----	----

Arugula Beet Salad with 4oz Tofu	510	34	7	39	9	29	22
----------------------------------	-----	----	---	----	---	----	----

Arugula Beet Salad with 6oz Tofu	560	37	8	39	9	29	27
----------------------------------	-----	----	---	----	---	----	----

Balsamic Vinaigrette	90	9	1.5	3	0	2	0
Hard Boiled Egg (Each)	78	5	2	1	0	0	6

BBQ Salad

4oz Chicken	470	20	7	28	4	5	42
6oz Chicken	550	22	8	28	4	5	58
4oz Steak	520	23	8	28	4	5	45
6oz Steak	620	26	12	28	4	5	64
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

Chinese Chicken Salad

Chinese Chicken Salad (No Chicken)	170	5	0	28	9	17	6
Chinese Chicken Salad with 4oz of Chicken	330	9	1	28	9	17	38
Chinese Chicken Salad with 6oz of Chicken	410	11	2	28	9	17	54
Chinese Dressing	160	12	2	14	0	14	0

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

Soups

Chicken Noodle Soup (Pint)	350	5	1	37	6	5	40
Curried Squash Soup (Pint)	240	8	3	36	10	3	6
Minestrone Soup (Pint)	233	12	3	22	4	4	9
Jalepeno Corn Chowder (Pint)	295	10.5	5	39	6	12	13.5
Vegetable Soup (Pint)	255	1	0	44	11	5	18

Snacks

Peanut Butter Protein Bars (Each)	310	16	6	36	6	15	11
-----------------------------------	-----	----	---	----	---	----	----

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
Pumpkin Spice Protein Bars (Each)	325	14	1	39	8	13	11
Parfait - Mixed Berry	440	5	2.5	81	7	59	23
Parfait - Peanut Butter & Banana	630	18	5	101	6	69	28
Parfait - Strawberries and Banana	460	5	2.5	88	5	63	23
Parfait - Strawberries and Cream	420	5	2.5	78	5	58	22
Parfait - Tropical	460	5	2.5	87	4	68	22