



	Calories	Fat	Protein	Carbohydrates						
LEMON CHICKEN & ASPARAGUS PASTA	420	12	36	42						
Low Carb	338	10	36	26						
Extra Protein	468	12	48	42						
Extra Protein + Low Carb	386	10	48	26						
SMOKEHOUSE WESTERN CHICKEN BOWL	302	6	34	28						
Low Carb	249	5	34	17						
Extra Protein	354	6	46	29						
Extra Protein + Low Carb	310	6	46	18						
SMOTHERED CHICKEN & CORNBREAD STUFFING	376	8	31	45						
Low Carb	281	5	31	28						
Extra Protein	424	8	43	45						
Extra Protein + Low Carb	338	6	43	28						
SWEET CHILI CHICKEN MAC & CHEESE	449	9	26	66						
Low Carb	241	5	32	17						
*CE Sauce ON SIDE (for LC & XP/LC)	76	0	0	19						
Extra Protein	528	12	35	70						
Extra Protein + Low Carb	306	6	45	18						
*CE Sauce ON SIDE (for LC & XP/LC)	76	0	0	19						
PHILLY CHEESE STEAK BOWL	307	7	26	35						
Low Carb	221	5	23	21						
Extra Protein	338	6	35	36						
Extra Protein + Low Carb	282	6	35	22						
FARMHOUSE OMELETTE	355	11	35	29						
Extra Protein	422	14	45	29						
PHILLY CHEESE PIZZA	733	29	53	65						
PREMIUM: ASIAN TURKEY B URNT END NACHOS	526	22	34	48						
TACO SALAD	246	6	26	22						
KALE CRUNCH SALAD	202	6	29	8						
GRAPE PB&J	250	12	12	33						
STRAWBERRY PB&J	250	12	12	33						
BEEF & CHEESE EMPANADA	240	12	14	19						
PEPPERONI PIZZA EMPANADA	330	23	15	17						