



	Calories	Fat	Protein	Carbohydrates						
CHICKEN MEATBALL TORTELLINI	585	25	36	54						
Low Carb	N/A	N/A	N/A	N/A						
Extra Protein	663	31	42	54						
Extra Protein + Low Carb	N/A	N/A	N/A	N/A						
JERK CHICKEN MAC & CHEESE	367	7	34	42						
Low Carb	281	5	34	25						
Extra Protein	428	8	46	43						
Extra Protein + Low Carb	329	5	46	25						
MEXICAN LASAGNA	307	7	28	33						
Low Carb	N/A	N/A	N/A	N/A						
Extra Protein	377	9	40	34						
Extra Protein + Low Carb	N/A	N/A	N/A	N/A						
BBQ CHEESEBURGER BOWL	446	18	24	47						
Low Carb	301	13	24	22						
Extra Protein	526	22	35	47						
Extra Protein + Low Carb	426	22	35	22						
GENERAL TSO'S	319	7	17	47						
Low Carb	244	4	30	22						
Extra Protein	397	9	24	55						
Extra Protein + Low Carb	313	5	44	23						
MAPLE WAFFLE FRY LOADED BREAKFAST	533	25	31	46						
Extra Protein	640	28	41	56						
BUFFALO CHICKEN PIZZA	678	30	39	63						
GRILLED BUFFALO CHICKEN SALAD	406	22	38	14						
PREMIUM: BRISKET MAC & CHEESE 2.0	563	23	29	60						
GRAPE PB&J	250	12	12	33						
STRAWBERRY PB&J	250	12	12	33						
TURKEY BURNT ENDZ EMPANADA	250	12	15	21						
PEPPERONI PIZZA EMPANADA	330	23	15	17						