



	Calories	Fat	Protein	Carbohydrates						
BIG BOY IN A BOWL	355	7	31	42						
Low Carb	294	6	31	11						
Extra Protein	403	7	43	42						
Extra Protein + Low Carb	283	7	43	12						
CHICKEN PARMESAN W/BAKED ZUCCHINI	437	21	24	38						
Low Carb	336	16	31	17						
Extra Protein	576	28	34	47						
Extra Protein + Low Carb	401	17	43	19						
HEARTY BEEF RAGU	503	19	41	42						
Low Carb	405	17	41	22						
Extra Protein	568	20	55	42						
Extra Protein + Low Carb	515	23	55	22						
SWEDISH CHICKEN MEATBALLS	336	8	31	35						
Low Carb	275	7	31	22						
Extra Protein	429	13	43	35						
Extra Protein + Low Carb	315	13	43	22						
BOURBON CHICKEN MAC & CHEESE	365	5	30	50						
Low Carb	216	4	25	20						
Extra Protein	418	6	40	51						
Extra Protein + Low Carb	269	5	35	21						
CHICKEN SAUSAGE GRAVY BOWL	455	23	26	36						
Extra Protein	526	26	37	36						
BACON CHEESEBURGER PIZZA	735	35	45	60						
PREMIUM: SMOKEHOUSE BRISKET CASSEROLE	517	21	33	49						
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						