



	Calories	Fat	Protein	Carbohydrates						
BRAISED BEEF POT ROAST	369	17	26	28						
Low Carb	288	12	26	19						
Extra Protein	453	21	37	29						
Extra Protein + Low Carb	350	14	37	19						
PIZZA CHICKEN	386	14	33	32						
Low Carb	334	14	33	19						
Extra Protein	470	18	44	33						
Extra Protein + Low Carb	418	18	44	20						
BBQ CHICKEN W/RED POTATOES	258	2	31	29						
Low Carb	218	2	31	19						
Extra Protein	319	3	43	30						
Extra Protein + Low Carb	279	3	43	20						
PUB CHICKEN	372	12	35	31						
Low Carb	302	10	33	20						
Extra Protein	413	13	47	27						
Extra Protein + Low Carb	363	11	45	21						
CRISPY ASIAN CHICKEN	276	4	25	35						
Low Carb	179	3	24	14						
Extra Protein	341	5	39	35						
Extra Protein + Low Carb	248	4	38	15						
STEAK & EGG HIBACHI	384	12	31	38						
Extra Protein	432	12	43	38						
HOT HONEY PEPPERONI PIZZA	774	30	33	93						
PREMIUM: TRI TIP STEAK W/HORSEY SAUCE	310	14	31	15						
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						