



	Calories	Fat	Protein	Carbohydrates						
CAJUN CHICKEN ALFREDO	383	7	35	45						
Low Carb	245	5	35	15						
Extra Protein	453	9	47	46						
Extra Protein + Low Carb	306	6	47	16						
CRISPY BBQ CHICKEN MAC	453	17	28	47						
Low Carb	332	8	41	24						
Extra Protein	553	21	37	54						
Extra Protein + Low Carb	389	9	52	25						
PEPPER & ONION STEAK	314	10	25	31						
Low Carb	257	9	25	19						
Extra Protein	384	12	37	32						
Extra Protein + Low Carb	336	12	37	20						
PONZU CHICKEN MEATBALLS	354	6	28	47						
Low Carb	242	6	28	19						
Extra Protein	411	7	40	47						
Extra Protein + Low Carb	299	7	40	19						
PULLED BBQ MASHED POTATO BOWL	407	15	29	39						
Low Carb	318	14	29	19						
Extra Protein	513	21	42	39						
Extra Protein + Low Carb	424	20	42	19						
MAPLE WAFFLE FRY LOADED BREAKFAST	533	25	31	46						
Extra Protein	640	28	41	56						
BBQ BRISKET PIZZA	852	36	47	85						
PREMIUM: BRISKET WAFFLE FRIES	592	28	30	55						
GRAPE PB&J	250	12	12	33						
STRAWBERRY PB&J	250	12	12	33						
BEEF & CHEESE EMPANADA	250	12	14	19						
PEPPERONI PIZZA EMPANADA	330	23	15	17						