



	Calories	Fat	Protein	Carbohydrates						
STUFFED SHELLS CARBONARA	514	22	40	39						
Extra Protein	571	23	52	39						
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						
ORANGE BEEF	345	9	25	41						
Low Carb	216	8	23	13						
Extra Protein	416	12	35	42						
Extra Protein + Low Carb	292	12	32	14						
PINEAPPLE TERIYAKI CHICKEN	356	8	28	43						
Low Carb	280	8	28	24						
Extra Protein	437	9	40	49						
Extra Protein + Low Carb	332	8	40	25						
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						
CHICKEN EGG BOWL	387	15	21	42						
Extra Protein	486	18	29	52						
BACON CHICKEN RANCH PIZZA	566	22	36	56						
PREMIUM: BRUSCHETTA STEAK W/ PARM ASPARAGUS	349	9	25	42						
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						