	Calories	Fat	Protein	Carbohydrates
GNOCCHI W/ MEATBALLS	**437**	13	31	49
Low Carb	319	11	31	24
Extra Protein	499	15	42	49
Extra Protein + Low Carb	390	14	42	24
STEAK FAJITA BOWL	**369**	13	25	38
Low Carb	313	13	25	24
Extra Protein	449	17	35	39
Extra Protein + Low Carb	393	17	35	25
KOREAN BBQ RIB RAMEN	**371**	11	27	41
Low Carb	254	10	22	19
Extra Protein	415	11	37	42
Extra Protein + Low Carb	363	15	37	20
BUFFALO CHICKEN SWEET POTATOES	**380**	16	33	26
Low Carb	380	16	33	26
Extra Protein	442	18	44	26
Extra Protein + Low Carb	442	18	44	26
WHITE CHICKEN LASAGNA	**476**	20	38	36
Low Carb	N/A	N/A	N/A	N/A
Extra Protein	533	21	50	36
Extra Protein + Low Carb	N/A	N/A	N/A	N/A
TEMPURA HIBACHI CHICKEN	**401**	13	28	43
Low Crab	**325**	13	28	24
Extra Protein	**512**	16	40	52
Extra Protein + Low Carb	**428**	16	40	33
EGG BITES W/ SAUSAGE & CHOCOLATE CHIP WAFFLE	**709**	41	32	53
Extra Protein	785	45	42	53
PREMIUM: N/A				
PIZZAS				
1. LOADED PEPPERONI PIZZA	**750**	30	36	80
2. FIVE CHEESE PIZZA	**841**	37	45	82
3. BACON CHICKEN RANCH	**654**	22	36	78
GRAPE PB&J	**250**	12	12	33
STRAWBERRY PB&J	**250**	12	12	33
HONEY PB&J	**250**	12	12	28
CHEESEBURGER EMPANADA	**270**	13	12	28
BBQ CHICKEN EMPANDA	**240**	12	7	31
PEPPERONI PIZZA EMPANADA	**260**	11	12	28
BLUEBERRY WAFFLE & SAUSAGE BREAKFAST SAMMIEZ	**440**	24	14	42
SAUSAGE EGG & CHEESE BREAKFAST SAMMIEZ	**410**	23	21	29
DARK CHOCOLATE PEANUT BUTTER BUCKEYES (PER 1 BU	**100**	7	5	6
ENERGY BITES (PER 1 ENERGY BITE)	**93**	5	2	10