



	Calories	Fat	Protein	Carbohydrates						
BBQ BEEF MAC & CHEESE	344	8	29	39						
Low Carb	234	6	26	19						
Extra Protein	441	13	41	40						
Extra Protein + Low Carb	331	11	38	20						
BACON CHICKEN RANCH LOADED POTATOES	346	10	35	29						
Low Carb	293	9	35	18						
Extra Protein	407	11	47	30						
Extra Protein + Low Carb	354	10	47	19						
SALSA VERDE CHICKEN BOWL	307	3	28	42						
Low Carb	203	3	28	16						
Extra Protein	372	4	42	42						
Extra Protein + Low Carb	268	4	42	16						
CRISPY KOREAN BBQ CHICKEN PASTA	464	12	24	65						
Low Carb	N/A	N/A	N/A	N/A						
Extra Protein	555	15	33	72						
Extra Protein + Low Carb	N/A	N/A	N/A	N/A						
GARLIC PARMESAN CHICKEN BITES	504	20	22	59						
Low Carb	311	15	26	18						
Extra Protein	641	25	32	72						
Extra Protein + Low Carb	372	16	38	19						
PROTEIN BREAKFAST PLATE	432	16	38	34						
Extra Protein	505	21	45	34						
PESTO CHICKEN MARGHERITA PIZZA	664	24	33	79						
PREMIUM:TURKEY BURNT END STIR FRY SALAD	335	11	26	33						
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						
BLUEBERRY WAFFLE & SAUSAGE BREAKFAST SAMMIEZ	440	24	14	42						
CHICKEN & WAFFLE BREAKFAST SAMMIEZ	570	28	24	56						
SAUSAGE EGG & CHEESE BREAKFAST SAMMIEZ	410	23	21	29						
DARK CHOCOLATE PEANUT BUTTER BUCKEYES (PER 1 BUCKEYE)	100	7	5	6						
ENERGY BITES (PER 1 ENERGY BITE)	93	5	2	10						