



	Calories	Fat	Protein	Carbohydrates						
BEEF TACO BOWL	448	20	38	29						
Low Carb	400	20	38	17						
Extra Protein	566	26	54	29						
Extra Protein + Low Carb	518	26	54	17						
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						
SWEET CHILI BEEF	368	12	26	39						
Low Carb	307	11	26	26						
Extra Protein	425	13	38	39						
Extra Protein + Low Carb	364	12	38	26						
BOURBON BBQ CHICKEN MAC & CHEESE	365	5	30	50						
Low Carb	216	4	25	20						
Extra Protein	418	6	40	51						
Extra Protein + Low Carb	269	5	35	21						
TERIYAKI CHICKEN STIR FRY	331	3	31	45						
Low Carb	199	3	28	15						
Extra Protein	396	4	44	46						
Extra Protein + Low Carb	264	4	41	16						
CHOCOLATE CHIP WAFFLE & EGG BITE BREAKFAST	709	41	32	53						
Extra Protein	785	45	42	53						
BBQ MEATBALL PIZZA	626	22	38	69						
PREMIUM: LOBSTER MAC & CHEESE	398	10	22	55						
SALAD: MANDRIAN CHICKEN CRUNCH SALAD	248	8	22	22						
SALAD: SUMMER BERRY SALAD	252	8	24	21						
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						