



	Calories	Fat	Protein	Carbohydrates						
STUFFED SHELLS CHICKEN CARBONARA	514	22	40	39						
Low Carb	N/A	N/A	N/A	N/A						
Extra Protein	571	23	52	39						
Extra Protein + Low Carb	N/A	N/A	N/A	N/A						
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						
BBQ SMOKEHOUSE 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 & PARMESAN ASPARAGUS	349	9	25	42						
SALAD: GRILLED BUFFALO CHICKEN	406	22	38	14						
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						