



	Calories	Fat	Protein	Carbohydrates						
GARLIC PARMESAN STEAK TIPS & RICE	396	20	25	29						
Low Carb	352	20	25	18						
Extra Protein	467	23	35	30						
Extra Protein + Low Carb	392	20	35	18						
SPAGHETTI & MEATBALLS	453	17	33	42						
Low Carb	364	16	33	22						
Extra Protein	532	20	45	43						
Extra Protein + Low Carb	434	18	45	23						
WHITE BBQ ROTISSERIE CHICKEN	362	14	29	30						
Low Carb	296	12	29	18						
Extra Protein	428	16	41	30						
Extra Protein + Low Carb	380	16	41	18						
THE MACK BURGER BOWL	629	33	27	56						
Low Carb	353	25	27	5						
Extra Protein	806	42	51	56						
Extra Protein + Low Carb	602	42	51	5						
BANG BANG CHICKEN	378	14	24	39						
Low Carb	225	5	36	9						
Extra Protein	507	19	31	53						
Extra Protein + Low Carb	294	6	50	10						
SAUSAGE & OLD BAY POTATO BREAKFAST	598	38	31	33						
Extra Protein	701	45	41	33						
PEPPERONI PIZZA	722	30	33	80						
PREMIUM: BEEF SHORT RIB DINNER	449	21	33	32						
SALAD: LOADED ROAST POTATO SALAD	341	13	36	20						
SALAD: GRILLED BUFFALO CHICKEN SALAD	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						