



	Calories	Fat	Protein	Carbohydrates						
STEAK TIP LOADED POTATO SKINS	355	15	27	28						
Low Carb	355	15	27	28						
Extra Protein	431	19	37	28						
Extra Protein + Low Carb	431	19	37	28						
HEARTY BEEF RAGU	503	19	41	42						
Low Carb	405	17	41	22						
Extra Protein	568	20	55	42						
Extra Protein + Low Carb	515	23	55	22						
BEEF BIRRIA POWER BOWL	340	12	26	32						
Low Carb	292	12	26	20						
Extra Protein	401	13	39	32						
Extra Protein + Low Carb	353	13	39	20						
BBQ RIB PLATTER	462	18	32	43						
Low Carb	390	18	32	25						
Extra Protein	580	24	45	46						
Extra Protein + Low Carb	500	24	45	26						
BBQ BACON MONTEREY CHICKEN	235	7	31	12						
Low Carb	235	7	31	12						
Extra Protein	304	8	45	13						
Extra Protein + Low Carb	304	8	45	13						
DENVER BREAKFAST SCRAMBLER	401	21	29	24						
Extra Protein	544	28	45	28						
BACON CHEESEBURGER PIZZA	735	35	45	60						
PREMIUM: KOREAN BURNT END STIR FRY	335	11	26	33						
SALAD: WALDORF SALAD	371	19	32	18						
SALAD: LOADED ROAST POTATO SALAD	341	13	36	20						
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						