



	Calories	Fat	Protein	Carbohydrates						
BLACKENED BEEF COUSCOUS BOWL	510	18	29	58						
Low Carb	334	18	29	14						
Extra Protein	595	23	39	58						
Extra Protein + Low Carb	419	23	39	14						
HOMESTYLE CHICKEN & GRAVY BOWL	328	12	29	26						
Low Carb	328	12	29	26						
Extra Protein	384	12	43	26						
Extra Protein + Low Carb	384	12	43	26						
LOADED CHEESEBURGER POTATO SKINS	576	36	38	25						
Low Carb	576	36	38	25						
Extra Protein	696	44	50	25						
Extra Protein + Low Carb	696	44	50	25						
CAJUN CHICKEN ALFREDO	383	7	35	45						
Low Carb	245	5	35	15						
Extra Protein	453	9	47	46						
Extra Protein + Low Carb	306	6	47	16						
COWBOY MAC & CHEESE	431	15	36	38						
Low Carb	345	13	36	21						
Extra Protein	537	21	49	38						
Extra Protein + Low Carb	397	13	49	21						
FRENCH TOAST BREAKFAST	432	16	38	34						
Extra Protein	505	21	45	34						
CARNIVORE PIZZA 2.0	778	30	46	81						
PREMIUM: SMOKY BBQ BURNT END PLATTER	409	13	29	44						
SALAD: HOT HONEY MAC & CRISPY CHICKEN SALAD	582	26	38	49						
SALAD: SOUTHWEST CHICKEN SALAD	318	10	31	26						
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 SAMMI	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	100	7	5	6						
ENERGY BITES (PER 1 ENERGY BITE)	93	5	2	10						