



	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						
CRISPY BBQ CHICKEN MAC	453	17	28	47						
Low Carb	332	8	41	24						
Extra Protein	553	21	37	54						
Extra Protein + Low Carb	389	9	52	25						
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						
SAUSAGE & OLD BAY POTATO BREAKFAST	598	38	31	33						
Extra Protein	701	45	41	33						
PREMIUM: BEEF SHORT RIB DINNER	449	21	33	32						
PIZZA BUNDLE										
1. PEPPERONI PIZZA	772	30	33	80						
2. FIVE CHEESE PIZZA	841	37	45	82						
3. BUFFALO CHICKEN PIZZA	778	30	39	88						
SALAD: BBQ CHICKEN SALAD	306	6	31	32						
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						
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						