



	Calories	Fat	Protein	Carbohydrates						
TURKEY STUFFED PEPPER BOWL	350	14	29	27						
Low Carb	350	14	29	27						
Extra Protein	435	19	39	27						
Extra Protein + Low Carb	435	19	39	27						
CHILI CRISP GRILLED CHICKEN	340	12	25	33						
Low Carb	280	12	25	18						
Extra Protein	370	10	37	33						
Extra Protein + Low Carb	314	10	37	19						
BBQ BEEF MAC & CHEESE	344	8	29	39						
Low Carb	234	6	26	19						
Extra Protein	441	13	41	40						
Extra Protein + Low Carb	331	11	38	20						
CHEESY BACON CHICKEN LOADED POTATOES	346	10	35	29						
Low Carb	301	9	35	18						
Extra Protein	407	11	47	30						
Extra Protein + Low Carb	314	10	47	19						
MEXICAN CHICKEN BURRITO BOWL	383	15	31	31						
Low Carb	334	14	31	21						
Extra Protein	458	18	43	31						
Extra Protein + Low Carb	418	18	43	21						
SWEET N SOUR BEEF NOODLES	459	11	31	59						
Low Carb	N/A	N/A	N/A	N/A						
Extra Protein	548	16	42	59						
Extra Protein + Low Carb	N/A	N/A	N/A	N/A						
HASHBROWN STACK	411	23	17	34						
Extra Protein	501	29	24	36						
PREMIUM: TRI TIP STEAK W/ CHARRED POTATOES	421	21	31	27						
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: TACO SALAD	246	6	26	22						
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						