



	Calories	Fat	Protein	Carbohydrates						
GNOCCHI W/ CHICKEN MEATBALLS	437	13	31	49						
Low Carb	319	11	31	24						
Extra Protein	499	15	42	49						
Extra Protein + Low Carb	390	14	42	24						
STEAK FAJITA BOWL	369	13	25	38						
Low Carb	313	13	25	24						
Extra Protein	449	17	35	39						
Extra Protein + Low Carb	393	17	35	25						
KOREAN BBQ RIB RAMEN	371	11	27	41						
Low Carb	254	10	22	19						
Extra Protein	415	11	37	42						
Extra Protein + Low Carb	363	15	37	20						
BUFFALO CHICKEN SWEET POTATOES	380	16	33	26						
Low Carb	380	16	33	26						
Extra Protein	442	18	44	26						
Extra Protein + Low Carb	442	18	44	26						
WHITE CHICKEN LASAGNA	476	20	38	36						
Low Carb	N/A	N/A	N/A	N/A						
Extra Protein	533	21	50	36						
Extra Protein + Low Carb	N/A	N/A	N/A	N/A						
TEMPURA HIBACHI CHICKEN	401	13	28	43						
Low Carb	325	13	28	24						
Extra Protein	512	16	40	52						
Extra Protein + Low Carb	428	16	40	33						
EGG BITES W/ SAUSAGE & CHOCOLATE CHIP WAFFLE	709	41	32	53						
Extra Protein	785	45	42	53						
PREMIUM: PRIME RIB W/ CREAMED SPINACH	619	35	42	34						
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: COBB SALAD	463	27	31	24						
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 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						