



SAUCES		PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
Epic Sauce (PER OZ)	Egg	1	4	11	99	6	24	127	1.5	10	280		5
NSA BBQ (PER OZ)	None	1	4	0	0	4	16	20	0	0	350	1	1
CE Chipotle Ranch (PER OZ)	Dairy, Egg	1	4	8	72	5	20	96	0	0	100	0	
CE Thai Peanut (PER OZ)	Peanut, Soy	1	4	4	36	15	60	100	0	0	760	0	5
CE Sweet Chili (PER OZ)	Soy	0	0	0	0	19	76	76	0	0	100	0	16
CE Teriyaki (PER OZ)	Soy, Sesame	0	0	0	0	13	52	52	0	0	500	0	11
Queso Sauce (PER OZ)	Dairy	3	12	4	36	2	8	56	2.25	12.5	260	0	1
CE Buffalo (PER OZ)	Egg, Dairy	1	4	9	81	3	12	97	1	0	100	0	0
Kale Pesto (PER OZ)	Dairy	2	8	5	45	1	4	57	1	0	50	3	0
CE Ranch (PER OZ)	Dairy, Egg	1	4	9	81	3	12	97	2	0	100	0	0
CE Marinara (PER OZ)	NONE	1	4	1	9	2	8	21	0	0	100	2	5

SIDES		PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
APPLES & PB DIP (CALS 132)	Dairy, Peanut	4	16	4	36	20	80	132	1.75	0.15625	82.1875	3	14.5
SWEET POTATO FRIES (CALS 176)	NONE	1	4	8	72	25	100	176	1	0	330	3	6
MAC & CHEESE (CALS 233)	Wheat, Dairy	9	36	5	45	38	152	233	2.25	27.5	305	1	2
VEGGIE CUP (CALS 52)	Dairy	4	16	0	0	9	36	52	0	0	440	1.5	5
STEAMED BROCCOLI(CALS 45)	NONE	3	12	0.5	5	6	28	45	0.3	0	110	8	1

BASES		PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
Brown Rice (per 4oz)	NONE	4	16	1	9	18	144	169			5	4	
Rosemary Potatoes (per 4oz)	NONE	3	12	3	27	20	80	119	0.5		200	2	1
Kale & Quinoa (Per 4oz)	Wheat	4	16	4	36	26	104	156			350	3	1
Penne Pasta (Per 4oz)	Wheat	6	24	1	9	36	144	177			15	45	1
Spinach (Per 1oz)	None	1	4	0.5	3	1	4	11	0	0	65	2.2	0.5

PROTEINS													
		PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
Black Bean Patty (per 4oz)	Soy, Wheat	7	28	6	54	21	84	166		35	470		
Diced Chicken (per 4oz)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		20	80	2	18	1	4	102		55	390	7	2
Breaded Chicken (per 4oz)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		18	72	12	108	23	92	272	1	30	280	0	0
Shredded Beef (per 4oz)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		25	100	7	63	3	12	175	1	60	400		1
Bison (per 4oz)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		34	136	9	81	0	0	217	3	80	90		2
Salmon (per 4oz)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		21	84	7	63	0	0	147	6	45	230		
Turkey Burger (per patty)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		32	128	12	108	2	8	244	3	65	65		
Shrimp (per 6 shrimp)	Shellfish	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		14	56	0	0	0	0	56	3	125	400		
Turkey Burnt Ends (per 4oz)	Soy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		22	88	7	63	5	20	171	1	65	375	0	3

VEGETABLES													
Honey Roasted Carrot (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		1	4	0	0	7	28	32					
Root Vegetable Blend (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		2	8	5	45	20	80	133	1.5	0	300	4	3
Edamame (Per Serving)	Soy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		10	40	4	36	6	24	132	0.5	0	5	4	2
Spinach (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		1			1	1		7			22	1	
Red Onions (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
						3		11			1		1
Brussels (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
					1	1		12			16	1	
Broccoli (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		1				1		8			8	1	
Zucchini (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
						4		15			1	1	
Green Peppers (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
						1		5					1
Asparagus (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		1				1		6			1	1	1
Mushrooms (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		1				1		7			5		
Corn & Black Beans (Per Serving)	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		1				4		28			85	1	

WRAPS		PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
EPIC CHICKEN (CALS 697)	Wheat, Egg, Dairy	34	136	29	261	75	300	697	11	80	950	3	2
BLACKENED SALMON (CALS 449)	Wheat, Dairy, Soy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		31	124	13	117	52	208	449	3	50	800	7	4
SOUTHWEST BISON (CALS 629)	Wheat, Egg, Dairy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		50	200	21	189	60	240	629	9	65	950	10	6
BANG BANG SHRIMP (CALS 443)	Wheat, Shellfish, Soy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		26	104	15	135	51	204	443	3	85	700	3	9
BUFFALO CHICKEN (CALS 648)	Wheat, Egg, Soy, Dairy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		28	112	24	216	80	320	648	8.5	85	1433	6	1
CHICKEN PESTO (CALS 545)	Wheat, Dairy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		38	152	21	189	51	204	545	6.25	94	903	2.5	1

BURGER STYLES		PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
CLEANEATZ (392)	Wheat, Dairy	18	72	16	144	44	184	392	5	100	1503	4	11
BUNLESS (CALS 403)	Soy, Dairy, Egg	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		13	52	23	207	36	144	403	6	30	550	2	2
BBQ SWISS (CALS 346)	Wheat, Dairy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		14	64	10	90	48	192	346	4	21	750	4	8

KIDZ		PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
MAC & CHEESE (CALS 233)	Wheat, Dairy (Apples & PB Dip: Dairy, Peanut)	9	36	5	45	38	152	233	2.25	27.5	305	1	2
KIDZ PIZZA ROLLS (CALS 463)	Wheat, Dairy (Apples & PB Dip: Dairy, Peanut)	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		19	76	19.5	175.5	53	212	463	8	30	1050	8	5
KIDZ BONELESS (CALS 249)	NONE (Apples * PB Dip: Dairy, Peanut)	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		17	68	9	81	25	100	249	1	60	525	0	0
KIDS TURKEY BURGER (CALS 498)	Wheat (Apples & PB Dip: Dairy, Peanut)	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		42	168	18	162	42	168	498	3.5	125	920	4	10

FLATBREADS		PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
BBQ CHICKEN (CALS 453)	Wheat, Dairy, Soy	38	152	13	117	46	184	453	4	89	838	4	5
PHILLY (CALS 425)	Wheat, Dairy, Soy, Eggs	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		32	128	17	153	36	144	425	6.5	61	1101	1	5
BACON CHX RANCH (CALS 414)	Wheat, Dairy, Soy, Eggs	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		39	156	14	126	33	132	414	5.5	109	848	1	1
TURKEY BURNT END CUBAN (CALS 600)	Wheat, Dairy, Soy, Eggs	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		42	168	28	252	45	180	600	11.85	100	950	2	6

SMOOTHIES		SIZE	PROT G	FAT G	CARBS	CALS
RASPBERRY LEMONADE	Dairy	16 OZ	20	4.8	41	285
		24 OZ	30	6.8	54	390
FROZEN CHOCOLATE BANANA	Dairy	16 OZ	21	6.3	40	270
		24 OZ	31	8.6	52	370
DIRTY PEANUT	Dairy, Peanut	16 OZ	26	7.3	28	250
		24 OZ	37	11.35	48	390
BERRY BERRY GOOD	Dairy	16 OZ	20	4.8	44	290
		24 OZ	30	6.8	58	400
STRAW-NANA BLAST	Dairy	16 OZ	20	4.8	28	235
		24 OZ	30	6.8	40	340
CHOCOLATE COVERED STRAWBERRY	Dairy	16 OZ	21	6.3	33	245
		24 OZ	31	8.55	55	385

CHIKE PROTEIN COFFEE (with water)		SIZE	PROT G	FAT G	CARBS	CALS	SUGAR G	CAFFEINE MG
MOCHA MADNESS	Dairy	16 OZ	20	2.5	4	120	1	150
		24 OZ	30	3.75	6	180	1.5	225
CARAMEL MACCHIATO	Dairy	16 OZ	20	2.5	3	110	1	150
		24 OZ	30	3.75	4.5	165	1.5	225
SKINNY VANILLA	Dairy	16 OZ	20	2	3	110	1	150
		24 OZ	30	3	4.5	165	1.5	225
CHOCOLATE PEANUT BUTTER	Dairy	16 OZ	20	3.5	5	140	1	150
		24 OZ	30	5.25	7.5	210	1.5	225

MAKING MUSCLE												
NUGGET DINNER (CALS 501) (EXCLUDES SAUCE)	NONE (Choice of sauce varies)	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber
		26	104	21	189	52	208	501	2	40	750	5
ARNOLD (CALS 664)	Wheat, Egg, Dairy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber
		50.5	202	28	252	52.5	210	664	11	84	1788	6
BIG BOY 2.0 (CALS 752)	Wheat, Dairy, Soy	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber
		57.5	230	18	162	90	360	752	8.25	119.5	1591	1