

Bison Deluxe	Calories	Carbs	Fat	Protein	Sodium	Sugar
Grilled Sweet Potato	146	34	0	3	73	7
Broccoli	51	10	1	4	50	3
Bison Burger	141	0	2	28	52	0
Total:	338	44	3	35	175	10

Turkey Burger Classic	Calories	Carbs	Fat	Protein	Sodium	Sugar
Turkey Burger	160	0	8	21	75	0
Cauliflower	43	9	0	3	52	3
Brown Rice	200	43	2	4	38	0
Total:	403	52	10	28	165	3

Veggie Lover	Calories	Carbs	Fat	Protein	Sodium	Sugar
Veggie Burger	230	10	12	22	330	0
Spinach	7	1	0	1	24	0
Quinoa	238	42.4	3.8	8.7	12	0
Total:	475	53.4	15.8	31.7	366	0

Beef Classic	Calories	Carbs	Fat	Protein	Sodium	Sugar
Flank Steak	270	0	14	36	90	0
Broccoli	51	10	1	4	50	3
Quinoa	238	42.4	3.8	8.7	12	0
Total:	559	52.4	18.8	48.7	150	3

Chicken Veggie Classic	Calories	Carbs	Fat	Protein	Sodium	Sugar
Broccol	51	10	1	4	50	3
Grilled chicken	180	0	3	41	0	0
Grilled Sweet Potato	146	34	0	3	73	7
Total:	377	44	4	48	123	10

Buddha Tuna	Calories	Carbs	Fat	Protein	Sodium	Sugar
Ahi Tuna	150	0	1	35	63	0
Broccoli	51	10	1	4	50	3
Brown Rice	200	43	2	4	38	0
Total:	401	53	4	43	151	3

Peppers and Steak	Calories	Carbs	Fat	Protein	Sodium	Sugar
Flank Steak	270	0	14	36	90	0
Roasted Red Peppers	47	18	0	0	6	4
Brown Rice	200	43	2	4	38	0
Total:	517	61	16	40	134	4

Protein Classic	Calories	Carbs	Fat	Protein	Sodium	Sugar
Flank Steak	180	0	9	24	60	0
Grilled Chicken	120	0	2	27	0	0
Broccoli	51	10	1	4	50	3
Brown Rice	200	43	2	4	38	0
Total:	551	53	14	59	148	3

Egg White Spinach Wrap	Calories	Carbs	Fat	Protein	Sodium	Sugar
Egg Whites	86	1	0	18	274	1
Spinach	7	1	0	1	24	0
Wheat Wrap	250	46	5	8	520	0
Total:	343	48	5	27	818	1

Egg White Broccoli Wrap	Calories	Carbs	Fat	Protein	Sodium	Sugar
Broccoli	41	8	0	3	40	2
Egg Whites	86	1	0	18	274	1
Kontos - Wheat Wrap, 1 wrap	250	46	5	8	520	0
Total:	360	55	5	25	834	3

Turkey Meatball Dish	Calories	Carbs	Fat	Protein	Sodium	Sugar
Baked Turkey Meatballs	201	10	9	20	138	0
Mozzarella Cheese	160	2	12	14	380	0
Broccoli	51	10	1	4	50	3
Tomato Sauce (Low Sodium)	59	13	1	3	27	9
Total:	471	35	23	41	595	12

Honey Chicken and Bacon	Calories	Carbs	Fat	Protein	Sodium	Sugar
Brown Rice	200	43	2	4	38	0
Turkey Bacon	81	1	6	6	445	1
Grilled Chicken	180	0	3	41	0	0
Total:	461	44	11	51	483	1

Santorini Chicken	Calories	Carbs	Fat	Protein	Sodium	Sugar
Grilled Chicken	180	0	3	41	0	0
Feta Cheese	70	2	4	6	340	1
Spinach	7	1	0	1	24	0
Hummus	312	24	21	10	577	3
Total:	569	27	28	58	941	4

Low Carb Beef Classic	Calories	Carbs	Fat	Protein	Sodium	Sugar
Flank Steak	270	0	14	36	90	0
Broccoli	61	12	1	5	59	3
Total:	331	12	15	41	149	3

Low Carb Bison Deluxe	Calories	Carbs	Fat	Protein	Sodium	Sugar
Bison Burger	141	0	2	28	52	0
Broccoli	61	12	1	5	59	3
Total:	202	12	3	33	111	3

Low Carb Beef Classic	Calories	Carbs	Fat	Protein	Sodium	Sugar
Flank Steak	270	0	14	36	90	0
Broccoli	61	12	1	5	59	3

Low Carb Buddha Tuna	Calories	Carbs	Fat	Protein	Sodium	Sugar
Ahi Tuna	180	0	1	42	75	0
Broccoli	61	12	1	5	59	3
Total:	241	12	2	47	134	3

Low Carb Classic Chicken	Calories	Carbs	Fat	Protein	Sodium	Sugar
Organic Grilled Chicken	180	0	3	41	0	0
Broccoli	61	12	1	5	59	3
Carrots	26	6.4	0	1	44	3
Total:	267	18.4	4	47	103	6

Build Your Own Meal Items	Cal	Carbs	Fat	Protein	Sodium	Sugar
Organic Grilled Chicken 4 oz	120	0	1.5	27	70	0
Organic Grilled Chicken 6 oz	180	0	2.2	40.5	105	0
Steak 4oz	180	0	9	24	60	0
Flank Steak 6oz	270	0	14	36	90	0
Ahi Tuna 4oz	120	0	0.5	29	50	0
Ahi Tuna 6oz	180	0	1	42	75	0
Bison Burger	141	0	2	28	52	0
Turkey Burger	160	0	8	21	75	0
Veggie Burger	230	10	12	22	330	0
Sweet Potato Medallions (8oz)	194	46	0.2	3.6	124.5	10.2
Brown Rice (8oz)	200	43	2	4	38	0
Quinoa (8oz)	222	39	4	8	13	0
Hummus (8oz)	377	32	22	17.5	144	0.9
Broccoli	61	12	0.7	5.1	59	3.1
Broccoli & Carrots Mix	50	8	1.5	2	41.7	0.5
Cauliflower	20	3.8	0.2	1.6	24	1.5

Steamed Spinach	39	6.2	0.7	4.9	134.4	0.7
Sautéed Spinach	160	6.2	14.2	4.9	134.7	0
Roasted Red Peppers	34	8	0	1.1	4.6	4.6
String Beans	26	5.9	0.1	1.5	5.2	1.2

Side Sauces (2oz)	Calories	Carbs	Fat	Protein	Sodium	Sugar
Balsamic Vinaigrette (olive oil based)	133	7	11	0	390	4
BBQ Sauce	120	30	0	0	480	8
Caesar Dressing	140	6	12	2	670	2
Chipotle Mayo	100	16	0	0	190	3
Honey Mustard Dressing	150	13.3	10	0	450	9
Hot Sauce	0	0	0	1.2	2,280	0
Teriyaki Sauce	50	8.8	0	3.4	900	7
Tomato Sauce	35	2	2	2.5	60	1.5
Oriental Sesame Dressing	140	16	8	2	620	7
Organic Ranch	140	14	9	0	401	2
Raspberry Vinaigrette	160	14	12	0	250	9
Tzatziki Sauce	99	7.9	9.9	3.9	157.7	3.9
Blue Cheese Dressing	146	4	15	2	658	2