

## **Baja Roasted Vegetables**

Garden vegetables roasted with cumin, chile pepper, jalapeno and roasted garlic

  **Cal 60**

Serv Size: 1 4 OZ (113g) • Fat cal 25 • Total fat 3g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 55mg •  
Total carb 7g • Fiber 2g • Sugars 4g • Protein 1g

## **Beef Taco Meat**

Lean ground beef seasoned with chili, cumin, coriander, garlic, and tomatoes

**Cal 100**

Serv Size: 1 1/4 CUP (56g) • Fat cal 60 • Total fat 6g • Sat fat 3g • Trans fat 0g • Cholest 30mg •  
Sodium 50mg • Total carb 2g • Fiber <1g • Sugars <1g • Protein 9g

## **Grilled Fajita Chicken**

Grilled chicken breasts and thighs marinated with lime juice, garlic, cumin, oregano, chile pepper  
and fresh cilantro

 **Cal 150**

Serv Size: 1 3 OZ (85g) • Fat cal 50 • Total fat 6g • Sat fat 2g • Trans fat 0g • Cholest 90mg • Sodium 100mg  
• Total carb 0g • Fiber 0g • Sugars 0g • Protein 23g

## **Grilled Fajita Steak**

Grilled flank steak marinated with fresh cilantro, garlic, cumin, oregano and chile pepper

**Cal 120**

Serv Size: 1 1/4 CUP (57g) • Fat cal 50 • Total fat 6g • Sat fat 2g • Trans fat 0g • Cholest 45mg •  
Sodium 45mg • Total carb 0g • Fiber 0g • Sugars 0g • Protein 15g

## **Grilled Blackened Catfish**

Grilled catfish fillet, Cajun seasoning, butter

**Cal 230**

Serv Size: 1 EA (109g) • Fat cal 160 • Total fat 18g • Sat fat 7g • Trans fat 0g • Cholest 75mg •  
Sodium 740mg • Total carb 5g • Fiber 1g • Sugars 1g • Protein 15g  
*Contains: milk, fish*

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional  
nutrition information is available upon request.

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  **Cal 60**

Serv Size: 1 4 OZ (113g) • Fat cal 25 • Total fat 3g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 55mg • Total carb 7g • Fiber 2g • Sugars 4g • Protein 1g

## Chopped Cilantro

 **Cal 0**

Serv Size: 1 TSP (1g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg • Total carb 0g • Fiber 0g • Sugars 0g • Protein 0g

## Cilantro Lime Brown Rice

Brown rice, vegetable stock, onions, garlic, lime juice and fresh cilantro

  **Cal 160**

Serv Size: 1 1/2 CUP (113g) • Fat cal 25 • Total fat 3g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 50mg • Total carb 32g • Fiber 2g • Sugars 1g • Protein 3g

## Guacamole

Fresh avocado, jalapeno pepper, scallions, onions, garlic, cilantro and fresh lime juice

 **Cal 40**

Serv Size: 1 2 TBSP (29g) • Fat cal 35 • Total fat 4g • Sat fat 1g • Trans fat 0g • Cholest 0mg • Sodium 40mg • Total carb 2g • Fiber 2g • Sugars 0g • Protein <1g

## Fire Roasted Salsa

 **Cal 15**

Serv Size: 1 1/4 CUP (59g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 90mg • Total carb 3g • Fiber <1g • Sugars 2g • Protein <1g

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## Fire Roasted Salsa

 **Cal 15**

Serv Size: 1 1/4 CUP (59g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 90mg • Total carb 3g • Fiber <1g • Sugars 2g • Protein <1g

## Sour Cream

 **Cal 30**

Serv Size: 1 TBSP (15g) • Fat cal 25 • Total fat 3g • Sat fat 2g • Trans fat 0g • Cholest 10mg • Sodium 5mg • Total carb <1g • Fiber 0g • Sugars 0g • Protein 0g  
*Contains: milk*

## Shredded Monterey Jack Cheese

 **Cal 100**

Serv Size: 1 OZ (28g) • Fat cal 80 • Total fat 8g • Sat fat 5g • Trans fat 0g • Cholest 25mg • Sodium 160mg • Total carb 0g • Fiber 0g • Sugars 0g • Protein 7g  
*Contains: milk*

## Fresh Tomatoes

  **Cal 5**

Serv Size: 1 #20 SCOOP (37g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg • Total carb 1g • Fiber 0g • Sugars 1g • Protein 0g

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