



Biscuit with Egg, Cheese & Sausage

Contains milk, eggs, wheat, gluten, pork

Serving	1 Sandwich (167 grams)
Total Cal.	520
Fat Cal.	330
% Fat Cal.	63%
Total Fat	37g
Sat. Fat	20g
Trans Fat	0g
Cholest.	265mg
Sodium	1320mg
Total Carbo.	26g
Sugars	3g
Fiber	< 1g
Protein	20g

Biscuit w/ Egg, Cheese, & Turkey Sausage

Contains milk, eggs, wheat, gluten

Serving	1 Sandwich (156 grams)
Total Cal.	390
Fat Cal.	200
% Fat Cal.	51%
Total Fat	23g
Sat. Fat	14g
Trans Fat	0g
Cholest.	260mg
Sodium	1080mg
Total Carbo.	26g
Sugars	3g
Fiber	< 1g
Protein	19g

Breakfast Biscuit w/ Egg & Cheese



Contains milk, eggs, wheat, gluten

Serving	1 Sandwich (124 grams)
Total Cal.	340
Fat Cal.	180
% Fat Cal.	53%
Total Fat	20g
Sat. Fat	14g
Trans Fat	0g
Cholest.	235mg
Sodium	960mg
Total Carbo.	26g
Sugars	3g
Fiber	< 1g
Protein	14g

Scrambled Tofu



Contains soy beans

Serving	3 oz Spoodle (67 grams)
Total Cal.	60
Fat Cal.	30
% Fat Cal.	50%
Total Fat	3.5g
Sat. Fat5g
Trans Fat	0g
Cholest.	0mg
Sodium	55mg
Total Carbo.	2g
Sugars	< 1g
Fiber	< 1g
Protein	6g

Buttermilk Pancakes



Contains milk, eggs, wheat, gluten

Serving	3 Pancakes (149 grams)		
Total Cal.	340	Cholest.	15mg
Fat Cal.	90	Sodium	850mg
% Fat Cal.	26%	Total Carbo.	57g
Total Fat	10g	Sugars	10g
Sat. Fat	2.5g	Fiber	2g
Trans Fat	0g	Protein	8g

Sausage Patties

Serving	1 Patty (43 grams)		
Total Cal.	180	Cholest.	30mg
Fat Cal.	150	Sodium	360mg
% Fat Cal.	83%	Total Carbo.	0g
Total Fat	17g	Sugars	0g
Sat. Fat	6g	Fiber	0g
Trans Fat	0g	Protein	6g

French Fried Tater Tots



Serving	4 oz (113 grams)		
Total Cal.	340	Cholest.	0mg
Fat Cal.	240	Sodium	420mg
% Fat Cal.	71%	Total Carbo.	23g
Total Fat	27g	Sugars	0g
Sat. Fat	5g	Fiber	0g
Trans Fat	0g	Protein	3g

Cheese Grits



Contains milk

Serving	6 oz Ladle (291 grams)		
Total Cal.	370	Cholest.	35mg
Fat Cal.	230	Sodium	660mg
% Fat Cal.	62%	Total Carbo.	27g
Total Fat	26g	Sugars	< 1g
Sat. Fat	14g	Fiber	2g
Trans Fat	0g	Protein	11g

Oatmeal



May Contains Gluten

Serving	6 oz Ladle (203 grams)
Total Cal.	120
Fat Cal.	20
% Fat Cal.	17%
Total Fat	2g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	300mg
Total Carbo.	21g
Sugars	0g
Fiber	3g
Protein	4g

Yogurt Parfait



Contains milk, wheat, gluten

Serving	1 Parfait (182 grams)
Total Cal.	230
Fat Cal.	20
% Fat Cal.	9%
Total Fat	2.5g
Sat. Fat	1g
Trans Fat	0g
Cholest.	5mg
Sodium	115mg
Total Carbo.	47g
Sugars	31g
Fiber	2g
Protein	6g

Fresh Fruit Cup



Serving	9 oz Cups (170 grams)
Total Cal.	70
Fat Cal.	0
% Fat Cal.	0%
Total Fat	0g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	15mg
Total Carbo.	18g
Sugars	16g
Fiber	1g
Protein	1g

Grilled Chicken Sandwich



Contains gluten (bun)

Serving	1 Sandwich (177 grams)
Total Cal.	270
Fat Cal.	90
% Fat Cal.	33%
Total Fat	10g
Sat. Fat	2g
Trans Fat	0g
Cholest.	40mg
Sodium	400mg
Total Carbo.	26g
Sugars	3g
Fiber	3g
Protein	18g

Garlic Black Pepper Rotisserie Chicken

Serving	1/4 Chicken (147 grams)
Total Cal.	310
Fat Cal.	200
% Fat Cal.	65%
Total Fat	23g
Sat. Fat	6g
Trans Fat	0g
Cholest.	100mg
Sodium	95mg
Total Carbo.	2g
Sugars	0g
Fiber	0g
Protein	24g

Farro Salad with Garden Vegetables

Contains wheat, gluten

Serving	1/2 Cup (88 grams)
Total Cal.	120
Fat Cal.	70
% Fat Cal.	58%
Total Fat	8g
Sat. Fat	1g
Trans Fat	0g
Cholest.	0mg
Sodium	150mg
Total Carbo.	11g
Sugars	1g
Fiber	2g
Protein	2g

Mashed Sweet Potatoes



Contains milk

Serving	5 oz (141 grams)
Total Cal.	320
Fat Cal.	180
% Fat Cal.	56%
Total Fat	20g
Sat. Fat	13g
Trans Fat	1g
Cholest.	55mg
Sodium	860mg
Total Carbo.	36g
Sugars	23g
Fiber	3g
Protein	2g

Bacon

Crispy Bacon.

Cal 30

Serv Size: 1 Slice (5g) • Fat cal 25 • Total fat 2.5g
Sat fat 1g • Trans fat 0g • Cholest 5mg • Sodium 95mg
Total carb 0g • Fiber 0g • Sugars 0g • Protein 1g

Vegetarian Sausage Patty

Vegetarian Sausage Patty, 1.44 oz

Cal 70

Serv Size: 1 Patty/1.34 oz (38g) • Fat cal 25 • Total fat 3g
Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 260mg
Total carb 4g • Fiber < 1g • Sugars 0g • Protein 9g

Contains milk, eggs, wheat, soy, gluten

Angus Burger

Contains wheat, gluten (bun)

Serving	1 Sandwich (208 grams)
Total Cal.	430
Fat Cal.	190
% Fat Cal.	44%
Total Fat	21g
Sat. Fat	8g
Trans Fat	0g
Cholest.	60mg
Sodium	450mg
Total Carbo.	37g
Sugars	6g
Fiber	2g
Protein	23g

Veggie Power Burger Sandwich



Contains milk, soy, wheat, gluten (bun)

Serving	1 Plate (417 grams)
Total Cal.	630
Fat Cal.	180
% Fat Cal.	29%
Total Fat	20g
Sat. Fat	2g
Trans Fat	0g
Cholest.	0mg
Sodium	1010mg
Total Carbo.	96g
Sugars	10g
Fiber	10g
Protein	19g

Black Bean Burger



Contain wheat, gluten (bun)

Serving	1 Sandwich (194 grams)
Total Cal.	300
Fat Cal.	60
% Fat Cal.	20%
Total Fat	7g
Sat. Fat	1g
Trans Fat	0g
Cholest.	0mg
Sodium	830mg
Total Carbo.	44g
Sugars	9g
Fiber	10g
Protein	24g

Onion Rings



Contains wheat, gluten

Serving	1 oz (60 grams)
Total Cal.	80
Fat Cal.	45
% Fat Cal.	56%
Total Fat	5g
Sat. Fat	1g
Trans Fat	0g
Cholest.	0mg
Sodium	65mg
Total Carbo.	9g
Sugars	0g
Fiber	0g
Protein	1g

Curly French Fries



Serving	3 oz (85 grams)		
Total Cal.	200	Cholest.	0mg
Fat Cal.	120	Sodium	35mg
% Fat Cal.	60%	Total Carbo.	18g
Total Fat	13g	Sugars	0g
Sat. Fat	1.5g	Fiber	2g
Trans Fat	0g	Protein	2g

Cole Slaw



Serving	#12 Scoop (63 grams)		
Total Cal.	50	Cholest.	0mg
Fat Cal.	25	Sodium	55mg
% Fat Cal.	50%	Total Carbo.	6g
Total Fat	2.5g	Sugars5g
Sat. Fat	0g	Fiber	1g
Trans Fat	0g	Protein	1g

Cornbread



Contains milk, eggs, wheat, gluten

Serving	4 oz (122 grams)		
Total Cal.	320	Cholest.	85mg
Fat Cal.	140	Sodium	560mg
% Fat Cal.	44%	Total Carbo.	40g
Total Fat	15g	Sugars	16g
Sat. Fat	9g	Fiber	1g
Trans Fat	0g	Protein	7g

BBQ Beef Brisket

Serving	3 oz+ Pan Sauce (115 grams)		
Total Cal.	260	Cholest.	75mg
Fat Cal.	160	Sodium	700mg
% Fat Cal.	62%	Total Carbo.	9g
Total Fat	18g	Sugars6g
Sat. Fat	7g	Fiber	< 1g
Trans Fat	0g	Protein	15g

French Toast



Contains milk, eggs, wheat, gluten

Serving	2 Halves (64 grams)
Total Cal.	150
Fat Cal.	50
% Fat Cal.	33%
Total Fat	6g
Sat. Fat	1.5g
Trans Fat	0g
Cholest.	95mg
Sodium	240mg
Total Carbo.	17g
Sugars	3g
Fiber	< 1g
Protein	6g

Pancakes



Contains milk, eggs, wheat, gluten

Serving	2 Pancakes (128 grams)
Total Cal.	250
Fat Cal.	80
% Fat Cal.	32%
Total Fat	9g
Sat. Fat	2g
Trans Fat	0g
Cholest.	55mg
Sodium	510mg
Total Carbo.	35g
Sugars	7g
Fiber	2g
Protein	7g

Turkey Sausage Patties

Serving	2 Patties (64 grams)
Total Cal.	90
Fat Cal.	45
% Fat Cal.	50%
Total Fat	5g
Sat. Fat	1.5g
Trans Fat	0g
Cholest.	50mg
Sodium	240mg
Total Carbo.	0g
Sugars	< 1g
Fiber	0g
Protein	11g

Hash Browned Potatoes



Serving	4 oz (113 grams)
Total Cal.	300
Fat Cal.	160
% Fat Cal.	53%
Total Fat	18g
Sat. Fat	6g
Trans Fat	0g
Cholest.	0mg
Sodium	80mg
Total Carbo.	33g
Sugars	2g
Fiber	2g
Protein	4g

LOCAL CHEF

Belgian Waffle Bar with Fruit



Contains milk, eggs, wheat, gluten

Serving	1 Waffle (326 grams)		
Total Cal.	1000	Cholest.	65mg
Fat Cal.	230	Sodium	1970mg
% Fat Cal.	23%	Total Carbo.	190g
Total Fat	26g	Sugars	46g
Sat. Fat	17g	Fiber	9g
Trans Fat5g	Protein	12g

House-made Bagel



Contains milk, wheat,gluten

Serving	1 Bagel+Topping (146 grams)		
Total Cal.	450	Cholest.	35mg
Fat Cal.	140	Sodium	540mg
% Fat Cal.	31%	Total Carbo.	72g
Total Fat	15g	Sugars	16g
Sat. Fat	7g	Fiber	3g
Trans Fat	0g	Protein	11g

Fresh Fruit Cup



Serving	10 oz (284 grams)		
Total Cal.	110	Cholest.	0mg
Fat Cal.	0	Sodium	25mg
% Fat Cal.	0%	Total Carbo.	27g
Total Fat5g	Sugars	22g
Sat. Fat	0g	Fiber	4g
Trans Fat	0g	Protein	2g

Omelet Station



Cal 260

Serv Size: 1 Omelet (175g) • Fat cal 150 • Total fat 17g
Sat fat 7g • Trans fat 0g • Cholest 325mg • Sodium 620mg
Total carb 3g • Fiber 0g • Sugars 2g • Protein 21g
Contains milk, eggs,

Fried Egg

Cal 200

Serv Size: 2 Eggs (177g) • Fat cal 120 • Total fat 13g
Sat fat 3.5g • Trans fat 0g • Cholest 325mg • Sodium 270mg
Total carb 9g • Fiber < 1g • Sugars 8g • Protein 12g
Contains eggs

Yogurt Parfait



Cal 200

Serv Size: 1 Parfait (182g) • Fat cal 20 • Total fat 2g
Sat fat 1g • Trans fat 0g • Cholest < 5mg • Sodium 110mg
Total carb 42g • Fiber 2g • Sugars 26g • Protein 6g
Contains milk, wheat, , gluten

Olive

Cheese Pizza



Contains milk, wheat, gluten

Serving	1 Pizza (199 grams)
Total Cal.500	Cholest.35mg
Fat Cal.160	Sodium1160mg
% Fat Cal.32%	Total Carbo.60g
Total Fat18g	Sugars9g
Sat. Fat8g	Fiber3g
Trans Fat0g	Protein26g

Spaghetti & Meatballs Pasta Bowl

Contains milk, wheat, gluten, pork

Serving	1 Bowl (519 grams)
Total Cal.940	Cholest.70mg
Fat Cal.350	Sodium1820mg
% Fat Cal.37%	Total Carbo.111g
Total Fat39g	Sugars15g
Sat. Fat13g	Fiber9g
Trans Fat0g	Protein36g

Greek Chicken Gyro



Contains milk, wheat, gluten

Serving	1 Sandwich (203 grams)
Total Cal.220	Cholest.25mg
Fat Cal.30	Sodium540mg
% Fat Cal.14%	Total Carbo.33g
Total Fat3g	Sugars6g
Sat. Fat5g	Fiber3g
Trans Fat0g	Protein16g

Meatball Submarine Sandwich

Contains milk, eggs, wheat, gluten

Serving	1 Whole Sandwich (1472 grams)
Total Cal.3800	Cholest.440mg
Fat Cal.1840	Sodium8550mg
% Fat Cal.48%	Total Carbo.312g
Total Fat205g	Sugars26g
Sat. Fat86g	Fiber17g
Trans Fat0g	Protein182g

Four Cheese Pizza



Contains milk, wheat, gluten

Serving	1 Cut-8 (14") (108 grams)
Total Cal.	330
Fat Cal.	130
% Fat Cal.	39%
Total Fat	15g
Sat. Fat	7g
Trans Fat	0g
Cholest.	35mg
Sodium	620mg
Total Carbo.	34g
Sugars	2g
Fiber	< 1g
Protein	17g

Classic Italian Sub

Contains milk, wheat, gluten, Pork

Serving	1 Sub-6" (180 grams)
Total Cal.	310
Fat Cal.	110
% Fat Cal.	35%
Total Fat	13g
Sat. Fat	4g
Trans Fat	0g
Cholest.	30mg
Sodium	1000mg
Total Carbo.	34g
Sugars	4g
Fiber	2g
Protein	15g

Breadsticks & Marinara



Contains milk, wheat, gluten

Serving	1 Plate (142 grams)
Total Cal.	280
Fat Cal.	30
% Fat Cal.	11%
Total Fat	3g
Sat. Fat	1g
Trans Fat	0g
Cholest.	0mg
Sodium	750mg
Total Carbo.	52g
Sugars	5g
Fiber	3g
Protein	9g

Meatlover's Pizza

Contains milk, eggs, wheat, soy beans, gluten, pork

Serving	1 Pizza (250 grams)		
Total Cal.	680	Cholest.	75mg
Fat Cal.	290	Sodium	1800mg
% Fat Cal.	43%	Total Carbo.	61g
Total Fat	33g	Sugars	10g
Sat. Fat	13g	Fiber	4g
Trans Fat	0g	Protein	35g

Pepperoni Pizza

Contains milk, wheat, soy beans, gluten, pork

Serving	1 Cut-8 (14") (129 grams)		
Total Cal.	290	Cholest.	25mg
Fat Cal.	90	Sodium	720mg
% Fat Cal.	31%	Total Carbo.	33g
Total Fat	10g	Sugars	3g
Sat. Fat	4.5g	Fiber	1g
Trans Fat	0g	Protein	16g

Smokehouse Chicken Pizzas

Our Signature Pizza Topped with Smoky BBQ Sauces, Grilled Chicken, Cheddar Cheese, and Real Bacon

Cal 700

Serv Size: 1 Pizza (284g) • Fat cal 260 • Total fat 29g
Sat fat 12g • Trans fat 0g • Cholest 80mg • Sodium
1790mg

Total carb 74g • Fiber 3g • Sugars 21g • Protein 28g

Contains milk, wheat, soy, gluten, pork

Caesar Salad



Serving	1 oz (28 grams)		
Total Cal.	45	Cholest.	0mg
Fat Cal.	35	Sodium	90mg
% Fat Cal.	78%	Total Carbo.	2g
Total Fat	4g	Sugars	0g
Sat. Fat	1g	Fiber	0g
Trans Fat	0g	Protein	1g

Tabouleh Salad



Contains wheat, gluten

Serving	2 1/2 oz (71 grams)		
Total Cal.	220	Cholest.	0mg
Fat Cal.	30	Sodium	10mg
% Fat Cal.	14%	Total Carbo.	43g
Total Fat	3.5g	Sugars	< 1g
Sat. Fat	0g	Fiber	10g
Trans Fat	0g	Protein	7g

Greek Salad



Contains milk, soy beans

Serving	1 Salad (336 grams)		
Total Cal.	240	Cholest.	15mg
Fat Cal.	170	Sodium	930mg
% Fat Cal.	71%	Total Carbo.	16g
Total Fat	19g	Sugars	9g
Sat. Fat	4.5g	Fiber	4g
Trans Fat	0g	Protein	5g

Tuscan White Bean Salad



Serving	3 oz (85 grams)		
Total Cal.	110	Cholest.	0mg
Fat Cal.	40	Sodium	320mg
% Fat Cal.	36%	Total Carbo.	15g
Total Fat	4.5g	Sugars	< 1g
Sat. Fat5g	Fiber	3g
Trans Fat	0g	Protein	5g



Blackened Flank Steak

Fresh Broccoli



Serving	3 oz (85 grams)
Total Cal.	220
Fat Cal.	140
% Fat Cal.	64%
Total Fat	15g
Sat. Fat	3g
Trans Fat	0g
Cholest.	45mg
Sodium	510mg
Total Carbo.	4g
Sugars	0g
Fiber	1g
Protein	16g

Serving	4 oz (113 grams)
Total Cal.	40
Fat Cal.	0
% Fat Cal.	0%
Total Fat	0g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	45mg
Total Carbo.	8g
Sugars	2g
Fiber	4g
Protein	3g

Sauteed Spinach



Grilled Jerk Chicken Breast

Serving	4 oz (113 grams)
Total Cal.	45
Fat Cal.	25
% Fat Cal.	56%
Total Fat	2.5g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	420mg
Total Carbo.	4g
Sugars	0g
Fiber	3g
Protein	3g

Serving	1 Breast (83 grams)
Total Cal.	100
Fat Cal.	20
% Fat Cal.	20%
Total Fat	2g
Sat. Fat	0g
Trans Fat	0g
Cholest.	55mg
Sodium	130mg
Total Carbo.	0g
Sugars	0g
Fiber	0g
Protein	18g

Broccoli with Sauteed Carrots



Serving	3 oz (85 grams)
Total Cal.	45
Fat Cal.	15
% Fat Cal.	33%
Total Fat	1.5g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	90mg
Total Carbo.	7g
Sugars	2g
Fiber	3g
Protein	2g

Braised Caribbean Swiss Chard



Serving	4 oz Spoodle (100 grams)
Total Cal.	130
Fat Cal.	100
% Fat Cal.	77%
Total Fat	11g
Sat. Fat	4.5g
Trans Fat	0g
Cholest.	15mg
Sodium	420mg
Total Carbo.	5g
Sugars	2g
Fiber	2g
Protein	3g

Whole Green Beans



Serving	4 oz (113 grams)
Total Cal.	30
Fat Cal.	0
% Fat Cal.	0%
Total Fat	0g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	0mg
Total Carbo.	7g
Sugars	1g
Fiber	3g
Protein	2g

Basmati Rice



Serving	4 oz (113 grams)
Total Cal.	130
Fat Cal.	0
% Fat Cal.	0%
Total Fat	0g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	105mg
Total Carbo.	29g
Sugars	0g
Fiber	0g
Protein	3g

Spanish Rice



Serving	Ounce (28 grams)
Total Cal.	35
Fat Cal.	10
% Fat Cal.	29%
Total Fat	1g
Sat. Fat	0g
<i>Trans</i> Fat	0g
Cholest.	0mg
Sodium	45mg
Total Carbo.	6g
Sugars	0g
Fiber	0g
Protein	1g

Roasted Carrots



Serving	4 oz (113 grams)
Total Cal.	80
Fat Cal.	25
% Fat Cal.	31%
Total Fat	3g
Sat. Fat	0g
<i>Trans</i> Fat	0g
Cholest.	0mg
Sodium	90mg
Total Carbo.	13g
Sugars	6g
Fiber	5g
Protein	1g

Steamed Corn



Serving	4 oz Spoodle (79 grams)
Total Cal.	60
Fat Cal.	0
% Fat Cal.	0%
Total Fat5g
Sat. Fat	0g
<i>Trans</i> Fat	0g
Cholest.	0mg
Sodium	0mg
Total Carbo.	15g
Sugars	2g
Fiber	2g
Protein	2g

Oven Roasted Rosemary Red Potatoes



Serving	4 oz (113 grams)
Total Cal.	120
Fat Cal.	25
% Fat Cal.	21%
Total Fat	2.5g
Sat. Fat	0g
<i>Trans</i> Fat	0g
Cholest.	0mg
Sodium	200mg
Total Carbo.	23g
Sugars	1g
Fiber	2g
Protein	2g

Roasted Southwestern Vegetables



Serving	4 oz (113 grams)
Total Cal.	100
Fat Cal.	45
% Fat Cal.	45%
Total Fat	5g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	290mg
Total Carbo.	14g
Sugars	6g
Fiber	3g
Protein	2g

Grilled Fresh Asparagus



Serving	4 Spears (57 grams)
Total Cal.	20
Fat Cal.	5
% Fat Cal.	25%
Total Fat5g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	130mg
Total Carbo.	2g
Sugars	< 1g
Fiber	1g
Protein	1g

Fresh French Green Beans



Serving	3 oz (85 grams)
Total Cal.	30
Fat Cal.	0
% Fat Cal.	0%
Total Fat	0g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	0mg
Total Carbo.	7g
Sugars	1g
Fiber	3g
Protein	2g

Baked Beans



Serving	4 oz (113 grams)
Total Cal.	110
Fat Cal.	15
% Fat Cal.	14%
Total Fat	1.5g
Sat. Fat	0g
Trans Fat	0g
Cholest.	5mg
Sodium	460mg
Total Carbo.	23g
Sugars	11g
Fiber	4g
Protein	5g

Baked Potatoes



Serving	1 Potato (172 grams)
Total Cal.	160
Fat Cal.	0
% Fat Cal.	0%
Total Fat	0g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	10mg
Total Carbo.	37g
Sugars	3g
Fiber	3g
Protein	3g

Fried Cabbage



Serving	3 oz (93 grams)
Total Cal.	50
Fat Cal.	30
% Fat Cal.	60%
Total Fat	3g
Sat. Fat5g
Trans Fat	0g
Cholest.	0mg
Sodium	220mg
Total Carbo.	5g
Sugars	3g
Fiber	2g
Protein	1g

Pineapple Rice



Serving	3 oz (86 grams)
Total Cal.	160
Fat Cal.	25
% Fat Cal.	16%
Total Fat	3g
Sat. Fat	1.5g
Trans Fat	0g
Cholest.	0mg
Sodium	65mg
Total Carbo.	30g
Sugars	7g
Fiber	< 1g
Protein	2g

Mashed Sweet Potatoes



Serving	5 oz (141 grams)
Total Cal.	320
Fat Cal.	180
% Fat Cal.	56%
Total Fat	20g
Sat. Fat	13g
Trans Fat	1g
Cholest.	55mg
Sodium	860mg
Total Carbo.	36g
Sugars	23g
Fiber	3g
Protein	2g

Ginger Mango Roasted Potatoes



Serving	4 oz (113 grams)
Total Cal.	100
Fat Cal.	25
% Fat Cal.	25%
Total Fat	3g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	80mg
Total Carbo.	19g
Sugars	7g
Fiber	3g
Protein	2g

Yellow Rice



Serving	4 oz (113 grams)		
Total Cal.	180	Cholest.	0mg
Fat Cal.	45	Sodium	55mg
% Fat Cal.	25%	Total Carbo.	32g
Total Fat	5g	Sugars	1g
Sat. Fat5g	Fiber	< 1g
<i>Trans</i> Fat	0g	Protein	3g

Sweet Potato Hash



Serving	4 oz (113 grams)		
Total Cal.	220	Cholest.	10mg
Fat Cal.	140	Sodium	680mg
% Fat Cal.	64%	Total Carbo.	18g
Total Fat	16g	Sugars	6g
Sat. Fat	2.5g	Fiber	3g
<i>Trans</i> Fat	0g	Protein	4g

Roasted Asparagus



Serving	4 oz (113 grams)		
Total Cal.	30	Cholest.	0mg
Fat Cal.	10	Sodium	15mg
% Fat Cal.	33%	Total Carbo.	5g
Total Fat	1g	Sugars	1g
Sat. Fat	0g	Fiber	2g
<i>Trans</i> Fat	0g	Protein	3g

Cilantro Rice



Serving	#12 Scoop (85 grams)		
Total Cal.	160	Cholest.	0mg
Fat Cal.	50	Sodium	200mg
% Fat Cal.	31%	Total Carbo.	23g
Total Fat	6g	Sugars	< 1g
Sat. Fat	1g	Fiber	1g
<i>Trans</i> Fat	0g	Protein	3g

Herbed Potatoes



Serving	4 oz (113 grams)
Total Cal.	150
Fat Cal.	60
% Fat Cal.	40%
Total Fat	6g
Sat. Fat5g
<i>Trans</i> Fat	0g
Cholest.	0mg
Sodium	220mg
Total Carbo.	21g
Sugars	< 1g
Fiber	2g
Protein	2g

Fried Okra



Serving	4 oz (112 grams)
Total Cal.	200
Fat Cal.	100
% Fat Cal.	50%
Total Fat	11g
Sat. Fat	2g
Cholest.	0mg
Sodium	120mg
Total Carbo.	23g
Sugars	3g
Fiber	4g

Grilled Flank Steak

Serving	3 oz (85 grams)		
Total Cal.	190	Cholest.	55mg
Fat Cal.	120	Sodium	280mg
% Fat Cal.	63%	Total Carbo.	0g
Total Fat	13g	Sugars	0g
Sat. Fat	3.5g	Fiber	0g
Trans Fat	0g	Protein	17g

Butternut Squash & Lentils



Serving	8 oz (227 grams)		
Total Cal.	160	Cholest.	0mg
Fat Cal.	25	Sodium	45mg
% Fat Cal.	16%	Total Carbo.	27g
Total Fat	3g	Sugars	2g
Sat. Fat	0g	Fiber	11g
Trans Fat	0g	Protein	8g

Chipotle Chicken Breast

Serving	Ounce (28 grams)		
Total Cal.	40	Cholest.	15mg
Fat Cal.	20	Sodium	30mg
% Fat Cal.	50%	Total Carbo.	< 1g
Total Fat	2g	Sugars	0g
Sat. Fat	0g	Fiber	0g
Trans Fat	0g	Protein	5g

Stuffed Poblano Pepper



Serving	2 Halves (237 grams)		
Total Cal.	480	Cholest.	85mg
Fat Cal.	260	Sodium	830mg
% Fat Cal.	54%	Total Carbo.	38g
Total Fat	29g	Sugars	6g
Sat. Fat	17g	Fiber	3g
Trans Fat	0g	Protein	19g

Apricot Glazed Turkey Breast



Serving	3 oz (103 grams)
Total Cal.	120
Fat Cal.	35
% Fat Cal.	29%
Total Fat	3.5g
Sat. Fat	1g
<i>Trans</i> Fat	0g
Cholest.	35mg
Sodium	460mg
Total Carbo.	6g
Sugars	6g
Fiber	0g
Protein	16g

Baked Stuffed Zucchini w/Apple Couscous



Serving	1 Half (137 grams)
Total Cal.	160
Fat Cal.	0
% Fat Cal.	0%
Total Fat	0g
Sat. Fat	0g
<i>Trans</i> Fat	0g
Cholest.	0mg
Sodium	35mg
Total Carbo.	35g
Sugars	10g
Fiber	3g
Protein	4g

Hawaiian Roasted Pork Loin Plate



Serving	1 Plate (528 grams)
Total Cal.	360
Fat Cal.	100
% Fat Cal.	28%
Total Fat	11g
Sat. Fat	4g
<i>Trans</i> Fat	0g
Cholest.	50mg
Sodium	280mg
Total Carbo.	45g
Sugars	12g
Fiber	11g
Protein	23g

Caribbean Roasted Turkey Breast

Serving	4 oz (146 grams)
Total Cal.	280
Fat Cal.	90
% Fat Cal.	32%
Total Fat	10g
Sat. Fat	2g
<i>Trans</i> Fat	0g
Cholest.	45mg
Sodium	870mg
Total Carbo.	30g
Sugars	23g
Fiber	2g
Protein	21g

Glazed Baked Ham

Serving	3 oz (85 grams)
Total Cal.	100
Fat Cal.	30
% Fat Cal.	30%
Total Fat	3.5g
Sat. Fat	1.5g
Trans Fat	0g
Cholest.	35mg
Sodium	1060mg
Total Carbo.	7g
Sugars	6g
Fiber	0g
Protein	10g

Basil Lemon Chicken Breast

Serving	1 Breast (126 grams)
Total Cal.	210
Fat Cal.	110
% Fat Cal.	52%
Total Fat	12g
Sat. Fat	2g
Trans Fat	0g
Cholest.	65mg
Sodium	710mg
Total Carbo.	1g
Sugars	0g
Fiber	0g
Protein	22g

Lentil Loaf



Serving	1 Cut-6x4 FP (224 grams)
Total Cal.	510
Fat Cal.	210
% Fat Cal.	41%
Total Fat	24g
Sat. Fat	10g
Trans Fat	0g
Cholest.	160mg
Sodium	1420mg
Total Carbo.	49g
Sugars	7g
Fiber	11g
Protein	27g

Black Bean Cakes w/Pineapple Plate



Serving	1 Plate (340 grams)
Total Cal.	340
Fat Cal.	45
% Fat Cal.	13%
Total Fat	5g
Sat. Fat	1g
Trans Fat	0g
Cholest.	0mg
Sodium	600mg
Total Carbo.	67g
Sugars	30g
Fiber	11g
Protein	11g

Spicy Kale with Garbanzos Plate



Serving	1 Plate (420 grams)
Total Cal.	310
Fat Cal.	80
% Fat Cal.	26%
Total Fat	9g
Sat. Fat	2.5g
Trans Fat	0g
Cholest.	0mg
Sodium	600mg
Total Carbo.	51g
Sugars	17g
Fiber	8g
Protein	9g

Baked Tilapia Fillet



Serving	1 Fillet (90 grams)
Total Cal.	100
Fat Cal.	25
% Fat Cal.	25%
Total Fat	2.5g
Sat. Fat5g
Trans Fat	0g
Cholest.	45mg
Sodium	45mg
Total Carbo.	0g
Sugars	0g
Fiber	0g
Protein	18g

Spice Trail

Beef & Broccoli Stir Fry

Contains wheat, soy beans, gluten

Serving	1 Serving (426 grams)
Total Cal.	390
Fat Cal.	140
% Fat Cal.	36%
Total Fat	15g
Sat. Fat	3.5g
Trans Fat	0g
Cholest.	35mg
Sodium	1260mg
Total Carbo.	44g
Sugars	6g
Fiber	5g
Protein	19g

Teriyaki Pork Stir Fry

Contains wheat, soy beans, gluten

Serving	10.3 oz (293 grams)
Total Cal.	310
Fat Cal.	140
% Fat Cal.	45%
Total Fat	15g
Sat. Fat	3.5g
Trans Fat	0g
Cholest.	35mg
Sodium	610mg
Total Carbo.	29g
Sugars	19g
Fiber	4g
Protein	17g

Chana Masala



Serving	1/2 Cup (126 grams)
Total Cal.	110
Fat Cal.	30
% Fat Cal.	27%
Total Fat	3.5g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	260mg
Total Carbo.	17g
Sugars	2g
Fiber	4g
Protein	4g

Curried Indian Lentil Dal & Rice Plate



Serving	1 Plate (487 grams)
Total Cal.	380
Fat Cal.	20
% Fat Cal.	5%
Total Fat	2.5g
Sat. Fat	0g
Trans Fat	0g
Cholest.	0mg
Sodium	590mg
Total Carbo.	75g
Sugars	15g
Fiber	15g
Protein	16g

Szechuan Beef Stir Fry

Contains wheat, soy beans, gluten

Serving	8.5 oz (242 grams)
Total Cal.	300
Fat Cal.	160
% Fat Cal.	53%
Total Fat	17g
Sat. Fat	4g
<i>Trans</i> Fat	0g
Cholest.	35mg
Sodium	920mg
Total Carbo.	21g
Sugars	11g
Fiber	2g
Protein	15g

Char Sui Pork

Contains wheat, soy beans, gluten

Serving	Ounce (29 grams)
Total Cal.	60
Fat Cal.	30
% Fat Cal.	50%
Total Fat	3.5g
Sat. Fat	1g
<i>Trans</i> Fat	0g
Cholest.	25mg
Sodium	45mg
Total Carbo.	< 1g
Sugars	< 1g
Fiber	0g
Protein	7g

Teriyaki Chicken

Contains wheat, soy beans, gluten

Serving	Each (87 grams)
Total Cal.	140
Fat Cal.	25
% Fat Cal.	18%
Total Fat	3g
Sat. Fat	1g
<i>Trans</i> Fat	0g
Cholest.	70mg
Sodium	200mg
Total Carbo.	1g
Sugars	1g
Fiber	0g
Protein	26g

General Tso's Chicken

Contains eggs, wheat, soy beans, gluten

Serving	8 oz+ 4 oz Rice (360 grams)
Total Cal.	470
Fat Cal.	100
% Fat Cal.	21%
Total Fat	11g
Sat. Fat	2g
Trans Fat	0g
Cholest.	40mg
Sodium	950mg
Total Carbo.	71g
Sugars	3g
Fiber	4g
Protein	18g

Tofu Stir Fry



Contains wheat, soy beans, gluten

Serving	1 Serving (384 grams)
Total Cal.	350
Fat Cal.	110
% Fat Cal.	31%
Total Fat	12g
Sat. Fat	2g
Trans Fat	0g
Cholest.	0mg
Sodium	2650mg
Total Carbo.	48g
Sugars	15g
Fiber6g
Protein	14g