

## Proteins (4 oz)

<b>Item</b>	<b>Cal</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Non-GMO Chicken Breast	160	20g	1g	4g
Cilantro Chicken Meatball	240	19g	3g	16g
Non-GMO Chicken Thigh	180	21g	0g	10g
Grassfed Flank Steak	176	24g	1g	9g
Grassfed Beef Meatballs	258	24g	3g	8g
Sustainable Salmon	228	25g	0g	13g
Sesame-Seed Blue Fin Tuna	127	28g	1g	1g
Sustainable Shrimp	120	23g	1g	2g
Vegan Feta-Pesto Patty	226	9g	19g	2g
Vegan Chickpea Falafel	180	6g	27g	2.5g
Vegan Black Bean Patty	165	6g	16g	2g

Carbs (1/2 cup)

<b>Item</b>	<b>Cal</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Roasted Red Potatoes	120	2g	18g	2g
Roasted Sweet Potatoes	100	2g	23g	2g
Steamed White Rice	147	2.6g	33g	0.5g
Steamed Brown Rice	119	2.5g	25g	0.7g
Ancient Grain Blend	139	1.7g	20g	0.7g
Tri-Color Quinoa	135	5g	25g	1g
Brown Rice Noodles	125	5g	23g	2g

Veggies (1/2 cup)

<b>Item</b>	<b>Cal</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Carmelized Onion & Pepper	75	2g	8g	2g
Charred Chinese Eggplant	34	1g	7g	2g
Heirloom Carrots	47	1g	9g	2g
Roasted Broccoli	107	4g	7g	2g
Butternut Squash	62	1.5g	11g	2g
Zucchini	60	3g	4g	2g
Grilled Portobello Mushroom	35	3g	4g	2g
Brussels Sprouts	110	2g	10g	2g
Cauliflower Rice	27	3g	5g	1g

## Sauces (2 oz)

<b>Item</b>	<b>Cal</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Kale Pesto	80	0g	2g	7g
Chimichurri	80	0g	2g	7g
Asian BBQ	72	2g	7g	0g
Sesame Hoisin	83	1g	17.5g	0g
Cucumber Tzatziki	45	4g	3g	1.5g
Ranchera Salsa	14	0.5g	3g	0g
Honey BBQ	73	2g	19g	0g
Chipotle Tahini	104	2.4g	4.4g	8.7g
Miso Red Pepper	57	0.8g	6.2g	2.7g
Thai Coconut Sauce	110	5.2g	8.6g	12.9g
Secret Sauce	100	0g	4g	11g
Spicy Truffle Hot Sauce	28	1g	4g	0g

## Smoothies (16 oz)

<b>Item</b>	<b>Cal</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Aloha Smoothie	358	2.5g	69g	8g
Espresso Me Up	397	10g	41g	18g
Matcha Made in Heaven	288	8g	52g	3g
I Love Berries	279	3g	54g	1g

## Breakfast Items

<b>Item</b>	<b>Cal</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
222 Protein Breakfast Package	503	53.2g	35.1g	24.3g
Breakfast Package	507	39.5g	36.6g	24g
Protein Pancake (1 each)	70	8.1g	15.5g	3g
Chicken Sausage Patty (1 each)	120	12g	2g	8g
Protein Breakfast Sandwich	350	34.5g	33g	20g
Spinach Egg Bite (1 each)	61	6.5g	0.8g	4g

## Made to Order

<b>Item</b>	<b>Cal</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
Protein Style Double-Double	559	55g	1g	32g
Thai Chicken Wraps	397	27g	9.6g	28g
Smoked Carne Asada Tacos	435	33.5g	34g	19.1g
Sausage Rapini	593	26.5g	55g	26g
Deluxe Mac N Cheese	605	16g	65g	14g
Buddha's Garden Bowl	462	7g	44g	3.7g
Ancient Fried Rice Bowl	488	9.7g	32g	14g