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### START WITH A WARM UP

ITEM	CALORIES	PROTEIN	CARBS	FAT
QUINOA CHEESE STICKS	358	24	47	9
AVOCADO BOWLS	342	8	20	26
TUNA TARTAR	325	29	28	11
ZUCCHINI CHEESE BITES	410	22	35	22
STUFFED AVOCADO	468	26	15	34
GARLIC HUMMUS W/ VEGGIES	210	13	27	10
GARLIC HUMMUS W/ CHIPS	478	15	62	21
SUPER TUNA POKE	437	34	36	18
TURKEY CHILI	350	29	26	11

### NO BUN BURGERS

ITEM	CALORIES	PROTEIN	CARBS	FAT
GOING GREEN - VEGGIE	338	17	38	17
GOING GREEN - TURKEY	457	43	3	31
GOING GREEN - ANGUS	706	41	3	59
SPICY AVOCADO - VEGGIE	367	14	47	18
SPICY AVOCADO - TURKEY	485	40	11	32
SPICY AVOCADO - ANGUS	734	38	11	60
BACON ARUGULA - VEGGIE	395	21	39	17
BACON ARUGULA - TURKEY	514	47	3	31
BACON ARUGULA - ANGUS	765	45	3	59

### ENERGY BOWLS

ITEM	CALORIES	PROTEIN	CARBS	FAT
TOFU ENERGY BOWL	371	25	39	15

CHICKEN ENGERGY BOWL	470	46	36	16
STEAK ENERGY BOWL	509	43	36	21

## ENERGY BOOSTER

ITEM	CALORIES	PROTEIN	CARBS	FAT
GRILLED SHRIMP WRAP	532	48	35	23
CHIPOTLE CHICKEN WRAP	612	48	45	26
THAI CHICKEN LETTUCE WRAP	433	41	28	18
TURKEY TURKEY CLUB SANDWICH	442	20	18	11
PESTO CHICKEN WRAP	483	39	33	21
TUNA SALAD SANDWICH	490	30	21	10
CHICKEN SALAD SANDWICH	520	30	21	15
HUMMUS VEGGIE WRAP	555	18	69	14

## PASTABILITIES

ITEM	CALORIES	PROTEIN	CARBS	FAT
ZOODLE WITH SALMON	438	32	27	25
ZOODLE WITH CHICKEN	462	35	26	27
ZOODLE BOLOGNESE	378	36	18	15
ZOODLE PESTO	350	9	21	29
HARV'S HEALTHY PASTA	588	19	87	9
SPAGHETTI WITH MEATBALLS	723	42	95	16
CHICKEN PAD THAI	777	45	86	28
STIR FRY NOODLES	477	13	63	21

## SLIM ZONE

ITEM	CALORIES	PROTEIN	CARBS	FAT
TURKEY BOLOGNESE	348	26	21	10
CHUNKY CHICKEN FINGERS	390	34	18	14
SHEPPARD'S PIE	400	57	30	26
TURKEY MEATLOAF	488	49	33	18
PASTA-LESS LASAGNA	373	27	25	21
PROTEIN OVERLOAD	445	51	3	20
CHICKEN PAILLARD	422	34	5	22
GRILLED CHICKEN PARM	380	39	4	15
CALIFORNIA CHICKEN	452	42	9	24
GRILLED SALMON	472	46	0	30

## GET CUT

ITEM	CALORIES	PROTEIN	CARBS	FAT
POWER BOWL	531	21	39	34
DIJON PISTACHIO CRUSTED CHICKEN SALAD	806	50	34	52
MEDITERRANEAN SALAD	527	16	31	37
CHOPPED KALE	547	22	79	34
FIT COBB SALAD	698	38	22	53
BUDDHA BOWL	547	23	79	35
SUZY Q QUINOA	493	14	46	17
QUINOA FRIED RICE	487	28	58	11

## METABOLISM BOOSTER

ITEM	CALORIES	PROTEIN	CARBS	FAT
POWER PANCAKES	447	18	48	13
TURKEY SCRAMBLE	330	43	4	15
MUESLI FRENCH TOAST	326	10	26	19
BREAKFAST SANDWICH	455	41	28	20

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