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| APPETIZERS            |          |         |       |     |
|-----------------------|----------|---------|-------|-----|
| ITEM                  | CALORIES | PROTEIN | CARBS | FAT |
| QUINOA CHEESE STICKS  | 358      | 24      | 47    | 9   |
| AVOCADO BOWLS         | 342      | 8       | 20    | 26  |
| ZUCCHINI CHEESE BITES | 410      | 22      | 35    | 22  |
| STUFFED AVOCADO       | 468      | 26      | 15    | 34  |
| CHICKEN DIPPERIS      | 440      | 30      | 34    | 20  |
| TURKEY CHILI          | 350      | 29      | 26    | 11  |

| BUNLESS 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    | 476      | 27      | 60    | 15  |
| CHICKEN ENERGY BOWL | 576      | 47      | 58    | 17  |
| STEAK ENERGY BOWL   | 615      | 45      | 58    | 22  |

## WRAPS AND SANDWICHES

| 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  |
| CHICKEN BURRITO             | 669      | 53      | 82    | 21  |
| TOFU BURRITO                | 556      | 32      | 82    | 19  |
| STEAK BURRITO               | 708      | 51      | 82    | 26  |

## TOASTS

| ITEM                | CALORIES | PROTEIN | CARBS | FAT |
|---------------------|----------|---------|-------|-----|
| WHEN IN ROMA        | 424      | 14      | 30    | 14  |
| TOULA'S TOAST       | 483      | 14      | 25    | 22  |
| GUAC GRILLED CHEESE | 648      | 33      | 36    | 28  |
| ALMOND BUTTER TOAST | 591      | 13      | 52    | 24  |

## WHOLE WHEAT HOAGIES

| ITEM                 | CALORIES | PROTEIN | CARBS | FAT |
|----------------------|----------|---------|-------|-----|
| CHICKEN PARM         | 645      | 50      | 56    | 17  |
| TURKEY MEATBALL PARM | 661      | 44      | 66    | 21  |
| SLIM CHICKEN         | 605      | 45      | 59    | 22  |
| CHICKEN PHILLY SUB   | 624      | 54      | 67    | 19  |

## 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  |
| PASTA RAGU               | 723      | 46      | 89    | 15  |
| SPAGHETTI WITH MEATBALLS | 723      | 42      | 95    | 16  |
| CHICKEN PAD THAI         | 777      | 45      | 86    | 28  |
| STIR FRY NOODLES         | 477      | 13      | 63    | 21  |

## COMFORT FOOD

| ITEM                   | CALORIES | PROTEIN | CARBS | FAT |
|------------------------|----------|---------|-------|-----|
| TURKEY BOLOGNESE       | 348      | 26      | 21    | 10  |
| CHUNKY CHICKEN FINGERS | 390      | 34      | 18    | 14  |
| TURKEY MEATLOAF        | 488      | 49      | 33    | 18  |
| CHICKEN LASAGNE        | 659      | 52      | 51    | 28  |
| GRILLED CHICKEN PARM   | 380      | 39      | 4     | 15  |
| PROTEIN OVERLOAD       | 445      | 51      | 3     | 20  |
| PAELLA                 | 782      | 73      | 97    | 13  |
| SALMON AL FRESCO       | 650      | 47      | 4     | 45  |

## LEAN 'N' CLEAN

| ITEM | CALORIES | PROTEIN | CARBS | FAT |
|------|----------|---------|-------|-----|
|------|----------|---------|-------|-----|

|                  |     |    |    |    |
|------------------|-----|----|----|----|
| CHICKEN PAILLARD | 474 | 34 | 5  | 22 |
| CLEAN ROUTINE    | 443 | 36 | 30 | 20 |

## SALADS

| 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                          | 553      | 11      | 44.24 | 44  |
| 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  |
| ENSALADA                              | 652      | 18      | 100   | 19  |

## BREAKFAST

| ITEM               | CALORIES | PROTEIN | CARBS | FAT |
|--------------------|----------|---------|-------|-----|
| POWER PANCAKES     | 447      | 18      | 48    | 13  |
| TURKEY SCRAMBLE    | 330      | 43      | 4     | 15  |
| BODY BUILDER       | 465      | 44      | 16    | 27  |
| BREAKFAST SANDWICH | 455      | 41      | 28    | 20  |
| EGG WHITE D'LITE   | 370      | 33      | 30    | 13  |

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