




# Nutrition Guide

Thoughtfully designed with YOU in mind



## Yes Chef!

The Art of Food

### **Our Mission:**

To enrich the lives of others through innovative meal solutions and genuine care.

## Salads

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)		Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Asparagus Salad - Family	389	239	32	6	0	25	957	947	180	5	6	14		236	41	28	18	0	0	0	0
Buffalo Ranch Salad - Family	460	207	30	7	0	33	1497	609	39	4	5	14		259	26	17	9	0	0	0	0
Caesar Salad - Family	703	444	57	12	0	100	1216	415	35	3	2	18		251	10	26	13	0	0	0	0
Caesar Salad - Individual Side	478	261	36	7	0	58	882	209	31	2	1	12		126	5	13	7	0	0	0	0
Cranberry Pecan Salad - Entree	597	206	31	10	3	50	1116	456	74	6	61	12		224	35	30	14	2	0	0	0
Fit Caesar Salad - Family	479	228	32	7	0	37	2212	403	41	3	3	16		251	10	25	10	0	0	0	0
Fit Caesar Salad - Individual Side	343	131	21	4	0	20	1482	203	35	2	2	11		126	5	13	5	0	0	0	0
Fresh BBQ Salad	553	137	31	7	0	37	1464	746	62	5	21	15		232	57	25	15	0	0	0	0
Greek Salad	452	349	37	12	0	62	1179	732	20	5	9	11		271	106	29	13	0	0	0	0
Italian Chopped Salad	542	266	41	14	0	65	2227	693	27	5	18	28		293	226	35	16	0	0	0	0
Mandarin Salad	467	53	26	5	0	0	714	518	53	5	31	8		235	57	13	17	1	0	0	0
Smokey BBQ Salad	582	223	31	8	0	44	1649	834	63	5	21	18		281	58	26	15	0	0	0	0
Southwest Salad	466	179	30	7	0	37	850	462	36	6	6	11		254	23	20	11	4	0	0	0
Strawberry Walnut Spinach Salad	490	211	38	10	0	50	1161	647	30	4	23	14		173	113	28	22	2	0	0	0
Tokyo Salad	516	53	46	7	0	25	757	418	22	4	7	6		113	55	11	13	0	0	0	0
Tropical Salad	378	35	29	7	0	0	567	601	27	5	16	4		201	90	11	16	0	0	0	0

\* See below for additional nutrition information of any Protein selection.

\*\* All salad nutritional information includes dressings and toppings.

\*\*\*Watching your Calories or Sodium? See below for Dressing nutritional information. Use less dressing for an even more "fit" salad!

### Salad Dressings

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Balsamic Vinaigrette - 3.25 oz	125	98	10	0	0	0	523	0	12	0	12	0	0	0	1	1	0	0	0	0
BBQ Ranch - 3.25 oz	224	137	16	2	0	12	784	98	21	0	17	0	2	3	1	1	0	0	0	0
Caesar - 2 oz (Individual Side)	240	230	26	5	0	45	270	13	0	0	0	2	0	0	2	3	0	0	0	0
Caesar - 3.25 oz (Family / Entrée)	398	382	42	7	0	75	448	22	1	0	0	2	0	0	3	4	0	0	0	0
Caribbean Mango Vinaigrette - 3.25 oz	274	0	25	4	0	0	498	0	12	0	10	0	0	0	0	0	0	0	0	0
Citrus Vinaigrette - 3.25 oz	224	176	22	1	0	0	598	187	5	0	2	0	0	0	1	1	0	0	0	0
Cucumber Wasabi - 3.25 oz	374	0	40	6	0	25	647	0	5	0	5	0	0	0	0	0	0	0	0	0
Ginger Sesame Dressing - 3.25 oz	275	0	20	4	0	0	600	0	25	0	20	0	0	0	0	0	0	0	0	0
Greek - 3.25 oz	224	221	22	4	0	12	65	0	5	0	2	0	0	0	0	0	0	0	0	0
Lite Caesar - 2 oz (Individual Side)	105	100	11	2	0	8	870	6	5	0	1	0	0	0	1	1	0	0	0	0
Lite Caesar - 3.25 oz (Family / Entrée)	174	166	17	2	0	12	1444	10	7	0	2	1	0	0	1	2	0	0	0	0
Ranch - 3.25 oz	299	269	32	5	0	25	623	0	5	0	2	0	0	5	0	0	0	0	0	0
Salsa Ranch - 3.25 oz	162	134	16	2	0	12	499	0	5	0	1	0	0	2	0	0	0	0	0	0

### Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Individual Quiche (All varieties) - 1 serving (4 servings per container)	383	291	33	22	0	181	278	64	14	1	1	7	25	2	8	8	1	0	0	0
Challah Bread French Toast (With Syrup)	678	0	21	14	0	126	377	0	111	2	63	8	0	8	9	2	3	0	0	0
Stuffed French Toast	451	29	25	14	0	154	990	268	33	1	1	22	1	5	24	3	1	0	0	0
Breakfast Bowl - Ham	413	45	21	7	0	487	875	395	22	2	0	29	0	8	13	20	5	0	0	0
Breakfast Bowl - Bacon	397	50	22	8	0	476	748	280	22	2	0	24	0	8	13	18	5	0	0	0
Breakfast Bowl - Sausage	517	143	33	11	0	506	922	437	23	2	0	30	1	8	13	21	5	0	0	0
Breakfast Bowl - Vegetables	390	42	21	7	0	466	608	337	25	3	1	21	5	30	13	19	5	0	0	0
Breakfast Bowl - FIT Ham	303	15	18	7	0	487	815	115	4	0	0	27	0	0	13	18	5	0	0	0
Breakfast Bowl - FIT Bacon	287	20	19	8	0	476	688	0	4	0	0	22	0	0	13	16	5	0	0	0
Breakfast Bowl - FIT Sausage	407	113	30	11	0	506	862	157	5	0	0	28	1	0	13	19	5	0	0	0
Breakfast Bowl - FIT Vegetables	280	12	18	7	0	466	548	57	7	1	1	19	5	22	13	17	5	0	0	0

\*\*\*Due to the individual crafting of each meal, there could be small variations in actual nutritional content

**Entrees**

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Asian Quesadilla	1051	27	37	16	0	122	4158	219	132	5	69	50	0	0	46	20	3	0	0	0
Baja Shrimp Street Tacos	1029	21	39	11	0	161	1985	75	99	6	2	29	2	17	22	24	6	0	0	0
BBQ Grilled Chicken	461	56	5	2	0	144	614	1324	49	6	17	58	85	61	6	18	0	0	0	0
BBQ Pulled Pork Mac & Cheese	1082	246	47	15	0	133	849	805	105	5	14	55	26	3	44	33	0	9	4	6
Beef & 3 Bean Chili (Pint)	466	154	15	6	1	80	908	829	33	12	3	30	0	8	6	30	4	0	0	0
Beef & Bean Burrito	782	37	33	15	0	102	1261	399	79	12	9	46	26	122	48	33	10	0	0	0
Beef Pot Pie (per serving) - 1 serving (4 servings per container)	225	0	12	5	0	10	300	120	23	2	3	6	0	0	1	6	3	0	0	0
Beef Pot Roast	462	154	17	9	0	134	442	1596	32	5	6	46	90	85	6	32	0	0	0	0
Beef Tenderloin Medallion	632	324	37	17	0	166	423	1406	32	5	6	45	90	85	7	23	0	0	0	0
Beer Battered Cod	595	202	33	10	0	62	1101	990	58	5	8	18	92	88	9	13	4	0	0	0
Blackened Chicken Breast	470	144	15	8	0	171	357	1378	30	5	5	58	90	85	7	20	0	0	0	0
Blackened Salmon	592	291	33	11	0	141	341	1637	30	5	5	45	98	96	7	13	0	0	0	0
Carolina Cubano	415	106	17	6	0	104	1157	68	33	0	7	36	0	0	11	7	0	0	0	0
Chicken Al Fresco with Parmesan Risotto	725	133	23	11	0	214	849	1076	47	4	8	69	105	66	14	21	0	0	0	0
Chicken Chimichurri	506	128	13	2	0	144	533	792	38	3	3	57	89	68	8	24	2	16	16	40
Coconut Lime Curry See Protein Selection	725	54	13	8	0	144	274	438	90	1	0	62	1	0	2	10	0	0	0	0
Coconut Shrimp Bowl	659	185	20	13	0	95	1235	286	95	4	39	14	10	22	13	17	42	0	0	0
Cornbread	242	58	6	1	0	36	599	134	39	0	0	6	5	0	16	12	4	0	0	0
Crispy Carnitas Street Tacos	840	280	44	17	0	156	1139	564	57	4	0	51	0	2	19	40	0	0	0	0
Fajita - Chicken	823	211	30	6	0	99	1427	822	88	7	5	48	9	36	9	32	3	0	0	0
Fajita - Shrimp	726	176	29	5	0	178	1814	723	88	7	5	31	16	36	10	29	5	0	0	0
Fajita - Steak	962	370	48	26	21	91	1369	846	88	7	5	41	9	36	9	40	3	0	0	0
Fajita - Vegetarian (Tofu)	836	482	57	10	0	3	1331	776	103	14	9	45	10	36	57	72	3	0	0	0
French Country Chicken	610	274	30	18	0	222	477	1416	31	5	5	59	103	85	9	20	0	0	0	0
French Onion Burger * (side not included)	717	17	37	5	0	172	888	94	45	1	10	50	1	1	19	11	0	0	0	0
Greek Quesadilla with Chicken	815	195	39	22	0	122	1632	410	68	8	8	50	24	30	45	28	8	0	0	0
Greek Quesadilla without Chicken	689	168	37	21	0	50	1539	191	68	8	8	23	23	30	44	23	8	0	0	0
Grilled Salmon	552	201	23	4	0	114	387	1021	38	3	3	44	91	72	7	14	2	16	16	40
Gryo - Lamb	886	124	47	26	2	120	2043	242	73	4	6	39	7	3	36	30	11	0	0	0
Gyro - Vegetarian	606	130	23	16	0	50	1073	242	76	5	5	20	7	3	32	15	5	0	0	0
Gulf Coast Seared Salmon	575	202	23	4	0	114	259	1130	45	4	8	45	102	105	6	17	0	0	0	0
Herb Grilled Chicken	430	54	5	2	0	144	403	762	38	3	3	57	84	61	7	21	2	16	16	40
Hibachi Chicken	574	45	28	4	0	96	271	292	42	2	5	38	0	0	3	14	18	0	0	0
Hibachi Tofu	586	315	55	8	0	0	174	246	57	8	9	35	1	0	50	54	18	0	0	0

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**Entrees**

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)		Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Jerk Chicken	445	63	6	2	0	144	930	865	41	6	3	58		84	61	21	19	0	0	0	0
Lemon Thyme Grilled Chicken	632	231	25	14	0	200	599	1474	43	6	5	63		99	99	19	20	0	0	0	0
Mango Fried Rice (See Protein Selection)	266	3	1	0	0	0	103	130	59	1	10	5		45	25	2	13	0	0	0	0
Mexican Street Tacos	908	58	46	12	0	169	1187	506	65	6	7	54		9	55	18	36	2	0	0	0
Mongolian BBQ - Beef	517	194	21	21	21	88	862	316	48	0	15	30		0	0	1	23	0	0	0	0
Mongolian BBQ - Cauliflower	243	0	0	0	0	0	835	384	54	3	17	5		0	103	2	11	0	0	0	0
Monterey Chicken	612	74	16	7	0	169	921	1385	54	7	18	66		92	83	23	20	0	0	0	0
Nacho Bar - Chicken (Average 1 serving with all toppings)	449	181	22	8	0	90	1234	642	32	3	4	30		17	24	20	11	0	0	0	0
Pan Asian Chicken Sandwich	703	81	19	3	0	144	1475	865	71	5	24	63		84	61	15	31	12	0	0	0
Pan Seared Salmon	552	201	23	4	0	114	387	1021	38	3	3	44		91	72	7	14	2	16	16	40
Parmesan Risotto 1 serving -	275	79	8	4	0	24	400	228	36	1	3	9		13	4	9	6	0	0	0	0
Pulled Pork BBQ	650	226	29	9	0	117	1001	530	57	1	22	39		2	2	10	22	0	0	0	0
Salmon with Horseradish Dijon	732	291	46	13	0	151	651	1637	34	5	8	45		98	96	7	13	0	0	0	0
Shredded Beef Street Tacos	593	50	18	9	0	116	830	731	55	4	0	49		2	17	17	46	0	0	0	0
Shrimp Fra Diavolo Pasta	567	20	4	0	0	175	1187	303	85	6	9	33		7	0	3	22	2	0	0	0
Shrimp Picatta	556	65	10	3	0	185	811	647	87	8	5	35		92	62	7	28	2	0	0	0
Sicilian Quesadilla	924	395	60	33	0	158	2361	177	61	7	7	36		23	3	81	24	8	0	0	0
Roasted Caprese Pasta - Chicken	789	94	10	4	0	154	903	548	85	6	9	71		3	0	7	27	0	0	0	0
Roasted Caprese Pasta - Eggplant	572	42	5	2	0	10	717	233	94	8	12	18		2	2	5	19	0	0	0	0
Santa Fe Chicken	415	56	6	2	0	144	789	841	35	7	17	59		85	61	8	21	5	0	0	0
Slow Cooked Pork Roast	653	312	36	13	0	152	534	1371	37	6	6	46		83	63	7	21	0	0	0	0
Soba Noodle Bowl ** See Sauce and Protein Selections	370	0	2	0	0	0	790	0	74	3	1	14		30	40	10	12	5	0	0	0
South Philly Cheesesteak Bowl - Low Carb Cauliflower Rice	282	56	13	5	0	90	633	286	15	5	8	26		5	102	26	12	5	0	0	0
South Philly Cheesesteak Bowl - Mashed Potatoes	437	143	23	12	0	117	731	673	32	5	8	27		11	46	26	14	5	0	0	0
Southwest Quesadilla (chicken)	967	95	46	21	0	145	1866	500	86	13	9	55		28	130	51	28	10	0	0	0
Southwest Quesadilla (no chicken)	841	68	43	20	0	73	1773	281	86	13	9	29		27	130	50	23	10	0	0	0

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**Entrees**

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Spicy Buffalo Chicken Breast	697	63	36	8	0	149	1145	865	39	6	3	60	84	61	9	19	0	0	0	0
Spinach Turkey Burger	710	423	47	11	0	188	515	613	23	1	3	47	33	8	12	29	0	0	0	0
Stuffed Flounder	334	54	6	2	0	161	842	444	32	0	0	33	6	1	6	11	3	16	16	40
Stuffed Hand Pie - BBQ Beef & Smoked Gouda	675	297	38	26	0	72	948	407	52	1	15	28	2	0	14	22	0	0	0	0
Stuffed Hand Pie - Chicken Broccoli, Cheddar	568	284	36	24	0	48	509	196	40	2	2	21	9	32	11	14	0	0	0	0
Stuffed Hand Pie - Ham & Swiss	569	353	39	26	0	36	574	77	37	1	2	15	6	0	20	11	0	0	0	0
Stuffed Hand Pie - Meatball Marinara	599	292	40	25	0	32	732	104	47	3	7	13	2	1	26	19	5	0	0	0
Summer Pasta Primavera	536	132	15	8	0	34	400	400	80	7	8	22	68	98	18	24	0	0	0	0
Teriyaki Glazed Chicken Breast	455	54	5	2	0	144	813	803	44	3	8	57	84	61	7	23	2	16	16	40
Teriyaki Salmon	573	201	23	4	0	114	625	1062	44	3	8	44	91	72	5	18	0	0	0	0
White Chicken Chili (Pint)	352	76	8	2	0	66	640	980	40	8	6	32	16	168	20	22	0	0	0	0
Wild Mushroom Ravioli	432	14	17	4	0	49	1013	324	54	6	9	19	83	61	15	14	15	0	0	0

**Fit Entrees**

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Fit Power Veggie Bowl ** See Protein Selections	40	0	0	0	0	0	60	0	8	3	2	2	60	80	15	4	0	0	0	0
Fit Fresh Asian Bowl ** See Protein Selections	115	3	5	0	0	0	491	310	16	3	10	4	8	110	3	3	0	0	0	0
Fit Thai Curry Bowl ** See Protein Selections	49	3	3	2	0	0	85	229	5	2	2	2	0	80	2	2	0	0	0	0
Fit Fajita Bowl ** See Protein Selections	118	15	6	3	0	12	405	286	12	3	3	5	5	102	10	3	0	0	0	0

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**Sides**

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Red Pepper Hummus - 2 oz serving (4 servings per container)	137	60	6	1	0	0	238	130	16	4	2	6	1	12	3	6	0	0	0	0
Guacamole - 2 oz serving (4 servings per container)	90	74	8	1	0	0	254	280	5	4	0	1	2	11	1	2	0	0	0	0
Mango Salsa - 2 oz serving (4 servings per container)	24	1	0	0	0	0	1	78	6	1	5	0	10	30	1	1	0	0	0	0
Pico - 2 oz serving (4 servings per container)	4	0	0	0	0	0	57	41	1	0	1	0	3	4	0	1	0	0	0	0

**Dessert**

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Apple Pie 1 serving (4 servings per container)	295	101	11	8	0	0	145	0	46	1	30	2	0	0	1	4	2	0	0	0
Blueberry Pie 1 serving (4 servings per container)	265	101	11	8	0	0	145	0	37	2	18	2	0	0	1	4	0	0	0	0
Cake on a Stick - all flavors	350	0	20	18	0	0	197	0	47	0	37	3	0	0	3	13	3	0	0	0
Cherry Pie 1 serving (4 servings per container)	255	101	11	8	0	0	145	0	37	1	20	2	0	0	1	4	2	0	0	0
Glazed Cinnamon Roll (1 Roll)	583	79	9	4	0	18	536	159	114	2	48	12	0	0	0	0	0	0	0	0
Key Lime Pie 1 serving (6 servings per container)	343	66	11	5	0	48	179	0	55	1	46	7	5	0	14	3	4	0	0	0
Peach Pie 1 serving (4 servings per container)	245	101	11	8	0	0	145	0	35	1	19	2	0	0	1	4	0	0	0	0
Strawberry Pie 1 serving (4 servings per container)	275	101	11	8	0	0	150	73	40	1	22	2	0	0	1	4	0	0	0	0
Sweet Biscuit Strawberry Shortcake	483	92	22	14	6	0	1071	117	69	3	21	9	1	70	9	18	0	0	0	0

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### Kid's Meals

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Kid's Flatbread Pizza - Cheese	426	7	15	8	0	40	980	72	52	7	11	19	0	0	48	22	13	0	0	0
Kid's Flatbread Pizza - Pepperoni	501	7	22	11	0	55	1250	72	52	7	11	22	0	0	48	24	15	0	0	0
Kids Quesadilla - Plain Cheese	435	0	24	13	0	50	985	0	41	1	0	18	0	0	40	10	2	0	0	0
Kids Quesadilla -with chicken	561	27	27	14	0	122	1078	219	41	1	0	44	0	0	41	15	2	0	0	0
Tortilla Hot Dog - BBQ Beef Cheddar	690	239	44	22	1	115	1922	298	53	1	13	34	2	0	26	22	2	0	0	0
Tortilla Hot Dog - Cheddar	560	220	42	21	1	80	1510	0	38	1	0	21	0	0	25	13	2	0	0	0
Tortilla Hot Dog - Cheddar & Bacon	593	236	44	21	1	80	1634	10	40	2	0	23	0	0	26	13	2	0	0	0

### Sauces

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Marinara - 2 oz	34	0	1	0	0	0	83	0	6	1	4	0	0	0	1	4	4	0	0	0
Chipotle Aioli - 2 oz	240	0	27	5	0	15	195	0	3	0	0	0	0	0	0	0	0	0	0	0
Salsa - 2 oz	15	0	0	0	0	0	225	0	3	0	0	0	0	0	0	0	0	0	0	0
Salsa - 3.25 oz	25	0	0	0	0	0	374	0	5	0	0	0	0	0	0	0	0	0	0	0
Mango Salsa - 2 oz	18	1	0	0	0	0	1	59	4	1	4	0	7	22	0	0	0	0	0	0
Peanut Sauce - 2 oz	135	0	8	2	0	0	720	0	12	0	9	3	0	0	0	0	0	0	0	0
Hoisin Sauce - 2 oz	150	0	0	0	0	0	1590	0	38	0	30	1	0	0	0	0	0	0	0	0
Thai Chili Sauce - 2 oz	120	0	0	0	0	0	795	0	30	0	29	0	0	0	0	0	0	0	0	0
Tzatziki Sauce - 2 oz	75	0	6	5	0	0	105	0	3	0	2	2	0	0	3	0	3	0	0	0
Tzatziki Sauce - 3.25 oz	122	0	10	9	0	0	171	0	5	0	2	2	0	0	5	0	5	0	0	0
Sour Cream - 2 oz	90	0	8	5	0	23	23	0	2	0	2	2	0	0	3	0	0	0	0	0
Syrup - 3.25 oz	261	0	0	0	0	0	0	0	65	0	61	0	0	0	5	0	2	0	0	0
Pico - 2 oz	3	0	0	0	0	0	43	31	1	0	0	0	2	3	0	0	0	0	0	0
Guacamole - 2 oz	68	56	6	1	0	0	191	210	4	3	0	1	2	8	0	1	0	0	0	0

\*\*\*Due to the individual crafting of each meal, there could be small variations in actual nutritional content



## Protein Selections

(For optional add-ons to Salads and Bowls)

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Potassium (%)	Thiamin (%)	Niacin (%)	Folate (%)
Chicken Breast	252	54	5	2	0	144	186	438	0	0	0	53	1	0	2	10	0	0	0	0
Salmon	374	201	22	4	0	114	170	697	0	0	0	40	8	11	2	3	0	0	0	0
Shrimp	70	0	2	0	0	175	510	193	0	0	0	17	7	0	2	4	2	0	0	0
Tofu	180	306	34	5	0	0	27	246	15	7	5	32	1	0	49	46	0	0	0	0
Beef Medallion	380	220	25	10	0	136	77	466	0	0	0	37	0	0	2	13	0	0	0	0

\*\*\*Due to the individual crafting of each meal, there could be small variations in actual nutritional content