

Item Name	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Blended Sweggies	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Blueberry Banana Smoothie	16 oz	190	2.5	1.5	0	0	5	43	6	25	0	2
Green Hurricane Smoothie	16 oz	210	1	0	0	0	85	53	6	37	0	5
Peanut Butter Chocolate Smoothie	16 oz	310	16	3	0	0	70	43	10	19	0	8
Strawberry Banana Smoothie	16 oz	170	2	1.5	0	0	10	41	6	21	0	2
Tropical Smoothie	16 oz	110	2.5	2	0	0	0	25	4	16	0	1
Very Berry Smoothie	16 oz	130	4.5	1.5	0	0	10	22	7	11	0	2
Breakfast	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Fresh Start Breakfast with												
Eggs & Bacon	8.5 oz	380	28	10	0	345	890	12	0	2	0	19
Eggs & Sausage	10.5 oz	400	26	8	0	375	950	17	0	4	0	23
Egg Whites & Bacon	8.5 oz	250	13	5	0	30	650	10	0	0	0	19
Egg Whites & Sausage	10.5 oz	270	12	4	0	60	720	14	0	2	0	24
Blueberry Orange Flaxseed Muffin	1 muffin	310	140	15	8	0	80	390	47	6	6	6
Breakfast Burrito	1 burrito	430	22	11	0	200	750	41	5	3	0	19
Breakfast Sandwich	1 sandwich	450	21	6	0	215	890	41	8	5	0	30
Eat Fit Blueberry Protein Muffin	1 muffin	320	17	9	0	50	380	27	10	14	2	18
Sausage Egg & Cheese Souffle	1 souffle	240	17	7	0	240	490	6	0	2	0	14
Garden Egg White Souffle	1 souffle	80	2	0	0	10	190	5	2	3	0	9
5 Grain Rolled Oatmeal	8 oz	170	8	5	0	0	310	21	4	1	0	4
Avocado Toast	1 toast	170	6	1	0	0	150	24	7	3	0	7
Soups	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Turkey Black Bean Chili	cup	140	4	0	0	20	570	15	4	4	0	12
Garden Vegetable Soup	cup	50	0	0	0	0	340	10	2	4	0	2
Beef & Barley Soup	cup	120	5	2	0	20	600	13	2	3	0	7
Butternut Squash Soup	cup	100	4	1	0	0	400	16	2	4	0	1
Chicken & Turkey Sausage Gumbo with Brown Rice	cup	100	1.5	0	0	20	230	14	2	2	0	8
Chicken Tortilla Soup	cup	70	1	0	0	15	375	9	1	2	0	7
Fire Roasted Chili	cup	80	2	0	0	0	380	12	3	5	0	3
Shrimp & Crab Gumbo with Brown Rice	cup	110	2	0	0	50	280	14	2	2	0	9
Tomato Basil Soup	cup	90	2.5	0	0	0	240	14	1	5	0	2
White Bean & Chorizo Soup	cup	140	5	1	0	40	490	10	2	1	0	15
White Bean & Kale Soup	cup	85	1	0	0	0	380	14	3	3	0	4

Turkey Black Bean Chili	bowl	230	7	1	0	35	950	24	7	7	0	20
Garden Vegetable Soup	bowl	80	0	0	0	0	570	17	4	6	0	3
Beef & Barley Soup	bowl	200	8	3	0	30	990	21	3	5	0	12
Butternut Squash Soup	bowl	170	7	2	0	0	670	27	4	6	0	2
Chicken & Turkey Sausage Gumbo with Brown Rice	bowl	190	2.5	0	0	25	290	30	3	2	0	12
Chicken Tortilla Soup	bowl	120	1.5	0	0	30	630	15	2	4	0	12
Fire Roasted Chili	bowl	130	3	0	0	0	640	20	5	9	0	6
Shrimp & Crab Gumbo with Brown Rice	bowl	190	3	0	0	60	360	29	4	3	0	12
Tomato Basil Soup	bowl	150	4.5	1	0	0	400	24	2	9	0	3
White Bean & Chorizo Soup	bowl	240	8	2	0	70	820	17	4	1	0	24
White Bean & Kale Soup	bowl	140	2	0	0	0	640	23	5	5	0	6
Wraps	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Asian Chicken Wrap	1 wrap	580	20	9	0	70	840	65	10	7	3	35
Buffalo Chicken Wrap	1 wrap	450	12	10	0	50	600	57	8	1	0	28
Chicken Caesar Wrap	1 wrap	560	22	9	0	70	810	56	9	1	0	33
Chicken Salad Wrap	1 wrap	610	28	9	0	40	710	62	9	5	0	25
Tuna Salad Wrap	1 wrap	610	28	10	0	15	660	56	8	1	0	26
Salads	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Small House Salad	1 salad	110	8	1	0	0	350	10	3	4	1	3
Small Spinach Salad	1 salad	120	8	1	0	0	240	10	3	4	1	3
Small Caesar	1 salad	170	14	2	0	5	280	6	2	1	0	3
Chicken Caesar	1 salad	390	25	3.5	0	50	700	15	3	2	0	23
Chicken Caprese Stack	1 salad	300	13	7	0	110	260	8	1	6	0	35
Mediterranean	1 salad	320	18	3.5	0	80	970	12	3	4	1	29
Sonoma	1 salad	510	30	5	0	80	750	30	7	17	1	33
Classic Spinach	1 salad	260	20	5	0	25	740	13	3	7	5	11
Chopped Asian	1 salad	540	32	3	0	45	480	28	8	14	4	36
Fiesta	1 salad	510	32	11	0	105	470	26	9	7	0	33
Bleu Cheese Wedge	1 salad	330	27	10	0	40	830	12	3	9	0	14
Dressings	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Apple Balsamic	1.5 oz	140	12	1.5	0	0	280	6	0	3	1	0
Asian Vinaigrette	1.5 oz	170	16	1.5	0	0	300	6	0	4	4	1
Skinny Caesar	1.5 oz	200	19	2	0	5	310	2	0	0	0	1
House Dressing	1.5 oz	80	8	1	0	0	300	3	0	1	1	0
Honey Mustard Vinaigrette	1.5 oz	90	8	1	0	0	240	6	0	5	5	0

Bleu Cheese Vinaigrette	1.5 oz	110	11	3	0	5	220	4	0	4	0	2
Fire Roasted Salsa	1.5 oz	15	0	0	0	0	110	3	0	2	0	0
Sliders	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Southwest Chicken Sliders	3 sliders	440	13	1.5	0	115	710	53	9	7	3	35
Buffalo Chicken Sliders	3 sliders	340	6	1.5	0	55	600	46	6	4	3	32
Chicken Salad Sliders	3 sliders	490	21	1	0	50	690	51	7	9	3	27
Tuna Salad Sliders	3 sliders	490	21	2	0	15	640	45	6	4	3	29
Paninis	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Chicken & Provolone Panini	1 panini	480	21	6	0	90	1030	38	8	2	0	39
Ham & Swiss Panini	1 panini	490	20	5	0	60	1050	38	8	4	2	38
Roast Beef & Cheddar Panini	1 panini	490	21	8	0	90	790	37	8	3	0	40
Turkey & Provolone Panini	1 panini	480	21	6	0	80	1000	40	8	2	0	39
Portobello Hummus Panini	1 panini	340	12	1.5	0	0	470	48	12	8	0	17
Burgers	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Turkey Burger	1 burger	530	23	2	0	100	630	48	7	4	3	35
Black Black Bean Mushroom Burger	1 burger	450	16	1	0	0	780	60	9	5	3	19
Entrees	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
BBQ Shrimp & Cauliflower Grits	16.5 oz	430	20	7	0	245	970	27	7	2	0	37
Red Beans & Turkey Sausage with Brown Rice	13.5 oz	390	5	0.5	0	25	600	64	9	2	0	22
Shrimp Etouffe with Brown Rice	13.5 oz	330	7	1.5	0	75	440	51	5	2	0	17
Southwest Chicken Bowl	13.5 oz	380	8	1.5	0	95	460	47	7	2	0	29
Turkey Meatballs and Zoodles	12 oz	250	9	2	0	90	370	18	3	8	0	25
Stuffed Bell Peppers	12 oz	300	9	2	0	90	360	29	4	6	0	26
Lemon Garlic Salmon	4 oz	160	7	1	0	60	50	0	0	0	0	22
Pac Rim Glazed Salmon	4 oz	290	19	2	0	85	270	1	0	1	0	23
Roasted Garlic & Roasemary Sirloin	4 oz	260	19	6	0	80	50	1	0	0	0	20
Roasted Sirloin & Kale Chimichurri	4 oz	320	25	7	0	80	90	3	0	0	0	21
Mediterranean Chicken	4 oz	275	12	1	0	70	380	16	4	4	0	27
Sides	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Roasted Squash and Tomato Medley	4 oz	70	5	0.5	0	0	40	5	1	3	0	1
Roasted Roots	4 oz	80	4	0.5	0	0	170	10	3	6	0	2
Zoodles	5 oz	70	6	3.5	0	15	5	4	1	3	0	1
Broccoli	3 oz	80	6	3.5	0	15	30	6	2	1	0	2
Baby Lima Beans	4 oz	130	5	1.5	0	0	330	17	4	2	0	4
Stewed Okra	4 oz	80	4	1	0	0	320	11	2	3	0	2

Cauliflower Mash	4 oz	50	2	0	0	0	280	6	3	0	0	3
Maque Choux	4 oz	90	2.5	0.5	0	0	420	19	2	2	0	2
Pizza	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Cheese	1 pizza	560	23	14	0	105	690	56	3	8	0	24
Pepperoni	1 pizza	570	24	13	0	90	1040	56	3	8	0	24
Margherita	1 pizza	600	24	14	0	105	710	65	5	14	0	26
Roasted Vegetable	1 pizza	570	24	11	0	75	830	61	4	11	0	23
Roasted Roots	1 pizza	630	25	12	0	95	1300	67	6	14	0	29
Meat Lovers	1 pizza	650	30	15	0	115	1400	57	3	8	0	32
Cold Pressed Juices	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Autumn Fest	16 oz	180	1	0	0	0	5	50	0	44	0	2
Geaux Geaux	16 oz	90	0.5	0	0	0	10	24	0	17	0	3
Geaux Green	16 oz	80	1	0	0	0	135	18	0	13	0	6
Golden Heart	16 oz	170	1	0	0	0	180	41	0	35	0	5
Heart to Beet	16 oz	140	1	0	0	0	270	33	0	26	0	5
Sweggie	16 oz	170	1	0	0	0	150	43	0	31	0	4

