

Item Name	Svg Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Breakfast	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Fresh Start Breakfast with												
Eggs, Bacon & Grits	8.5 oz	380	28	10	0	345	890	12	0	2	0	19
Eggs, Sausage & Grits	10.5 oz	400	26	8	0	375	950	17	0	4	0	23
Egg Whites, Bacon & Grits	8.5 oz	250	13	5	0	30	650	10	0	0	0	19
Egg Whites, Sausage, & Grits	10.5 oz	270	12	4	0	60	720	14	0	2	0	24
Eggs, Bacon, & Oatmeal	8.5 oz	390	28	10	0	335	910	13	2	2	0	20
Eggs, Sausage & Oatmeal	10.5 oz	400	27	9	0	370	980	17	2	4	0	24
Egg Whites, Bacon & Oatmeal	8.5 oz	260	14	6	0	20	680	10	2	0	0	21
Egg Whites, Sausage, & Oatmeal	10.5 oz	270	12	4.5	0	55	750	15	2	2	0	25
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
Garden Egg White Souffle	2 souffles	130	0.5	0	0	0	270	9	3	5	0	18
5 Grain Rolled Oatmeal	8 oz	170	8	5	0	0	310	21	4	1	0	4
Avocado Toast	1 toast	240	11	2	0	0	310	30	10	4	0	9
Avocado Toast w/ Boiled Egg	1 toast	300	16	3.5	0	160	360	30	10	4	0	15
Avocado Toast w/ Scrambled Egg	1 toast	430	26	6	0	315	730	32	10	5	0	21
Eat Fit Blueberry Protein Muffin	1 muffin	320	17	9	0	50	380	27	10	14	2	18
Blueberry Yogurt Parfait	7.5 oz	200	7	0.5	0	5	100	14	2	7	0	21
Strawberry Yogurt Parfait	7.5 oz	190	8	0.5	0	5	100	12	2	6	0	21
Egg White & Sausage Scramble	7 oz	140	3.5	1	0	20	440	2	0	1	0	23
Soups	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Turkey Black Bean Chili	10 oz	230	7	1	0	35	950	24	7	7	0	20
Garden Vegetable Soup	10 oz	80	0	0	0	0	570	16	4	6	0	3
Beef & Barley Soup	10 oz	200	8	3	0	30	990	21	3	5	0	12
Broccoli & Cheese Soup	10 oz	240	16	10	0	45	490	17	3	5	0	10
Butternut Squash Soup	10 oz	170	7	2	0	0	670	27	4	6	0	2
Chicken & Turkey Sausage Gumbo with Brown Rice	10 oz	190	2.5	0	0	25	290	30	3	2	0	12
Chicken Tortilla Soup	10 oz	130	2.5	0	0	35	570	15	2	3	0	12
Fire Roasted Chili	10 oz	130	3	0	0	0	640	20	5	9	0	6
Shrimp & Crab Gumbo with Brown Rice	10 oz	190	3	0	0	60	360	29	4	3	0	12
Tomato Basil Soup	10 oz	150	4.5	1	0	0	400	24	2	9	0	3
White Bean & Chorizo Soup	10 oz	240	8	2	0	70	820	17	4	1	0	24
White Bean & Kale Soup	10 oz	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 Shrimp Wrap	1 wrap	680	32	10	0	170	1080	67	11	8	4	32
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
Veggie Wrap	1 wrap	550	29	10	0	0	540	65	12	7	0	11

Salads	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Small House Salad	1 salad	100	5	1	0	0	240	11	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
Caprese Salad	1 salad	220	15	7	0	40	460	9	2	6	3	11
Mediterranean Shrimp	1 salad	340	22	4	0	180	1100	13	3	4	1	27
Sonoma Chicken	1 salad	510	30	5	0	80	750	30	7	17	1	33
Asian Tuna	1 salad	500	29	3	0	45	430	26	8	12	4	36
Roasted Sirloin Bleu Cheese Wedge	1 salad	620	48	17	0	125	890	13	3	9	0	37
Salad Dressing	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	400	11	1.5	0	95	680	50	8	7	3	30
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
Ahi Tuna	3 sliders	480	15	1	0	45	620	49	9	6	3	38
Turkey Meatball	3 sliders	360	10	3	0	40	650	52	7	6	3	22
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
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
Prosciutto & Mozzarella Panini	1 panini	560	30	11	0	70	1760	39	9	2	0	32
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

Menu Entrees	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
BBQ Shrimp & Cauliflower Grits	11 oz	280	13	5	0	165	650	18	5	1	0	24
Red Beans with Brown Rice	13.5 oz	400	4.5	0	0	0	550	74	18	4	0	19
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
Mediterranean Shrimp Bowl	18 oz	560	22	4.5	0	180	940	63	7	6	1	32
Stuffed Bell Peppers	12 oz	300	9	2	0	90	360	29	4	6	0	26
Lemon Garlic Salmon	6 oz	240	10	2	0	90	190	0	0	0	0	36
Pacific Rim Glazed Salmon	7 oz	360	21	2	0	130	300	1	0	1	0	35
Roasted Garlic & Rosemary Sirloin	6 oz	400	29	10	0	130	90	1	0	0	0	34
Pesto Chicken	6.5 oz	260	11	2	0	110	190	1	0	0	0	37
BBQ Chicken	6.5 oz	170	2	0.5	0	80	170	4	0	1	0	31
Grab-n-Go Entrees	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
BBQ Chicken	13 oz	340	11	4.5	0	95	300	27	5	6	1	35
BBQ Shrimp & Cauliflower Grits	11 oz	280	13	5	0	165	650	18	5	1	0	24
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 & Zoodles	10 oz	260	10	2	0	90	200	4	1	3	0	38
Lemon Garlic Salmon & Vegetables	10 oz	280	12	2.5	0	130	125	5	1	3	0	36
Pesto Chicken	13 oz	480	18	3	0	105	210	33	4	3	0	45
Pacific Rim Glazed Salmon	11 oz	430	27	3	0	130	340	6	2	4	0	36
Portobello Veggie Plate	10.5 oz	210	10	1.5	0	0	170	29	5	8	0	6
Red Beans with Brown Rice	9 oz	270	3	0	0	0	360	50	12	3	0	12
Roasted Sirloin & Squash Medley	10 oz	480	34	11	0	135	130	6	2	3	0	35
Roasted Garlic & Rosemary Sirloin	9.5 oz	490	35	14	0	145	115	7	2	1	0	37
Sides	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Brown Rice	4 oz	125	1	0	0	0	5	26	2	0	0	3
Roasted Squash and Tomato Medley	4 oz	70	5	0.5	0	0	40	5	1	3	0	1
Roasted Sweet Potatoes	5 oz	150	4	0.5	0	0	160	28	4	6	0	2
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
Spicy Roasted Broccoli	4 oz	190	16	3	0	5	135	7	3	2	0	5
Southern Green Beans	4 oz	125	11	5	0	20	65	7	3	3	0	2
Quinoa Salad	4 oz	230	12	1	0	0	90	25	4	6	0	6
Cauliflower Mash	4 oz	50	2	0	0	0	280	6	3	0	0	3
Pizza	Serving Size	Calories	Total Fat	Saturated Fat	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	Protein
Cheese	1 pizza	500	18	10	0	75	780	56	3	8	0	22
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
Shrimp Pesto	1 pizza	700	37	11	0	200	1580	55	3	8	0	37
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
Holiday Glo	16 oz	170	0.5	0	0	0	5	45	0	34	0	2
Sweggie	16 oz	170	1	0	0	0	150	43	0	31	0	4
Watermelon Mint	16 oz	130	0.5	0	0	0	5	32	0	28	0	3