

# Nutritional Information

## **Sandwiches :**

### **Roasted Chicken Pesto and Cranberry Sandwich**

**Calories :** 608

**Protein :** 38 grams

**Carbs :** 52 grams

**Fat:** 27 grams

### **Brie Apple Honey Chicken Sandwich**

**Calories :** 677

**Protein :** 42 grams

**Carbs :** 56 grams

**Fat:** 31 grams

## **Bowls**

### **Honey Mustard Chicken Salad (32oz)**

Calories : 396

Carbohydrates : **28 grams**

Fats : **17 grams**

Protein **33 grams**

**Sauce on the side - Calories : 120 Protein : 2.7 grams Fats : 7.4 grams s Carbs : 10.8 grams**

### **Sunshine Soup (12oz)**

**Calories :** 187

**Carbohydrates :** 54 grams

**Protein :** 15 grams

**Fat:** 1 gram

### **Taco Box ( 32oz) ( two tortillas , 7oz taco stuffing )**

**Calories : 317**

Carbohydrates : **44 grams**

Protein : **20 grams**

Fat : **10 grams**

**Poke bowl with dressing :**

**472 calories**

**Protein.** : 20 grams

**Carbs** : 65 grams

**Fats** : 15 grams

**Yellow Coconut Curry :**

**Calories** : 398

**Protein** : 15 grams

**Carbs** : 70 grams

**Fats** : 8 grams

**Vegan Sushi Bowl**

**Calories** : 364

**Protein** : 21 grams

**Carbs** : 51 grams

**Fats** : 8 grams

**Dressing :**

**Calories** : 133 **Protein** : 0 **Fats** : 12 grams **Carbs** : 7 grams

**Sushi Bowl with Chicken**

**Calories** : 424

**Protein** : 38 grams

**Carbs** : 49 grams

**Fats** : 8 grams

**Dressing** - **Calories** : 133 **Protein** : 0 **Fats** : 12 grams **Carbs** : 7 grams

**Greek Bowl :**

**Calories** : 306

**Protein** : 11 grams

**Carbs** : 36 grams

**Fat** : 13 grams

**Sauce on the side** - **Calories** : 95 **Protein** : 2.2 grams **Fats** : 7 grams **Carbs** : 5.7 grams

**Greek Bowl w/ Roasted Chicken:**

**Calories** : 582

**Protein** : 52 grams

**Carbs** : 36 grams

**Fat** : 20 grams

**Sauce on the side** - **Calories** : 95 **Protein** : 2.2 grams **Fats** : 7 grams **Carbs** : 5.7 grams

### **Roasted Hippy Bowl**

**Calories : 388 ( add 140 with chicken)**

**Protein : 14 grams ( add 25 grams with chicken)**

**Carbs : 73 grams**

**Fat : 7 grams ( add 4 grams with chicken)**

**Sauce on the side - Calories : 120 Protein : 2.7 grams Fats : 7.4 grams s Carbs : 10.8 grams s**

### **Dilly Pasta Salad**

**Calories : 536**

**Protein : 12.7**

**Carbs : 89.9 grams**

**Fat: 13.7**

### **Deconstructed Burger Bowl :**

**Calories : 285**

**Protein : 31 grams**

**Carbs : 9 grams**

**Fat : 14 grams**

**Dressing - Calories : 201 Protein : 1 gram Fats : 17 grams Carbs : 14 grams**

### **Honey Hot Chicken**

Calories : 450

Protein: 46 grams

Carbs : 41 grams

Fat 11 grams

**Sauce on the side - Calories : 95 Protein : 2.2 grams Fats : 7 grams s Carbs : 5.7 grams**

### **Simple Well Box**

Calories : 376

Protein:51 grams

Carbs : 23 grams

**Sauce on the side - Calories : 95 Protein : 2.2 grams Fats : 7 grams s Carbs : 5.7 grams**

### **Vegan Mushroom Stroganoff**

**Calories : 294**

**Protein : 17 grams**

**Carbs : 46 grams**

**Fat : 7 grams**

**Roasted Asparagus Salad (w dressing)**

**Calories** : 475

**Protein** : 18 grams

**Carbs** : 55 grams

**Fats** : 23 grams

**Smokey Meatball Box**

Calories : 605

Protein:55 grams

Carbs :43 grams

Fat : 22 grams

BBQ Sauce on the side : 42 calories 12 carbs

**Almond Satay**

**Calories** : 488

**Protein** : 30 grams

**Carbs**: 70 grams

**Fats** : 15 grams

**Mexi Street Corn w/ Dressing ( recommended to add protein)**

**Calories** : 380

**Protein** : 15 grams

**Carbs**: 40 grams

**Fats** : 19 grams

**Lasagna Soup**

**Calories** : 528

**Protein** : 18 grams

**Carbs** : 57 grams

**Fat**: 20 grams

**Roasted Butternut Squash Salad**

**Calories** : 421

**Protein** : 16 grams

**Carbs** : 33 grams

**Fat**: 28 grams

**Peanut Chicken Crunch Salad ( with dressing)**

Calories : 586

Fat : 28.3 grams

Carbs : 26.7 grams

Protein : 55.6 grams

**Not Your Average Kale Salad w/ dressing**

**Calories** : 561

**Protein** : 25 grams

**Carbs** : 60 grams

**Fat**: 25 grams

**Gorgonzola Salad**

**Calories** : 433

**Protein** : 14 grams

**Carbs** : 40 grams

**Fat**: 26 grams

**Buddha Bowl**

**Calories** : 416

**Protein** : 18 grams

**Carbs** : 48 grams

**Fat**: 8 grams

**Turkey Meatball Box**

**Calories** : 522

**Protein** : 46 grams

**Carbs** : 47 grams

**Fat** : 19 grams

**Sauce on the side - Calories** : 120 **Protein** : 2.7 grams **Fats** : 7.4 grams **Carbs** : 10.8 grams

**Kale Chicken Caesar salad**

**Calories** : 524

**Protein** : 45.5 gams

**Carbs** : 33.4

**Fat**: 23.4

**Red Thai Curry w/ Paneer**

**Calories** : 553

**Protein** : 23 grams

**Carbs** : 60.3

**Fat**: 24.9