

Nutritional Information

Sandwiches :

BBQ Chicken Sandwich

Calories : 635

Protein : 40 grams

Carbs : 62 grams

Fat: 23 grams

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

Honey Mustard Chicken Salad (32oz) (397 calories)

Carbohydrates : **32 grams**

Fats : **17 grams**

Protein **31 grams**

Dressing (3.5 oz) - 115 calories

Carbohydrates : **3 grams**

Fat : **11 grams**

Sugar (naturally sweetened with organic maple syrup) : **2 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

Bolognese :

Calories 586

Protein - 29 grams

Carbs - 70 grams

Fat - 19 grams

Taco Salad including dressing and corn chips :

Calories 336 (+ 240 calories with ground beef)

protein : 10 grams (+28 grams with ground beef)

carbs : 36 grams

fat : 19 grams (+13 grams with ground beef)

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 : 263

Protein : 9 grams

Carbs : 41 grams

Fat : 8 grams

Dressing - **Calories** : 169 **Protein** : 1 gram **Fats** : 17 grams **Carbs** : 6 grams

Greek Bowl w/ Roasted Chicken:

Calories : 403

Protein : 34 grams

Carbs : 41 grams

Fat : 12 grams

Dressing - **Calories** : 169 **Protein** : 1 gram **Fats** : 17 grams **Carbs** : 6 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)

Dressing - **Calories** : 216 **Protein** : 1 gram **Fats** : 17 grams **Carbs** : 14 grams

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

Simple Well Box

Calories : 294

Protein : 35 grams

Carbs : 18 grams

Fats : 10 grams

Dressing - Calories : 169 Protein : 1 gram Fats : 17 grams Carbs : 6 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 and Spicy Meatball Box

Calories : 480

Protein : 40 grams

Carbs : 44 grams

Fat: 16 grams

Burrito Bowl dressing and corn chips :

Calories 486

protein : **15 grams**

carbs : **60 grams**

fat : **20 grams**

Lentil Meatballs w/ Spaghetti Squash

Calories : 301

Protein : 15 grams

Carbs : 60 grams

Fat : 3 grams

Santa Fe Salad w/ corn chips and dressing

Calories : 567

Protein : 14 grams

Carbs : 49 grams

Fat : 20 grams

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

Mango Paneer

Calories : 553

Protein : 20 grams

Carbs : 60 grams

Fat: 23 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