

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 **Carbs :** 10.8 grams

- **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 s **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 s **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

- **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 Zucchini 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

- **Mango Paneer**

Calories : 553 **Protein** : 20 grams **Carbs** : 60 grams **Fat**: 23 grams

- **Ginger Pineapple Turkey Stir Fry**

Calories : 621

Protein : 40 grams

Carbs : 59 grams

Fat: 20 grams

- **Gorgonzola Salad**

Calories : 433 **Protein :** 14 grams **Carbs :** 40 grams **Fat:** 26 grams

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

Calories : 561

Protein : 25 grams

Carbs : 60 grams

Fat: 25 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