

# 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**

**Honey Hot Chicken**

**Calories : 354**

**Protein : 35 grams**

**Carbs : 43 grams**

**Fats : 5 grams**

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

**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 : 25 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**

**Turkey Meatball Box**

**Calories : 629**  
**Protein : 55 grams**  
**Carbs : 55 grams**  
**Fat : 23 grams**

**Sauce on the side - Calories : 216 Protein : 1 gram Fats : 17 grams Carbs : 14 grams**

**Southwest Chicken Salad**

**Calories : 628**  
**Protein : 45grams protein**  
**Carbs : 40 grams carbs**  
**Fat: 23 grams fat**

