

# Nutritional Information

## **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**

**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