



MELTZ														
Chicken Parm (CALs 511)	DAIRY, WHEAT	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		40	160	15	135	54	216	511	6.5	0	89	883	8	5
Epic Chicken Meltz (CALs 690)	DAIRY, EGG, WHEAT	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		44	176	34	306	52	208	690	10	0	109	1066	6	6
Steak Meltz (CALs 489)	DAIRY, WHEAT,	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		36	144	17	153	48	192	489	5.25	0	58.5	908	0	3

WRAPS														
Vegetarian (CALs 380)	WHEAT	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		17	68	8	72	60	240	380	2.5	0	0	520	19	6
Meat&Taterz (CALs 664)	WHEAT, MILK, SOY.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		35	140	24	216	77	308	664	8.25	0	58.5	1620	8	5
Hammerhead (CALs 489)	WHEAT, MILK	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		38	152	13	117	55	220	489	26.5	300	65	925	1	3
BANG BANG SHRIMP (CALs 471)	WHEAT,SHELLFISH, SOY.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		29	116	7	63	73	292	471	2.5	0	165	1076	11	19
BUFFALO CHICKEN (CALs 648)	WHEAT, SOY, MILK.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		28	112	24	216	80	320	648	8.5	0	85	1433	6	1
WATCH YOUR WAIST (CALs 522)	WHEAT, MILK	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		46	184	14	126	53	212	522	6.5	0	89	1169	9	4
CHICKEN PESTO (CALs 545)	WHEAT, DAIRY	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		38	152	21	189	51	204	545	6.25	0	94	903	2.5	1

SNACKS														
BUFFALO CHICKEN DIP W/ "CHIPS" (CALs 391)	WHEAT, SOY, MILK	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		16	64	15	135	48	192	391	4	0	30	800	1	2
SUPERFOOD SALAD (CALs 96)	MILK	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		7	28	0	0	17	68	96	0	0	0	880	3.5	8
PRETZEL BITES W/QUESO (CALs 236)	WHEAT, MILK	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		8	32	4	36	42	168	236	2.25	0	12.5	375	1	2
BONELESS WINGS (CALs 382)	SOY	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		26	104	14	126	38	152	382	2	0	80	860	0	0

BURGER STYLES														
CLEANEATZ	WHEAT,MILK.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		18	72	16	144	44	184	392	5	0	100	1503	4	11
CHIPOTLE	WHEAT, MILK.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		10	40	9	81	52	208	329	0.5	0	60	864	4	11
TERIYAKI	WHEAT, SOY	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		10	40	6	54	60	232	326	0.5	0	60	1355	4	27

FLATBREADS														
BBQ CHICKEN (CALs 388)	WHEAT, MILK, SOY.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		32	128	12	108	38	152	388	4.5	0	89	838	1	24
PHILLY (CALs 358)	WHEAT, MILK, SOY.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		32	128	13	117	32	128	358	6.5	0	61	1101	1	5
BACON CHX RANCH (CALs 348)	WHEAT, MILK, SOY.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		39	156	14	126	33	132	348	5.5	0	109	848	1	1

MAKING MUSCLE														
BIG BOY 2.0 (CAL5 715)	WHEAT, SOY, MILK.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		57.5	230	18	162	80	320	715	7	0	126	1270	15	22
ARNOLD (CAL5 664)	WHEAT, MILK.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		50.5	202	28	252	52.5	210	664	11	0	84	1788	6	5
CLEAN MAC & CHEESE (CAL5 623)	WHEAT, MILK.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		51	204	23	197	53	212	623	8.25	0	119.5	1591	1	7

SIDES														
APPLES & PB DIP (CALs 132)	MILK, PEANUTS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		4	16	4	36	20	80	132	1.75	0	0.15625	82.1875	3	14.5
SWEET POTATO FRIES (CALs 176)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	Cals	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		1	4	8	72	25	100	176	1	0	0	330	3	6
MAC & CHEESE (CALs 233)	WHEAT, MILK	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	Cals	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		9	36	5	45	38	152	233	2.25	0	27.5	305	1	2
VEGGIE CUP (CALs 52)	MILK	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	Cals	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		4	16	0	0	9	36	52	0	0	0	440	1.5	5

BASES														
Brown Rice	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		4	16	1	9	36	144	169	0	0	0	5	4	0
Rosemary Potatoes	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		3	12	3	27	20	80	119	0.5	0	0	200	2	1
Kale & Quinoa	Wheat	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		4	16	4	36	26	104	156	0	0	0	350	3	1
Penne Pasta	WHEAT	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		6	24	1	9	36	144	177	0	0	15	45	1	1
Superfood Salad	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		3	12	0	0	8	32	44	0	0	0	30	2	1

PROTEINS														
Black Bean Patty (EACH)	SOY and Wheat	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		7	28	6	54	21	84	166			165	470		
Diced Chicken (4oz)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		20	80	2	18	1	4	102			55	390	7	2
Shredded Beef (4oz)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		25	100	7	63	3	12	175	1		60	400		1
Bison (4oz)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		34	136	9	81	0	0	217	3		80	90		2
Salmon (4oz)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		21	84	7	63	0	0	147	6		45	230		
Turkey Burger (Per patty)	NONE	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		32	128	12	108	2	8	244	3		65	65		
Shrimp (per 6 shrimp)	SHELLFISH	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		14	56	0	0	0	0	56	3		125	400		

VEGETABLES														
Honey Roasted Carrot	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		1	4	0	0	7	28	32						
Green Garbonzo Bean	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		2	8	1	9	5	20	37					7	1
Cucumber Salad	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		0	0	0	0	3	12	12	0	0	0	6	0	1
Spinach	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		1	4	0	1	1	4	7				22	1	
Red Onions	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		0	0	0	0	3	12	11				1		1
Brussels	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		0	0	0	1	1	4	12				16	1	
Broccoli	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		1	4	0	0	1	4	8				8	1	
Zucchini	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		0	0	0	0	4	16	15				1	1	
Green Peppers	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		0	0	0	0	1	4	5						1
Asparagus	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		1	4	0	0	1	4	6				1	1	1
Mushrooms	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		1	4	0	0	1	4	7				5		
Corn & Black Beans	None	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		1	4	0	0	4	16	28				85	1	

SAUCES														
Epic Sauce	EGG	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		1	4	11	99	6	24	127	1.5	0	10	280		5
CE Green Goddess	DAIRY	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		3	12	0	0	5	20	32				410		2
CE Chipotle Ranch	DAIRY, EGG.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		0	0	3	27	8	32	59						
CE Thai Peanut	PEANUT, SOY.	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		1	4	4	36	15	60	100				760		5
CE Sweet Chili	SOY	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		0	0	0	0	19	76	76				100		16
CE Teriyaki	SOY	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		0	0	0	0	13	52	52				500		11
Queso Sauce	Milk	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		3	12	4	36	2	8	56	2.25		12.5	260		1
Buffalo	EGG	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Trans Fat	Chol	Sodium	Fiber	Sugars
		0	0	5	70	0	0	70	1			100		

SMOOTHIES					
MUDSLIDE LATTE	DAIRY, SOY, TREE NUT	PROT G	FAT G	CARB G	CALS
		20	13.8	53	430
FROZEN CHOCOLATE BANANA	DAIRY, SOY, TREE NUT	PROT G	FAT G	CARB G	CALS
		21	6.3	40	270
DIRTY PEANUT	DAIRY, PEANUT, SOY, TREE NUT	PROT G	FAT G	CARB G	CALS
		26	7.3	28	250
BERRY BERRY GOOD	DAIRY, SOY, TREE NUT	PROT G	FAT G	CARB G	CALS
		20	4.8	44	290
TROPICAL BLISS	DAIRY, SOY, TREE NUT	PROT G	FAT G	CARB G	CALS
		20	4.8	41	290
ORANGE PUSHUP	DAIRY, SOY, TREE NUT	PROT G	FAT G	CARB G	CALS
		20	4.8	20	205
STRAW-NANA BLAST	DAIRY, SOY, TREE NUT	PROT G	FAT G	CARB G	CALS
		20	4.8	28	235
CHOCOLATE COVERED STRAWBERRY	DAIRY, SOY, TREE NUT	PROT G	FAT G	CARB G	CALS
		21	6.3	33	245