



	Calories	Fat	Carbohydrates	Protein
<b>BEEF GRAIN BOWL</b>	<b>384</b>	<b>20</b>	<b>25</b>	<b>26</b>
Low Carb	384	20	25	26
Extra Protein	451	23	26	35
Extra Protein + Low Carb	451	23	26	35
<b>MONTEREY CHICKEN</b>	<b>271</b>	<b>7</b>	<b>21</b>	<b>31</b>
Low Carb	271	7	21	31
Extra Protein	340	8	22	45
Extra Protein + Low Carb	340	8	22	45
<b>ROSEMARY FRY STEAKHOUSE BOWL</b>	<b>423</b>	<b>23</b>	<b>29</b>	<b>25</b>
Low Carb	308	17	7	23
Extra Protein	517	29	30	34
Extra Protein + Low Carb	322	18	8	32
<b>SEAFOOD MAC &amp; CHEESE</b>	<b>342</b>	<b>10</b>	<b>44</b>	<b>19</b>
Low Carb	205	9	16	15
Extra Protein	382	10	49	24
Extra Protein + Low Carb	223	7	17	23
<b>STICKY ASIAN CHICKEN</b>	<b>276</b>	<b>4</b>	<b>35</b>	<b>25</b>
Low Carb	179	3	14	24
Extra Protein	341	5	35	39
Extra Protein + Low Carb	248	4	15	38
<b>TURKEY SAUSAGE BREAKFAST</b>	<b>311</b>	<b>15</b>	<b>19</b>	<b>25</b>
Extra Protein	357	17	20	31
<b>BBQ CHICKEN PIZZA</b>	<b>739</b>	<b>27</b>	<b>85</b>	<b>39</b>