

EVERYTABLE



Nutrition Information

SALADS	2
HOT PLATES	3-4
BREAKFAST	5
WRAPS	6
SNACKS	7
BEVERAGES	8

SALADS

VEGAN RAINBOW SALAD (VG, GF)

INGREDIENTS

Lentil & Quinoa Mix [lentils (water, black lentil), quinoa (water, quinoa)], Carrot Ginger Dressing (carrot, canola oil, olive oil, rice vinegar, honey, ginger, orange juice, sesame oil, salt, xanthan gum), arugula, broccoli, Roasted Sweet Potatoes (sweet potato, canola oil, olive oil, salt, black pepper), Pickled Red Cabbage [red cabbage, brine (rice vinegar, brown sugar, water, salt)], carrot, Tamari Pepitas [pepitas, tamari (water, soybean, salt)]

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 54g (19% DV)
Calories: 450	Dietary Fiber: 9g (31% DV)
Total Fat: 24g (31% DV)	Total Sugars: 16g
Saturated Fat: 2g (11% DV)	Protein: 10g
Trans Fat: 0g	Vitamin D: (0% DV)
Cholesterol: 0mg (0% DV)	Calcium: (10% DV)
Sodium: 490mg (21% DV)	Iron: (20% DV)
	Potassium: (25%)

Contains: Soy

LEMON PEPPER CHICKEN CAESAR

INGREDIENTS

Caesar Salad Mix (romaine, red cabbage, arugula), Lemon Pepper Chicken [chicken, marinade (canola oil, olive oil, lemon juice, garlic, black pepper, salt)], Parmesan & Black Pepper Dressing [buttermilk, parmesan (skim milk, salt, rennet), canola oil, olive oil, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l. bulgaris, l. acidophilus), lemon juice, garlic, black pepper, salt, xanthan gum], Pita Crisps [enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, safflower oil, honey, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium), canola oil, olive oil, z'atar (sesame seeds, sumac, spices, salt), salt, cayenne pepper], lemon, thai basil

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 25g (9% DV)
Calories: 650	Dietary Fiber: 6g (21% DV)
Total Fat: 44g (56% DV)	Total Sugars: 5g (41% DV)
Saturated Fat: 8g (41% DV)	Protein: 42g
Trans Fat: 0g	Vitamin A: (140% DV)
Cholesterol: 140mg (46% DV)	Vitamin C: (70% DV)
Sodium: 1000mg (44% DV)	Vitamin D: (0% DV)
	Calcium: (15% DV)
	Iron: (40% DV)

Contains: Milk, Wheat

BUFFALO CHICKEN SALAD (GF)

INGREDIENTS

Romaine Lettuce, Red Cabbage, Arugula, Buffalo-Style Chicken [chicken, marinade (garlic, lemon juice, canola oil, olive oil, salt, dried oregano, black pepper, smoked paprika)], Pickled Cucumbers and Shallots [cucumber, pickling liquid (white vinegar, water, salt, mustard seed, dried dill), shallot], Buffalo Blue Cheese Dressing {buffalo sauce [vinegar, cayenne pepper, salt, water, modified food starch, canola oil, paprika, carrot fiber, xanthan gum, natural butter flavor, garlic powder], gorgonzola cheese [pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose, natamycin], parmesan dressing [buttermilk, parmesan (skim milk, salt, rennet), canola oil, olive oil, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l. bulgaris, l. acidophilus), lemon juice, garlic, black pepper, salt, xanthan gum], buttermilk, xanthan gum}, carrot, radish, parsley

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 16g (6% DV)
Calories: 350	Dietary Fiber: 4g (16% DV)
Total Fat: 17g (22% DV)	Total Sugars: 5g (27% DV)
Saturated Fat: 5g (27% DV)	Protein: 31g
Trans Fat: 0g	Vitamin D: (0% DV)
Cholesterol: 115mg (38% DV)	Calcium: (10% DV)
Sodium: 1450mg (63% DV)	Iron: (20% DV)
	Potassium: (20%)

CONTAINS: Milk

SALMON SUPERFOOD SALAD

INGREDIENTS

Roasted Salmon (salmon, canola oil, olive oil, salt, black pepper), Lentil & Quinoa Mix (lentil, quinoa, water, salt), Carrot Ginger Dressing (carrot, canola oil, olive oil, rice vinegar, honey, ginger, orange juice, sesame oil, salt, xanthan gum), arugula, broccoli, Roasted Sweet Potato (sweet potato, canola oil, olive oil, salt, black pepper), Pickled Red Cabbage (red cabbage, rice vinegar, brown sugar, water, salt), carrot, Tamari Pumpkin Seeds [pumpkin seed, tamari (water, soybean, salt)], hemp seed

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 51g (19% DV)
Calories: 620	Dietary Fiber: 8g (30% DV)
Total Fat: 36g (46% DV)	Total Sugars: 15g
Saturated Fat: 3.5g (18% DV)	Protein: 27g
Trans Fat: 0g	Vitamin A: (80% DV)
Cholesterol: 45mg (16% DV)	Vitamin C: (150% DV)
Sodium: 750mg (33% DV)	Vitamin D: (0% DV)
	Calcium: (10% DV)
	Iron: (20% DV)

Contains: Fish (Salmon), Soy

TANGY BBQ CHICKEN SALAD (GF)

INGREDIENTS

BBQ Chicken (chicken, marinade [ketchup, unsulphered molasses, lemon juice, brown sugar, worcestershire sauce (apple cider vinegar, unsulphered molasses, tamari [water, soybeans, salt], water, sugar, salt, tamarind, ginger, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor), tomato paste, chipotle in adobo (chipotle peppers, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices)], salt, garlic powder, black pepper), romaine, BBQ Ranch Dressing {mayonnaise [soybean oil, water, egg, vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors], mustard [distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder], sour cream, cider vinegar, ketchup, brown sugar, buttermilk, lemon juice, green onion, salt, parsley, worcestershire sauce [apple cider vinegar, unsulphered molasses, tamari (water, soybeans, salt), water, sugar, salt, tamarind, ginger, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor], chili powder, black pepper, onion powder, garlic powder, smoked paprika, chipotle in adobo [chipotle peppers, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices]], cherry tomatoes, Fire Roasted Corn & Scallion Mix [fire roasted corn (corn, canola oil, olive oil), green onion, parmesan cheese, cilantro, salt, black pepper], cucumber, red cabbage, red bell pepper, spinach, carrot, Tortilla Strips (corn masa flour, safflower and/or sunflower oil, salt, trace of lime)

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 34g (12% DV)
Calories: 380	Dietary Fiber: 5g (18% DV)
Total Fat: 14g (18% DV)	Total Sugars: 11g
Saturated Fat: 3.5g (18% DV)	Protein: 28g
Trans Fat: 0g	Vitamin D: (0% DV)
Cholesterol: 105mg (34% DV)	Calcium: (10% DV)
Sodium: 1000mg (43% DV)	Iron: (20% DV)
	Potassium: (20%)

CONTAINS: Eggs, Milk, Soy

HOT PLATES

CHIMICHURRI CHICKEN

INGREDIENTS

Brown Rice (water, brown rice, canola oil, olive oil), Black Beans (water, black beans, onion, garlic, canola oil, olive oil, chipotle chili powder, cumin, salt, black pepper, coriander, smoked paprika), Smoked Chicken [chicken, marinade (canola oil, olive oil, white vinegar, ginger, onion, brown sugar, water, garlic, habanero, allspice, dried thyme, black pepper)], Roasted Corn & Hominy Salsa [hominy (hominy, water, salt, sodium bisulfite), corn, poblano pepper, canola oil, olive oil, lime juice, cilantro, salt, smoked paprika, black pepper], Roasted Peppers and Onions (red bell pepper, onion, canola oil, olive oil, black pepper, salt), Chimichurri Dressing (canola oil, olive oil, cilantro, parsley, lemon juice, garlic, serrano chili, salt, xanthan gum), lemon, green onion

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 68g (25% DV)
Calories: 830	Dietary Fiber: 10g (34% DV)
Total Fat: 51g (66% DV)	Total Sugars: 8g
Saturated Fat: 8g (38% DV)	Total Sugars: 8g
Trans Fat: 0g	Protein: 29g
Cholesterol: 90mg (30% DV)	Vitamin D: (0% DV)
Sodium: 900mg (39% DV)	Calcium: (8% DV)
	Iron: (30% DV)
	Potassium: (20% DV)

MEDITERRANEAN GRAIN BOWL

INGREDIENTS

Mediterranean Grain Salad (Steamed Farro (New) (water, farro), red onion, lemon juice, canola oil, olive oil, Italian parsley, fresh cilantro, kosher salt, ground black pepper), Cooked Souvlaki Chicken (boneless skinless chicken breasts, Souvlaki Marinade (peeled garlic, lemon juice, canola oil, olive oil, kosher salt, dried oregano, ground black pepper, smoked paprika)), Souvlaki Veggie Medley (yellow squash, zucchini, button, pre-sliced mushroom, Souvlaki Marinade (peeled garlic, lemon juice, canola oil, olive oil, kosher salt, dried oregano, ground black pepper, smoked paprika)), Tzatziki (greek style yogurt, Grated & Drained Cucumber (hothouse cucumber), canola oil, olive oil, lemon juice, peeled garlic, kosher salt, leaves mint (fresh mint), fresh dill), Roasted Red Pepper (red bell pepper, extra virgin olive oil, peeled garlic, kosher salt, ground black pepper), feta, mt. olympus cheese, Italian parsley

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 47g (17% DV)
Calories: 530	Dietary Fiber: 9g (32% DV)
Total Fat: 23g (29% DV)	Total Sugars: 5g
Saturated Fat: 6g (28% DV)	Protein: 33g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 80mg (27% DV)	Vitamin D: (0% DV)
Sodium: 1170mg (51% DV)	Calcium: (10% DV)
	Iron: (15% DV)

Contains: Milk, Wheat

PORTABELLA STIR FRY (VG)

INGREDIENTS

Black Rice (water, black rice), Marinated Mushrooms & Peppers [roasted mushrooms [mushrooms, canola oil, olive oil], marinade [soy sauce, yamasa (water, wheat, soybeans, salt, alcohol, vinegar, lactic acid), brown sugar, rice vinegar, ginger, garlic, xanthan gum], roasted peppers and onions [bell pepper, onion, canola oil, olive oil, black pepper, salt], green onion, salt], Roasted Green Beans (green bean, sesame oil, shallot, garlic, ginger, salt, black pepper), baby spinach, Soy Dressing [soy sauce, yamasa (water, wheat, soybeans, salt, alcohol, vinegar, lactic acid), brown sugar, rice vinegar, ginger, garlic, xanthan gum], Crispy Onions [onions, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower, safflower and/or canola oil, salt], thai basil

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 79g (29% DV)
Calories: 590	Dietary Fiber: 9g (33% DV)
Total Fat: 27g (35% DV)	Total Sugars: 11g
Saturated Fat: 1.5g (8% DV)	Protein: 15g
Trans Fat: 0g	Vitamin D: (0% DV)
Cholesterol: 0mg (0% DV)	Calcium: (15% DV)
Sodium: 1170mg (51% DV)	Iron: (30% DV)
	Potassium: (15% DV)

Contains: Soy, Wheat

PUEBLA CHICKEN TINGA (GF)

INGREDIENTS

Chicken Tinga (Boneless Skinless Chicken Thighs, Tomato Puree, Water, Spanish Onion, Chipotle In Adobo, Cider Vinegar, Peeled Garlic, Kosher Salt, Cornstarch), Black Beans (Water, Black Dry Beans, Spanish Onion, Peeled Garlic, Canola Oil, Olive Oil, Chipotle Chili Powder, Ground Cumin, Kosher Salt, Ground Black Pepper, Ground Coriander, Smoked Paprika), Chayote Blend (Chayote Squash, Green Bell Pepper, Red Bell Pepper, Spanish Onion, Canola Oil, Olive Oil, Ground Black Pepper, Chipotle Chili Powder, Ground Cumin), Lentil & Quinoa Mix (Cooked Lentils [Water, Lentils], Tricolor Quinoa, Fresh Cilantro

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 41g (14% DV)
Calories: 510	Dietary Fiber: 9g (36% DV)
Total Fat: 24g (38% DV)	Total Sugars: 6g
Saturated Fat: 6g (31% DV)	Protein: 35g
Trans Fat: 0g	Vitamin A: (2% DV)
Cholesterol: 115mg (38% DV)	Vitamin C: (60% DV)
Sodium: 1020mg (42% DV)	Vitamin D: (0% DV)
	Calcium: (10% DV)
	Iron: (30% DV)

Contains: Soy

TRAP KITCHEN CURRY CHICKEN (GF)

INGREDIENTS

Boneless Skinless Chicken Thighs, Water, Brown Rice, Carrots, Yokon Gold Potatoes, Baby Spinach, Spanish Onion, Canned Coconut Milk, Canola Oil, Olive Oil, Green Onion, Lemon Juice, Peeled Garlic, Kosher Salt, Curry Powder, Ground Black Pepper, Habanero Chili, Dried Thyme

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 68g (23% DV)
Calories: 850	Dietary Fiber: 8g (33% DV)
Total Fat: 53g (82% DV)	Total Sugars: 7g
Saturated Fat: 15g (73% DV)	Protein: 29g
Trans Fat: 0g	Vitamin A: (15% DV)
Cholesterol: 100mg (34% DV)	Vitamin C: (70% DV)
Sodium: 1200mg (50% DV)	Vitamin D: (0% DV)
	Calcium: (15% DV)
	Iron: (40% DV)

Contains: Tree Nuts (Coconut)

CARNITAS BOWL (GF)

INGREDIENTS

Cooked Brown Rice (water, brown rice, canola oil, olive oil), BBQ Pulled Pork (boneless pork butt, water, BBQ Pulled Pork Marinade (ketchup, molasses, lemon juice, brown sugar, vegan worcestershire sauce, tomato paste, chipotle in adobo), kosher salt, garlic powder, ground black pepper), Roasted Corn & Black Bean Salsa (Black Bean Salad (black beans, red onion, Roasted Poblano (poblano pepper, extra virgin olive oil), fresh cilantro, kosher salt, ground black pepper), fire roasted corn, red canned pepper, lime juice, fresh cilantro, kosher salt), Homeboy Salsa Verde (Revised) (Cooked Tomatillos (tomatillo, canola oil, olive oil), water, fresh cilantro, serrano chili, kosher salt, peeled garlic), feta cheese, Homeboy Pickled Onion (Yield Red Onion (red onion), lime juice, kosher salt, habanero chili), fresh cilantro

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 69g (25% DV)
Calories: 710	Dietary Fiber: 8g (28% DV)
Total Fat: 29g (38% DV)	Total Sugars: 9g
Saturated Fat: 11g (54% DV)	Protein: 42g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 115mg (39% DV)	Vitamin D: (6% DV)
Sodium: 1480mg (64% DV)	Calcium: (15% DV)
	Iron: (25% DV)

Contains: Milk, Soy

HOT PLATES

SPAGHETTI (SQUASH) & MEATBALLS (GF)

INGREDIENTS

Cooked Spaghetti Squash (Spaghetti Squash), Turkey Meatballs (Ground Turkey, Spanish Onion, Pasteurized Egg, Peeled Garlic, Italian Parsley, Kosher Salt, Garlic Powder, Italian Powder, Fresh Sage, Ground Black Pepper), Marinara (Tomato Puree, Spanish Onion, Tomato Paste, Canola Oil, Olive Oil, Peeled Garlic, Fresh Basil, Sherry Vinegar, Xanthan Gum, Kosher Salt, Ground Black Pepper), Parmesan Cheese, Italian Parsley

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 28g
Calories: 410	(10% DV)
Total Fat: 20g	Dietary Fiber: 5g
(25% DV)	(19% DV)
Saturated Fat: 6g	Total Sugars: 9g
(28% DV)	Protein: 32g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 145mg	Vitamin C: (0% DV)
(48% DV)	Vitamin D: (0% DV)
Sodium: 1030mg	Calcium: (15% DV)
(45% DV)	Iron: (15% DV)

Contains: Milk, Eggs

BUTTER CHICKEN (GF)

INGREDIENTS

Butter Chicken [tomato puree (tomato, citric acid), chicken breast, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l. bulgaris, l. acidophilus), onion, heavy cream, unsalted butter, ginger, garlic, garam masala (cardamom, black pepper, cumin, cinnamon, cayenne), salt, serrano chili, chinese 5 spice (anise, cinnamon, clove, ginger, star anise, sulfiting agents), smoked paprika, turmeric], Basmati Pilaf [rice (water, rice, canola oil, olive oil), raisins, almonds, lime juice, cilantro], Roasted Green Beans (green bean, sesame oil, shallot, garlic, ginger, salt, black pepper), cashews, cilantro, sesame seeds

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 87g
Calories: 900	(32% DV)
Total Fat: 48g	Dietary Fiber: 10g
(61% DV)	(36% DV)
Saturated Fat: 16g	Total Sugars: 24g
(78% DV)	Protein: 36g
Trans Fat: 0g	Vitamin A: (45% DV)
Cholesterol: 130mg	Vitamin C: (70% DV)
(43% DV)	Vitamin D: (0% DV)
Sodium: 1990mg	Calcium: (15% DV)
(87% DV)	Iron: (45% DV)

Contains: Milk, Tree Nuts (Cashews, Almonds)

TURKEY TACO BOWL (GF)

INGREDIENTS

Cooked Brown Rice (water, brown rice, canola oil, olive oil), Taco Style Turkey (ground, 90/10 turkey, fire roasted tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), Spanish onion, water, lime juice, canola oil, olive oil, Adobo Spice Mix (kosher salt, smoked paprika, onion powder, ground black pepper, garlic powder, ground cumin, chipotle chili powder, dried oregano), chipotle in adobo (chipotle peppers, water tomato paste, vinegar, iodized salt, sugar, RBD vegetable soybean oil, starch, dressing concentrate and spices), peeled garlic, fresh cilantro, cornstarch, kosher salt), Black Beans (water, black dry beans, Spanish onion, peeled garlic, canola oil, olive oil, chipotle chili powder, ground cumin, kosher salt, ground black pepper, ground coriander, smoked paprika), Roasted Corn Salad (fire roasted corn (Super Sweet Corn, Vegetable Oil (Canola Oil, Olive Oil)), red canned pepper, lime juice, fresh cilantro, kosher salt), Chili-Lime Crema (cream, sour, rockview (cultured pasteurized grade a milk, grade a cream, stabilizer), lime juice, peeled garlic, chipotle chili powder, kosher salt), cheddar, sharp, pre-shredded cheese, fresh cilantro

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 83g
Calories: 700	(30% DV)
Total Fat: 28g	Dietary Fiber: 9g
(36% DV)	(31% DV)
Saturated Fat: 11g	Total Sugars: 6g
(55% DV)	Protein: 29g
Trans Fat: 0g	Vitamin A: (20% DV)
Cholesterol: 95mg	Vitamin C: (15% DV)
(32% DV)	Vitamin D: (0% DV)
Sodium: 1080mg	Calcium: (20% DV)
(47% DV)	Iron: (25% DV)

Contains: Milk, Soy

HOMEGIRL SALMON ADOBO

INGREDIENTS

Roasted cauliflower rice (riced cauliflower (cauliflower), Sautéed Onion (Spanish onion, canola oil, olive oil, kosher salt), lime juice, canola oil, olive oil, peeled garlic, fresh cilantro, kosher salt, ground black pepper), Adobo Salmon (Atlantic Salmon, Adobo Spice Mix (kosher salt, smoked paprika, onion powder, ground black pepper, garlic powder, ground cumin, chipotle chili powder, dried oregano), canola oil, olive oil), Homeboy Salsa Verde (Cooked Tomatillos (tomatillo, canola oil, olive oil), water, fresh cilantro, serrano chili, kosher salt, peeled garlic), Chili Lime Chickpeas (chickpeas, lime juice, canola oil, olive oil, smoked paprika, kosher salt, cayenne pepper), baby spinach, Homeboy Pickled Onion (red onion), lime juice, kosher salt, habanero chili), fresh cilantro

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 40g
Calories: 440	(15% DV)
Total Fat: 20g	Dietary Fiber: 12g
(25% DV)	(44% DV)
Saturated Fat: 2g	Total Sugars: 11g
(10% DV)	Protein: 31g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 55mg	Vitamin C: (0% DV)
(18% DV)	Vitamin D: (0% DV)
Sodium: 1200mg	Calcium: (172% DV)
(52% DV)	Iron: (30% DV)

Contains: Fish (Salmon)

BREAKFAST

MONICA'S BREAKFAST BURRITO (V)

INGREDIENTS

Chile & Onion Wrap [enriched unbleached wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat), mono & diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme, onion powder, red pepper flakes, white vinegar, oat fiber, sugar, malted barley flour, cellulose gum], Black Beans (black beans, water, salt), Scrambled Eggs [whole egg (whole egg, citric acid, water), salt], Brown Rice Mix [brown rice (water, brown rice, canola oil, olive oil), onion, cilantro], Monterey Jack Cheese (pasteurized milk, cheese culture, salt, enzymes, potato starch, corn starch, powdered cellulose), Salsa Roja [tomato, garlic, canola oil, olive oil, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices), urfa chili, rehydrated dried chipotle]

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 78g (28% DV)
Calories: 610	Dietary Fiber: 6g (23% DV)
Total Fat: 12g (15% DV)	Total Sugars: 1g
Saturated Fat: 11g (55% DV)	Protein: 31g
Trans Fat: 0g	Vitamin A: (30% DV)
Cholesterol: 185mg (61% DV)	Vitamin C: (40% DV)
Sodium: 840mg (36% DV)	Vitamin D: (6% DV)
	Calcium: (6% DV)
	Iron: (15% DV)

CONTAINS: Eggs, Milk, Soy, Wheat

SCRAMBLED EGGS & VEGGIES (GF)

INGREDIENTS

Roasted Potato Hash (sweet potato, yukon gold potato, canola oil, olive oil, salt, black pepper, garlic, dried thyme), Scrambled Eggs [whole egg (whole egg, citric acid, water), salt], Roasted Mushrooms (mushrooms, canola oil, olive oil, salt, black pepper), cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto, potato starch, powdered cellulose) Salsa Roja [tomato, garlic, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, RBD vegetable soybean oil, starch, dressing concentrate, spices), urfa chili, dried chipotle, canola oil, olive oil], spinach

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 31g (11% DV)
Calories: 420	Dietary Fiber: 5g (19% DV)
Total Fat: 26g (34% DV)	Total Sugars: 3g
Saturated Fat: 9g (43% DV)	Protein: 20g
Trans Fat: 0g	Vitamin D: (8% DV)
Cholesterol: 240mg (80% DV)	Calcium: (25% DV)
Sodium: 820mg (36% DV)	Iron: (20% DV)
	Potassium: (25% DV)

CONTAINS: Eggs, Milk

TURKEY SAUSAGE & EGG WHITE WRAP

INGREDIENTS

Low Sodium Tortilla [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Scrambled Egg Whites (liquid egg whites), mozzarella cheese (mozzarella cheese (pasteurized milk, skim milk, salt, cheese cultures, enzymes, powdered cellulose, natamycin), turkey maple sausage [turkey, maple syrup, seasoning (salt, dextrose, spice extractives), sodium nitrite, natural sheep casings], spinach, crispy onions [onions, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sunflower, safflower and/or canola oil, salt], sundried tomatoes (tomato, sulfur dioxide)

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 71g (26% DV)
Calories: 660	Dietary Fiber: 4g (14% DV)
Total Fat: 28g (37% DV)	Total Sugars: 4g
Saturated Fat: 9g (44% DV)	Protein: 31g
Trans Fat: 0g	Vitamin D: (0% DV)
Cholesterol: 50mg (16% DV)	Calcium: (2% DV)
Sodium: 1170mg (51% DV)	Iron: (30% DV)
	Potassium: (10% DV)

CONTAINS: Eggs, Milk, Soy, Wheat

OATS WITH FRUIT & NUTS (VG, GF)

INGREDIENTS

Overnight Quinoa & Oats [almond milk (water, almonds), tricalcium phosphate, salt, sunflower lecithin, xanthan gum, guar gum, vitamin a palmitate, vitamin d2 (ergocalciferol), quinoa (water, quinoa), rolled oats, maple syrup, chia seed, vanilla extract], dried cranberries, cashews, pepitas

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 67g (24% DV)
Calories: 480	Dietary Fiber: 11g (38% DV)
Total Fat: 20g (25% DV)	Total Sugars: 28g
Saturated Fat: 2.5g (13% DV)	Protein: 12g
Trans Fat: 0g	Vitamin D: (0% DV)
Cholesterol: 0mg (0% DV)	Calcium: (36% DV)
Sodium: 105mg (5% DV)	Iron: (10% DV)
	Potassium: (8% DV)

CONTAINS: Tree Nuts (Cashews, Almonds)

SOUTHWEST BREAKFAST BOWL (V, GF)

INGREDIENTS

Roasted Peppers and Onions (red bell pepper, onion, canola oil, olive oil, black pepper, salt), Roasted Potatoes (potato, canola oil, olive oil, garlic, salt, dried thyme), Scrambled Eggs [whole egg (whole egg, citric acid, water), salt], Salsa Verde (tomatillo, canola oil, olive oil, water, cilantro, serrano chili, salt, garlic), cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color), potato starch, powdered cellulose (added to prevent caking)], green onion

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 23g (8% DV)
Calories: 380	Dietary Fiber: 4g (15% DV)
Total Fat: 26g (33% DV)	Total Sugars: 6g
Saturated Fat: 8g (38% DV)	Protein: 16g
Trans Fat: 0g	Vitamin D: (6% DV)
Cholesterol: 235mg (78% DV)	Calcium: (20% DV)
Sodium: 1150mg (50% DV)	Iron: (15% DV)
	Potassium: (15% DV)

CONTAINS: Eggs, Milk

WRAPS

PESTO CHICKEN

INGREDIENTS

Low Sodium Tortilla Wrap [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Pesto Chicken {chicken, canola oil, olive oil, lemon juice, garlic, black pepper, salt, pesto aioli [mayonnaise (soybean oil, water, egg, vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors), canola oil, olive oil, basil, mint, water, garlic, parmesan, lemon juice, salt]}, Mozzarella (mozzarella, canola oil, olive oil, salt, black pepper), Mixed Greens (romaine, red cabbage, arugula), Roasted Red Pepper (red bell pepper, canola oil, olive oil, garlic, salt, black pepper), sun dried tomato

NUTRITION INFORMATION

Serving Size: 1 Serving	Total Carbohydrate: 61g (20% DV)
Calories: 810	Dietary Fiber: 4g (16% DV)
Total Fat: 46g (70% DV)	Total Sugars: 4g
Saturated Fat: 10g (50% DV)	Protein: 34g
Trans Fat: 0g	Vitamin A: (45% DV)
Cholesterol: 110mg (37% DV)	Vitamin C: (70% DV)
Sodium: 1050mg (44% DV)	Vitamin D: (0% DV)
	Calcium: (20% DV)
	Iron: (30% DV)

CONTAINS: Milk, Egg, Soy, Wheat

SPICED POTATO & CHICKPEA (VG)

INGREDIENTS

Low Sodium Tortilla [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Spiced Potato Salad [roasted yukon gold potatoes (potato, canola oil, olive oil, garlic, salt, dried thyme), peas, roasted sweet potatoes (yam, canola oil, olive oil, salt, black pepper), golden raisins, veganaise (expeller-pressed canola oil, water, brown rice syrup, apple cider vinegar, soy protein, salt, mustard flour, lemon juice concentrate), lemon juice, ginger, lime juice, coriander, cumin, fennel, garam masala (cardamom, black pepper, cumin, cinnamon, cayenne), serrano chili, cayenne pepper], Cilantro Ginger Chickpeas {chickpeas, cilantro ginger sauce [cilantro, veganaise (expeller-pressed canola oil, water, brown rice syrup, apple cider vinegar, soy protein, salt, mustard flour, lemon juice concentrate), ginger, lemon juice, brown sugar, canola oil, olive oil, mint, cumin, salt, serrano chili, coriander, black pepper], hummus [chickpeas (water, chickpeas), water, tahini (ground sesame), soybean oil, garlic, salt, citric acid, potassium sorbate], lemon juice, salt}, cucumber, Pickled Carrots [carrots, pickling liquid (brown sugar, distilled white vinegar)], green onion

NUTRITION INFORMATION

Serving Size: 1 Serving	Total Carbohydrate: 116g (42% DV)
Calories: 810	Dietary Fiber: 15g (55% DV)
Total Fat: 30g (38% DV)	Total Sugars: 15g (15% DV)
Saturated Fat: 3g (15% DV)	Protein: 20g
Trans Fat: 0g	Vitamin D: (0% DV)
Cholesterol: 0mg (0% DV)	Calcium: (10% DV)
Sodium: 1060mg (46% DV)	Iron: (50% DV)
	Potassium: (25% DV)

CONTAINS: Soy, Wheat

CARNITAS (enjoy warm)

INGREDIENTS

Verde Rice [brown rice (water, brown rice, canola oil, olive oil), onion, cilantro, salsa verde (tomatillo, green bell pepper, onion, lime juice, canola oil, olive oil, garlic, cilantro, jalapeño, salt, water)], Low Sodium Tortilla Wrap [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Pulled Pork {pork, water, marinade [ketchup, molasses, lemon juice, brown sugar, worcestershire sauce (apple cider vinegar, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Molasses, tamar, water, cane sugar, salt, tamarind, ginger, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor}, tomato paste, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate and spices)], salt, garlic powder, black pepper}, cheddar cheese, Roasted Peppers and Onions (red bell pepper, onion, canola oil, olive oil, black pepper, salt), Salsa Roja [tomato, garlic, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices), urfa chili, rehydrated dried chipotle, canola oil, olive oil]

NUTRITION INFORMATION

Serving Size: 1 Serving	Total Carbohydrate: 86g (29% DV)
Calories: 780	Dietary Fiber: 6g (22% DV)
Total Fat: 34g (53% DV)	Total Sugars: 5g
Saturated Fat: 12g (58% DV)	Protein: 33g
Trans Fat: 0g	Vitamin A: (45% DV)
Cholesterol: 80mg (26% DV)	Vitamin C: (90% DV)
Sodium: 1210mg (50% DV)	Vitamin D: (4% DV)
	Calcium: (25% DV)
	Iron: (30% DV)

CONTAINS: Milk, Soy, Wheat

BUFFALO CHICKEN

INGREDIENTS

Buffalo Chicken Mix {chicken breast [chicken, marinade (canola oil, olive oil, lemon juice, garlic, black pepper, salt)], buffalo dressing [buffalo sauce (distilled vinegar, cayenne, salt, water, food starch, canola oil, paprika, carrot fiber, xanthan gum, natural butter type flavor, garlic powder), gorgonzola cheese (pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose, natamycin)], parmesan dressing [buttermilk, parmesan (skim milk, salt, rennet), canola oil, olive oil, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l. bulgaris, l. acidophilus), lemon juice, garlic, black pepper, salt, xanthan gum, buttermilk]}, Low Sodium Tortilla Wrap [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Caesar Salad Mix (romaine, red cabbage, arugula), carrot, cucumber, Buffalo Dressing [buffalo sauce (distilled vinegar, cayenne, salt, water, food starch, canola oil, paprika, carrot fiber, xanthan gum, natural butter type flavor, garlic powder), gorgonzola cheese (pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose, natamycin)], parmesan dressing [buttermilk, parmesan (skim milk, salt, rennet), canola oil, olive oil, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l. bulgaris, l. acidophilus), lemon juice, garlic, black pepper, salt, xanthan gum, buttermilk]}

NUTRITION INFORMATION

Serving Size: 1 Serving	Total Carbohydrate: 61g (20% DV)
Calories: 620	Dietary Fiber: 4g (17% DV)
Total Fat: 26g (40% DV)	Total Sugars: 3g
Saturated Fat: 6g (31% DV)	Protein: 32g
Trans Fat: 0g	Vitamin A: (140% DV)
Cholesterol: 100mg (33% DV)	Vitamin C: (25% DV)
Sodium: 1280mg (53% DV)	Vitamin D: (6% DV)
	Calcium: (8% DV)
	Iron: (30% DV)

CONTAINS: Milk, Soy, Wheat

SNACKS

VEGAN FUDGE BROWNIE (VG, GF)

INGREDIENTS

Unsalted Almond Butter, Coconut Sugar, Maple Syrup, Coconut Oil, Cocoa Powder, Vanilla Extract, Baking Soda, Gluten Free Flour [Oat Flour (Whole Grain Oats)], Ground Flax Seed, Dark Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla Extract), Salt

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 28g (9% DV)
Calories: 227	Dietary Fiber: 2g (7% DV)
Total Fat: 12g (18% DV)	Total Sugars: 18g
Saturated Fat: 5g (25% DV)	Protein: 5g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 4mg (1% DV)	Vitamin C: (0% DV)
Sodium: 116mg (5% DV)	Vitamin D: (0% DV)
	Calcium: (3% DV)
	Iron: (3% DV)

Contains: Tree Nuts (Almond & Coconut)

ENERGY BAR (V, GF)

INGREDIENTS

Gluten-free rolled oats, date paste, roasted chopped almonds, cacao nibs, almond butter, honey, softened coconut oil, water, ground flax, vanilla extract, cinnamon, sea salt, baking soda, a'peels deco chocolate

NUTRITION FACTS

Serving Size: 1 Portion	Total Carbohydrate: 24g (8% DV)
Calories: 178	Dietary Fiber: 3g (12% DV)
Total Fat: 9g (14% DV)	Total Sugars: 13g
Saturated Fat: 4g (21% DV)	Protein: 3g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (0% DV)
Sodium: 80mg (3% DV)	Vitamin D: (0% DV)
	Calcium: (3% DV)
	Iron: (5% DV)

Contains: Tree Nuts (Almonds, Coconut)

BEVERAGES

GREEN UP SMOOTHIE (V, GF)

INGREDIENTS

Almond milk, orange juice (orange juice), banana, avocado pulp, plain yogurt (cultured pasteurized grade A reduced fat milk, skim milk, pectin, carrageenan), baby spinach, green curly kale

NUTRITION INFORMATION

Serving Size: 1 Serving	Total Carbohydrate: 28g (10% DV)
Calories: 130	Dietary Fiber: 2g (8% DV)
Total Fat: 2g (2% DV)	Total Sugars: 17g
Saturated Fat: 0g (0% DV)	Protein: 3g
Trans Fat: 0g	Vitamin A: (25% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (10% DV)
Sodium: 100mg (4% DV)	Vitamin D: (0% DV)
	Calcium: (2% DV)
	Iron: (2% DV)

CONTAINS: Milk

BERRY BLISS SMOOTHIE (V, GF)

INGREDIENTS

Coconut water, frozen strawberries, frozen raspberries, banana, honey, slivered almonds, black chia seeds

NUTRITION INFORMATION

Serving Size: 1 Serving	Total Carbohydrate: 36g (13% DV)
Calories: 200	Dietary Fiber: 10g (34% DV)
Total Fat: 6g (8% DV)	Total Sugars: 22g
Saturated Fat: 0.5g (3% DV)	Protein: 4g
Trans Fat: 0g	Vitamin A: (0% DV)
Cholesterol: 0mg (0% DV)	Vitamin C: (60% DV)
Sodium: 200mg (9% DV)	Vitamin D: (0% DV)
	Calcium: (8% DV)
	Iron: (10% DV)

CONTAINS: Tree Nuts (Coconut), Almonds