

80% NUTRITION - MACRO BREAKDOWN	YOUR	GOAL	OUR	MISSION...	
Breakfast Items:	Kcals	Carbs	Fats	proteins	
French Toast Breakfast	413	39g	18g	19g	Brioche, Hashbrowns, Whole eggs, Turkey Sausage Patty, Sugar Free Syrup
Chicken Apple Sausage Breakfast Scramble	256	17g	10g	24g	Whole eggs, bell pepper, spinach, chicken apple sausage, roasted potatoes, olive oil, seasonings
Breakfast Burrito	549	51g	23g	35g	Flour Tortilla, Whole Eggs, Cheddar/Jack Cheese, Bacon, Hashbrowns
Apple Crumble Overnight Oats	311	41g	7g	23g	
Chocolate Overnight Oats	395	56g	8g	25g	Greek Yogurt, Splenda, Cocoa Powder, Natural Peanut Butter, Granola, Dark Chocolate Chips
Whole Grain English Muffin Breakfast Sandwich	378	18g	17g	38g	English Muffin, Whole Eggs, Cheddar/Jack Cheese, Red Potatoes, Bell Peppers, Olive Oil, Seasonings
Greens and Proteins:	Kcals	Carbs	fats	proteins	
Blackened Salmon w/ Mashed Potatoes and Corn	355	17g	17g	31g	Wild Caught Salmon, Mashed Potatoes, Butter, Corn, Garlic, Seasonings
Double Protein	531	32g	12g	66g	
Top Sirloin/ Broth Infused Rice/ Mixed Veggies	390	32g	18g	27g	Top Sirloin, Brown Rice, Vegetable Broth, Veggies, Olive Oil, Garlic, Seasonings
Double Protein	599	34g	29g	50g	
Rosemary Chicken/Roasted Sweet Potatoes / Veggies	366	39g	9g	31g	Chicken Breast, Olive Oil, Sweet Potato, Veggies, Garlic, Seasonings
Double Protein	502	43g	12g	57g	
Rosemary Chicken/White Rice/ Veggies	315	29g	8g	30g	Chicken Breast, Jasmine Rice, Asparagus, Olive Oil, Garlic, Seasonings
Double Protein	446	29g	8g	56g	
Jumbo Shrimp/ White Rice / Veggies	350	45g	9g	26g	Jumbo Shrimp, Jasmine Rice, Grilled Veggies, Olive Oil, Garlic, Seasonings
Double Protein	450	45g	7g	44g	
Jumbo Shrimp/Pasta/Veggie	308	37g	7g	23g	Jumbo Shrimp, Spaghetti Noodles, Grilled Veggies, Olive Oil, Garlic, Seasonings
Double Protein	408	39g	8g	42g	
Ground Turkey/ Sweet Potatoes/Carrots	405	36g	13g	29g	Lean Ground Turkey, Roasted Sweet Potatoes, Roasted Carrots, Olive oil, Garlic, Seasonings
Double Protein	560	36g	21g	48g	
Ground Beef/Jasmine Rice, Carrots	331	26g	13g	26g	Lean Ground Beef, Jasmine Rice, Carrots, Olive Oil, Garlic, Seasonings
Double Protein	519	26g	23g	49g	
Specialty Items:	Kcals	Carbs	Fats	Proteins	
Crying Tiger Steak Bowl	465	28g	25g	32g	Jasmine Rice, Top Sirloin Steak, Oyster Sauce, Soy Sauce, Fish Sauce, Brown Sugar, Lime Juice, Thai Chiles, Shallots, Seasonings, Olive Oil
Spicy Chicken Sandwich w/ Pesto Pasta Salad	378	40g	10g	33g	Chicken Breast, Black Beans, Corn, Chipotle, Green Chiles, Bow-Tie Pasta, Pesto, Sun-Dried Tomatoes
Spinach Feta Turkey Burger	460	43g	16g	26g	Lean Ground Turkey, Feta, Spinach, Seasonings, Brioche, Mayo, Garlic, Red Potatoes, Seasonings, Olive Oil
Animal Style Protein Bowl	405	31g	22g	27g	Extra Lean Ground Beef, Idaho Potatoes, Cheddar Cheese, Mayo, Ketchup, Relish, Caramelized Onions, Seasonings
Chicken Fettuccine Alfredo	405	30g	16g	32g	Grilled Chicken Breast, Fettuccine Noodles, Heavy Cream, Butter, Garlic, Parmesan, Veggies, Olive Oil, Seasonings
Shrimp Stir-Fry	362	54g	6g	28g	Jasmine Rice, Jumbo Shrimp, Teriyaki Glaze, Sesame Seeds, Veggies
Protein Baked Goods					
Protein Brownies	340	20g	19g	20g	Chocolate Whey, Cage Free Eggs, Maple Syrup, Cocoa, Walnuts, Natural Peanut Butter