

Clean Eat

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Bowls						
Arnold Steak Bowl	390	4	683	38	6	28
Chipotle Beef Bowl	360	2	910	34	4	30
Cheeseburger Bowl	450	4	800	49	4	26
Loaded BBQ Chicken Tender Bowl	490	5	720	48	4	39
Southern Fried Chicken Bowl	430	2	750	49	3	28
Sticky Asian Chicken Bowl	430	2	750	49	3	28
Beef Options						
Basic Beef & Red Potatoes	330	1	690	30	4	30
Basic Beef & Rice	370	1	470	44	5	31
Basic Beef & Sweet Potatoes	310	2	750	29	7	24
Beef & Eggs	400	4	860	38	4	32
Chicken Options						
Basic Chicken & Rice	320	1	410	43	6	28
Basic Chicken & Sweet Potatoes	250	1	390	27	5	28
Basic Pulled Chicken & Rice	300	2	360	27	5	25
BBQ Chicken Red Potatoes	320	0	490	30	3	38
Bourbon Glazed Chicken	490	2	750	53	5	25
Buffalo Chicken Mac & Cheese	430	4	520	35	4	47
Popcorn Chicken Parm	450	5	730	48	4	31
Street Corn Chicken	310	2	620	36	7	31
Sweet N Sour Chicken	360	1	670	50	1	22
Teriyaki Chicken Meatballs	290	1	550	31	2	28
Honey Mustard Chicken	420	2	750	42	3	31
Hot Honey Chicken Mac & Cheese	430	3	810	52	14	24
Keto Green Chili Chicken	360	8	460	10	3	36
Keto Pepperjack Chicken	380	4	600	10	2	30



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Miscellaneous Options						
Pizzalini	430	3	750	48	3	29
Chicken & Waffle Breakfast	490	3	690	49	2	30
Chicken Adobo	410	1	330	40	5	42

Summer 2024

