

Chipotle

Items	Calories	Saturated Fat (g)	Sodium (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Filling Items						
Chicken	180	3	310	0	0	32
Steak	150	2.5	330	1	1	21
Cilantro-Lime Brown Rice	210	1	190	36	2	4
Black Beans	130	0	210	22	7	8
Pinto Beans	130	0	210	21	8	8
Fajita Veggies	20	0	150	5	1	1
Romaine Lettuce	5	0	0	1	1	0
Guacamole	230	3.5	370	8	6	2
Tomatillo Green Chili Sauce*	15	0	260	4	0	0
*Tomatillo Green Chili Sauce is most sodium friendly						
Meal Items**						
Burrito-Chicken	875	4.5	1720	117	13	53
Burrito-Steak	845	4	1740	118	14	42
Burrito-Vegetarian	925	5	1780	125	19	23
Burrito Bowl- Chicken	555	4	1120	67	10	45
Burrito Bowl- Steak	525	3.5	1140	68	11	34
Burrito Bowl- Vegetarian	605	4.5	1180	75	16	15
Tacos (3)- Chicken	555	4	1120	67	10	45
Tacos (3)- Steak	525	3.5	1140	68	11	34
Tacos (3)-Vegetarian	605	4.5	1180	75	16	15
Chicken Salad	570	4	1135	70	12	46
Veggie Salad	620	4.5	1195	78	18	16
Steak Salad	540	3.5	1155	71	13	35
**Include Black Beans, Brown Rice, Fajita Veggies and Tomatillo Green chili sauce. Tacos are made with crispy corn tortillas.						