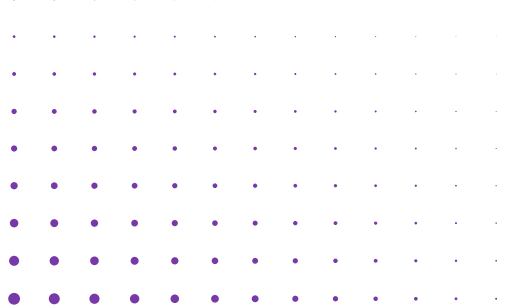




Clean Eatz

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Bowls						
Bases (4oz)						
Brown Rice	169	0	5	18	4	4
Rosemary Potatoes	119	0.5	200	20	2	3
Kale & Quinoa	156	0	350	26	3	4
Penne Pasta	177	0	45	36	1	6
Spinach (1oz)	11	0	65	1	2	1
Proteins (4 oz)						
Black Bean Patty	166	0	470	21	0	7
Diced Chicken	102	0	390	1	7	20
Breaded Chicken	272	1	280	23	0	18
Shredded Beef	175	1	400	3	0	25
Bison	217	3	90	0	0	34
Salmon	147	6	230	0	0	21
Turkey Burger (per patty)	244	3	65	2	0	32
Shrimp (per 6 shrimp)	56	3	400	0	0	14
Turkey Burnt Ends	171	1	375	5	0	22

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Vegetables						
Root Vegetable Blend	133	1.5	300	20	4	2
Edemame	132	0.5	5	6	4	10
Spinach	7	0	22	1	1	1
Red Onions	11	0	1	3	0	0
Brussels	12	0	16	1	1	0
Broccoli	8	0	8	1	1	1
Zucchini	15	0	1	4	1	0
Green Peppers	5	0	0	1	0	0
Asparagus	6	0	1	1	1	1
Mushrooms	7	0	5	1	0	1
Corn and Black Beans	28	0	85	4	1	1
Sauces (per oz)						
Epic Sauce	127	1.5	280	6	0	1
NSA BBQ	20	0	350	4	1	1
CE Chipotle Ranch	96	0	100	5	0	1
CE Sweet Chili	76	0	100	19	0	0
CE Taryaki	52	0	500	13	0	0
Queso Sauce	56	2.25	260	2	0	3
CE Buffalo	97	1	100	3	0	1
Kale Pesto	57	1	50	1	3	2
CE Ranch	97	2	100	3	0	1
CE Marinara	21	0	100	2	2	1

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Wraps						
Blackened Salmon	449	3	800	52	7	31
Bang Bang Shrimp	443	3	700	51	3	26
Chicken Pesto	545	6	903	51	2.5	38
Burger Styles						
Bunless	403	6	550	36	2	13
BBQ Swiss	346	4	750	48	4	14
Flatbreads						
BBQ Chicken	453	4	838	46	4	38
Bacon CHX Ranch	414	5.5	848	33	1	39
Sides						
Apples & PB Dip	132	2	82	20	3	4
Mac & Cheese	233	2	305	38	1	9
Veggie Cup	52	0	440	9	2	4
Steamed Broccoli	45	0	110	6	8	3

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