



	Calories	Sat Fat (g)	Fat (g)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Total Sugars (g)	Cholesterol (mg)	Sodium (mg)
<b>Overnight Oats</b>									
Cacao Almond Overnight Oats	560	3.5	20	77	14	17	17	0	210
Greek Yogurt Overnight Bowl	350	3.5	11	53	10	11	11	0	170
Maple French Toast Overnight Oats	290	1	6	53	8	8	12	0	60
Peanut Butter Overnight Oats	470	3	19	60	11	14	13	0	140
<b>Baked Goods</b>									
Blueberry Muffin	160	1	3	30	4	5	10	30	20
Cranberry Orange Scone	370	15	18	50	4	4	27	0	70
Lemon Poppyseed Muffin	400	9	25	40	3	8	18	45	240
Nutella Muffin	370	1.5	13	62	5	6	34	25	250
Peanut Butter Banana Chocolate Chip	290	5	20	21	5	9	10	45	140
Pumpkin Muffin	270	1	7	49	4	5	30	35	250
Quinoa Brownies	150	5	7	18	1	3	13	30	20
Zucchini Muffin	390	2	20	51	4	6	33	35	220
<b>Portable Snacks</b>									
Cacao Cherry Granola Bars	470	8	0	70	11	8	36	0	10
Fruit and Nut Energy Bites 4ea	280	7	18	26	4	5	15	0	250
Marathon Bars	440	5	5	62	8	8	37	0	120
<b>Smoothies</b>									
Boss Dog	280	0	0.5	71	5	3	34	0	0
Can't Be Sure	370	1.5	10	73	8	4	54	0	30
Coming in Hot	350	1.5	7	71	13	7	27	0	140
Everyone's Talking About It	480	3.5	18	70	9	12	37	0	95
High Key	260	2	6	52	9	5	25	0	140
Low Key	370	0.5	7	69	12	12	23	0	230
You're In	270	0	1	66	7	3	44	0	0
You're Out	260	2	7	48	13	5	21	0	140
<b>Bowls</b>									
Really Went Down	730	14	39	85	17	17	41	0	160
Too Much Is Never Enough	380	3.5	13	64	9	7	38	0	140
Trying to Get Some Leeway	440	4	11	85	14	9	50	0	170
<b>Snack Boxes</b>									
Egg Salad Box	390	7	23	19	3	24	5	605	430
Hummus Box	640	8	43	43	7	23	13	375	1130
Turkey Cranberry Box	440	4.5	26	34	2	15	19	35	820
Tuna Snack Box	320	4	16	25	1	20	11	35	550



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<b>Salads</b>									
Blackberry Sweet Potato Salad DOS	240	7	19	10	4	9	3	20	135
Blueberry, Apple, Broccoli Salad	200	0	4	37	5	8	29	5	45
Cinnamon Apple Quinoa Salad	770	9	47	78	12	15	30	25	760
Cobb- Fit DOS	410	9	22	14	4	40	7	295	250
Farro Beet Salad - DOS	380	8	14	43	5	18	17	210	280
Greek Chicken Salad- DOS	290	3.5	13	8	1	29	3	105	510
Roasted Veg and Lentil Salad DOS	320	6	9	41	12	17	8	20	180
Strawberry, Spinach & Goat Cheese DOS	300	7	24	13	7	11	3	20	210
<b>Grain Bowls</b>									
Balsamic Tomato Pasta Salad	410	1.5	8	70	3	13	9	0	65
Fajita Rice Bowl DOS	290	2	5	47	5	17	2	35	260
Farro & Roasted Veg Salad	660	5	42	65	8	11	11	0	210
Fiesta Buddah Bowl	320	2	16	39	11	11	5	0	115
Grilled Veggie & Quinoa DOS	240	6	10	25	3	11	5	20	130
Harvest Grain Salad	310	1.5	7	52	6	9	9	5	580
Hawaiian Rice Bowl	690	5	33	79	3	16	37	40	890
Kale, Chicken & Quinoa DOS	390	4	16	23	3	40	1	105	650
Kale, Farro, Chickpea Salad DOS	280	3	4.5	48	6	13	3	15	260
Pesto Pasta Salad	730	9	41	69	4	19	5	25	170
Quinoa Breakfast Salad	580	6	36	50	8	18	6	190	170
Rainbow Veggie Grain Bowl DOS	510	0.5	4.5	91	23	28	9	0	25
Seasame Farro Bowl	360	1.5	9	53	8	19	5	0	300
Shaved Sprout and Quinoa Salad	320	1.5	10	54	8	8	22	0	230
Southwestern Bean Salad	260	1	6	45	14	12	6	0	230
Sweet Potato Rice Bowl	320	3	13	46	7	8	2	10	150
<b>Dressings</b>									
Balsamic Dressing	200	3	20	6	0	0	6	0	50
Blackberry Vinaigrette	130	1.5	10	12	1	0	10	0	40
Chipotle Crème	60	1.5	2.5	4	0	5	3	10	150
Cider Vinaigrette	330	5	36	1	0	0	1	0	150
Citrus Vinaigrette	360	3.5	38	6	0	0	5	0	130
Jalapeno Ranch	80	0.5	5	2	0	5	2	5	135
Lemon Vinaigrette	220	3	23	2	0	0	1	0	200
Peanut Sauce	170	2.5	11	10	1	5	7	0	480
Raspberry Vinaigrette	220	3	22	6	0	2	4	0	35
Pineapple Vinaigrette	260	2	27	4	0	0	3	0	0
Strawberry Vinaigrette	70	0.5	4	9	0	0	8	0	65
Tahini Dressing	120	1.5	11	6	1	4	0	0	170

\*\*\* DOS - Dressing On Side



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<b>Toasts</b>									
Arugula Prosciutto & Mascarpone	440	15	31	27	1	15	9	85	1090
Avocado Tomato & Egg	350	4	18	33	9	16	9	190	300
Nutella Banana	660	7	23	104	8	12	56	0	280
Spicy Avocado	280	2.5	13	39	11	10	15	5	240
Triple Berry	550	14	28	67	2	12	26	70	280
<b>Sandwiches</b>									
Avocado Egg Salad	310	3.5	14	34	7	13	3	235	150
California Turkey	480	1.5	13	63	8	28	4	35	140
Chicken Salad Wrap	370	3	16	32	5	25	4	75	330
Chickpea Salad Wrap	630	4.5	33	67	17	20	3	10	141
Cobb Fit Wrap DOS	450	9	19	29	3	41	2	205	200
Grilled Veggie	390	6	20	43	5	11	7	15	490
Turkey Cranberry Almond Wrap	740	7	38	66	10	34	14	120	510