

# Nutrition Information



## Plates

	Calories	Total fat (g)	Saturated fat (g)	Total carbs (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Avocado Basil plate	166	13	1	11	5	3	3
Barbecue Ranch plate	161	11	2	12	1	9	1
Chipotle Masala plate	93	7	3	6	1	3	2
Spicy Roasted Fresno plate	130	10	1	9	1	5	1
Lemon Tzatziki plate	113	8	2	8	1	5	3

## MAINS

	Calories	Total fat (g)	Saturated fat (g)	Total carbs (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken breast	153	3	1	0	0	0	29
Chicken thigh	223	17	5	0	0	0	17
Tofu	118	6	1	3	3	1	13
Chicken salad	288	21	5	3	0	1	21
Pulled barbecue chicken	285	16	4	18	0	15	15

## BASES

	Calories	Total fat (g)	Saturated fat (g)	Total carbs (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brown basmati rice	238	10	1	35	1	0	4
Riced cauliflower	75	4	0	9	3	4	3
Supergreens	16	0	0	3	2	1	1
1/2 rice & 1/2 supergreens	127	5	0	19	1	1	3
1/2 rice & 1/2 riced cauliflower	156	7	1	22	2	2	3
1/2 riced cauliflower & 1/2 supergreens	46	2	0	6	2	2	2

## SIDES

	Calories	Total fat (g)	Saturated fat (g)	Total carbs (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Roasted Sweet Potatoes	146	0	0	34	5	7	3
Kale & Avocado Salad	142	7	1	7	4	2	3
Roasted Broccoli	63	2	0	9	3	3	4
Mac & Cheese	384	27	15	24	2	3	12
Chili Lime Cucumbers	60	5	1	4	1	2	1
Avocado & Chickpea Salad	186	9	1	21	7	4	6
Red Potato Salad	149	3	1	26	3	5	3
Greek Side Salad	78	6	2	5	1	3	2
Lightly Dressed Greens	95	9	1	3	2	1	2
Roasted Brussels Sprouts	82	5	1	9	4	2	3

## Salads

	Calories	Total fat (g)	Saturated fat (g)	Total carbs (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Avocado Lime salad (with chicken breast)	502	29	4	28	10	4	35
Cucumber Soy salad (with chicken thigh)	454	32	7	20	7	9	25
Chicken Salad salad (with chicken salad)	442	29	6	19	5	12	24

## Sandwiches

	Calories	Total fat (g)	Saturated fat (g)	Total carbs (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Pulled Barbecue Chicken sandwich	549	27	6	52	2	18	22
Chicken Salad sandwich	455	22	5	36	2	3	27
Spicy Chicken Salad sandwich	537	28	5	43	3	7	28