

VEG SIDES

	SERVING	CALORIES	TOTAL FAT	SAT FAT	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Thai Chili Noodles <small>GF VEGAN</small>	4 oz	110	1g	0g	200mg	24g	0g	1g	0g
Charred Avocado <small>GF V</small>	4 oz	260	16g	4g	230mg	9g	7g	2g	6g
Roasted Brussels w/ Balsamic Onions <small>GF VEGAN</small>	4 oz	96	4g	1g	54mg	12g	4.5g	3g	5g
Turmeric Cauliflower w/ Golden Flax <small>GF VEGAN</small>	4 oz	72	1.5g	0g	210mg	6g	3g	1.5g	2g
Simply Roasted Broccoli <small>GF VEGAN</small>	4 oz	65	1.5g	0g	195mg	8g	3g	2g	3g
Chipotle Kale & Black Beans <small>GF VEGAN</small>	4 oz	140	3.5g	0.5g	170mg	12g	5g	1g	4g
Roasted Sweet Potatoes <small>GF DF</small>	4 oz	130	2g	1g	140mg	24g	3g	6g	2g
Quinoa w/ Squash & Mushrooms <small>GF VEGAN</small>	4 oz	88	2g	0.5g	112mg	24g	4g	2g	6.5g
Kale & Apple Salad <small>GF DF</small>	2.5 oz	80	2.5g	0g	40mg	8g	2g	3g	2g
Vegan Mash <small>GF VEGAN</small>	4 oz	130	2g	0g	110mg	26g	3g	2g	2g
Brown Rice <small>GF VEGAN</small>	2 oz	65	0g	0g	5mg	13g	2g	0g	1.5g

PROTEIN SIDES

	SERVING	CALORIES	TOTAL FAT	SAT FAT	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Turkey White Bean Chili <small>GF DF</small>	5 oz	240	5g	1g	416mg	26g	9g	2g	26g
Roasted Chicken Breast <small>GF DF</small>	6.5 oz	260	8g	3g	460mg	0g	0g	0g	34g
Roasted Chicken Leg/Thigh <small>GF DF</small>	5 oz	390	14g	4g	385mg	2g	0g	0g	32g
Sesame Scallion Tofu <small>GF DF VEGAN</small>	4 oz	170	6g	1g	385mg	7g	0.5g	2g	9g
Roasted Salmon w/ Herb Salad <small>GF DF</small>	4 oz	260	15g	3g	145mg	0g	0g	0g	25g
Baked Wings <small>GF DF</small>	4 oz	175	11g	3g	240mg	0g	0g	1g	16g
Vegan Chickpea Shakshuka <small>GF VEGAN</small>	4 oz	145	2g	0.5g	190mg	16g	6g	2g	12g

SAUCES

	SERVING	CALORIES	TOTAL FAT	SAT FAT	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Turmeric Honey Dijon	1 oz	70	3.5g	0.5g	110mg	1g	0g	1g	0g
Poblano Lime	1 oz	65	2g	0g	80mg	0g	0g	0.5g	0g
Carrot Chili	1 oz	60	1g	0g	95mg	1g	0g	1g	0g

BEVERAGES

	SERVING	CALORIES	TOTAL FAT	SAT FAT	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Blackberry Mint Agua Fresca	12 oz	96	0g	0g	0mg	0g	0g	14g	0g
Mandarin Cardamom Agua Fresca	12 oz	92	0g	0g	0mg	0g	0g	17g	0g
Hibiscus Agua Fresca	12 oz	93	0g	0g	0mg	0g	0g	12g	0g
Stonefruit Haymaker Agua Fresca	12 oz	98	0g	0g	0mg	0g	0g	12g	0g
Fig Vanilla Agua Fresca	12 oz	98	0g	0g	0mg	0g	0g	14g	0g
Lemonade	12 oz	90	0g	0g	0mg	0g	0g	12g	0g