

MACRO GUIDE

PROTEINS

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Chicken Breast	4 oz	140	4	0	25	0	50
Chicken Thigh	4 oz	140	5	0	22	0	105
Tri-Tip Steak	4 oz	239	13	0	30	0	60
Ground Turkey	4 oz	170	8	0	21	0	95
Ground Beef	4 oz	200	11	0	22	0	75
Turkey Breast	4 oz	120	3	1	23	1	650
Shrimp	4 oz	50	0	0	13	0	640
Tilapia	4 oz	109	2	0	23	0	59
Salmon	4 oz	130	4	0	23	0	110
Bison Patty	1 patty	536	34	0	54	0	1008
Carbless Pizza	1 patty	309	17	2	33	1	407
Turkey Meatball	4 oz	300	11	21	26	3	372
Ground Beef Meatball	4 oz	306	10	12	22	1	314

Carbohydrates

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Sweet Potato	4 oz	57	0	20	2	3	37
Protein Pasta	4 oz	380	2	76	20	4	0
Yams	4 oz	93	0	23	2	0	7
Red Potato	4 oz	161	0	22	3	2	72
White Rice	4 oz	103	0	23	2	0	1
Brown Rice	4 oz	109	1	23	2	0	1
Cauliflower Rice	4 oz	13	0	3	1	1	13
Black Beans	4 oz	110	1	23	2	0	1

Vegetables

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Corn	1 cup	150	1	31	4	4	0
Vegetable Medley	1 cup	90	0	19	4	4	67
Peas	1 cup	105	0	18	7	6	0
Power Blend	1 cup	34	0	8	2	4	12
Romaine	1 cup	8	0	1	0	0	3
Green Beans	1 cup	45	0	9	1	1	0
Red Bell Peppers	1 cup	37	0	7	1	5	5
Yellow Squash	1 cup	36	0	8	2	5	2
Fajita Mix	1 cup	39	1	9	1	5	5
Spinach	1 cup	7	0	1	1	0	24
Asparagus	1 cup	27	0	5	3	2	3
Broccoli	1 cup	30	0	6	2	1	29
Zucchini	1 cup	32	1	6	2	4	6
Kale	1 cup	8	0	1	1	0	6
Brussels Sprouts	1 cup	38	0	8	3	2	22

Siganture Dishes

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Fajita	1 Dish	441	9	51	38	6	200
Hibachi	1 Dish	296	7	32	27	5	371
Italian Job	1 Dish	579	19	63	37	16	987
Taco Tuesday	1 Dish	441	9	57	30	7	150
Carne Asada	1 Dish	584	10	60	40	5	430
Teriyaki	1 Dish	341	9	32	33	5	76
Protein Pasta	1 Dish	860	24	72	58	15	990
Greek Pasta Salad	1 Dish	681	26	48	30	8	814
Chicken Alfredo	1 Dish	1052	33	124	69	10	780

BOWLS & SALADS

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Southwest Bowl	1 Dish	657	15	94	35	7	60
Teppan Bowl	1 Dish	422	21	64	55	16	126
Broccoli Beef Bowl	1 Dish	312	15	70	36	17	100
Korean Bowl	1 Dish	448	25	54	54	9	470
Steakhouse Salad	1 Dish	420	22	12	35	6	514
Chipotle Ranch Salad	1 Dish	385	11	32	32	2	69
Greek Salad	1 Dish	276	6	10	32	6	810
Caesar Salad	1 Dish	533	19	7	47	0	869

WRAPS

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Buffalo Chicken Wrap	1 Wrap	508	11	64	34	5	433
Grilled Chicken Wrap	1 Wrap	389	11	42	31	5	560
BBQ Veggie Wrap	1 Wrap	522	8	97	11	4	382
Steakhouse Wrap	1 Wrap	514	21	35	39	5	740
Caesar Wrap	1 Wrap	743	25	40	52	0	1249

BREAKFAST

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Egg Whites	4 oz	30	0	1	6	0	95
Egg Bites	1 Each	86	6	1	8	0	125
Turkey Sausage	1 Link	43	3	1	4	1	163
Shredded Hash	1 Cup	128	8	8	8	0	24
Protein Pancake	1 Each	96	3	10	8	1	57
Hard Boiled Egg	1 Each	77	5	1	6	0	62
Steak & Eggs	1 Dish	484	28	10	50	1	331
Chickn' & Cakes	1 Dish	442	17	21	49	2	188

MEAL ADD ONS

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Gucamole	2 oz	90	9	5	1	0	220
Monterey Jack Cheese	1/4 cup	75	6	0	5	0	127
Jalapenos	2 oz	16	0	2	0	2	854
Spinach Wrap	1 Each	210	6	33	5	0	380

PROTEIN SHAKES

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
PB Jelly Time	24 oz	480	29	26	36	14	450
Green Goddess	24 oz	612	31	44	40	19	532
Miami Vice	24 oz	250	1	24	25	32	90
PB Chocolate Cup	24 oz	493	32	15	25	5	345
Orange Dream	24 oz	230	3	23	25	19	120
Tropic Thunder	24 oz	305	4	43	25	38	275
Nutty Professor	24 oz	655	36	34	42	17	561
Berry Good	24 oz	182	3	19	26	10	112
Strawberry Banana	24 oz	317	3	46	27	25	250

SEASONING

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Steakhouse	1/4 tsp	0	0	0	0	0	240
Everyday	1/4 tsp	0	0	0	0	0	260
Zesty Lemon Pepper	1/4 tsp	0	0	0	0	0	280
Chipotle Lime	1/4 tsp	0	0	0	0	0	190
Garlic Herb	1/4 tsp	3	0	1	0	0	0
Fiesta	1/4 tsp	2	0	0	0	0	43
Fisherman	1/4 tsp	0	0	0	0	0	100
Caliente	1/4 tsp	0	0	0	0	0	75

SAUCES

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
BBQ	1 oz	60	0	14	0	14	120
Chili Garlic	1 oz	20	0	2	4	0	2220
Sweet Heat	1 oz	20	0	4	0	3	170
Spicy Teriyaki	1 oz	25	0	5	0	4	210
Teriyaki	1 oz	30	0	5	2	2	420
Buffalo	1 oz	0	0	0	0	0	420
Screamn' Jalapeno	1 oz	160	18	0	0	0	760
Salsa Rojo	1 oz	20	0	4	0	0	230
Korean Sesame	1 oz	35	2	3	1	2	340
Carne Asada	1 oz	20	2	2	0	1	240
Sugar Free Syrup	1 Each	10	0	4	0	0	80
Regular Syrup	1 Each	120	0	31	0	22	20

SALAD DRESSING

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Ranch	1 oz	100	11	1	0	1	250
Greek	1 oz	90	9	2	0	1	260
Chipotle Ranch	1 oz	100	11	1	0	1	440
Caesar	1 oz	200	10	1	1	0	380

LYTE SWEETS

Menu Item	Qty	Calories	Fat	Carbs	Protein	Sugar	Sodium
Protein Bite	1 Each	178	10	13	10	3	5