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| ***Bacon Cheddar Burgers***  *Ingredients: Ground chuck, bacon, cheddar cheese, onion, mayonnaise, seasoning salt*  *Nutritional Info (no bun): Calories: 467/ Fat 24.7g/Sat Fat10.99g/Cholesterol 174mg/Carb 2.8g/Fiber 0g/Sodium 685mg/Protein 55.5g/Sugar .8* |
| ***Greek Penne & Chicken***  *Nutritional Info: Calories 380/Fat 6g/Carbs 61g/Fiber 4mg/Sodium 455/Protein 20g*  *Ingredients: Diced Chicken, red onion, garlic, artichoke hearts, feta cheese, parsley, lemon juice, oregano, black olives, pasta* |
| ***Grilled Garlic Herb Chicken***  *Ingredients: Chicken breasts, oil, sugar, honey, garlic, basil, thyme, cayenne pepper, oregano, parsley, sage*  *Nutritional Info: Calories 364/Fat 19g/Carbs 21g/Fiber0/Sodium 74mg/Protein26g* |
| ***Hawaiian Grilled Chicken***  *Ingredients:* ***Chicken breasts, soy sauce*** *(Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative),* ***sherry*** *( sherry wine, salt, potassium sorbate (a preservative), potassium met bisulfite)),* ***brown sugar*** *(sugar, molasses),* ***oil*** *(Canola Oil, extra virgin olive oil****), ginger*** *(ginger, phosphoric acid, sodium benzoate and potassium sorbate added as preservatives),* ***garlic*** *(garlic, water, citric acid),* ***pineapple****(pineapple, water, sugar)*  *Nutritional Info: Calories 249/Fat 6g/Sat Fat .7g/Carbs 91g/Fiber 1g/Sodium 1319/Protein 28g/Sugar 4g* |
| ***Hearty Chicken Chili***  ***Ingredients: Chicken*** *(boneless, skinless, diced white chicken with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt),* ***green chili*** *(green chili peppers, water, contains less than 2% of calcium chloride, citric acid, salt) ,* ***kidney beans*** *(Prepared Dark Red Kidney Beans, Water, Sugar, Salt, Calcium Chloride (Firming Agent), Calcium Disodium EDTA (To Protect Color). ) ,* ***onions, tomatoes (****Vine ripened unpeeled tomatoes, tomato puree, less than 2% of: salt, citric acid),,* ***corn, garlic (****garlic, water, citric acid),* ***chili powder, chicken broth*** *(roasted chicken and chicken broth, salt, sugar, hydrolyzed corn protein, contains 2% or less of chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric (color), spice extractive)*  *Nutritional Info (approx. 14 oz serving): Calories 276/Fat 4g/sat fat .9/Carbs 36g/Fiber 10g/Sodium 1252/Protein 27/sugar 2* |

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| ***Nacho Chicken***  ***Ingredients: Chicken*** *(boneless, skinless, diced white chicken with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt),* ***green chili*** *(green chili peppers, water, contains less than 2% of calcium chloride, citric acid, salt),* ***onions, tomatoes*** *(Vine ripened unpeeled tomatoes, tomato puree, less than 2% of: salt, citric acid),* ***cumin****,* ***taco seasoning***  *Nutritional Info: Calories 239.8/Fat 4.1g/sat fat 1g/Carbs 31.5g/Fiber 2g/Sodium 612/Protein 37.7/sugar 6g* |
| ***Pina Colada Shrimp***  *Ingredients:* ***shrimp, coconut milk*** *(coconut extract, water, citric acid (as antioxidant), sodium metabisulfite (as preservative)),* ***cream*** *(heavy cream (milk), mono and diglycerides, carrageenan, disodium phosphate, sodium citrate, polysorbate 80), pineapple (pineapple, water, sugar****), coconut, soy sauce (****water, hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative)****, corn starch, rice***  *Nutritional Info: Calories 485/Fat 19g/Sat Fat 14g/Carbs 61g/Fiber 2g/Sodium 294mg/Protein 18g/Sugar8g* |
| ***Raspberry Chipotle Chicken***  ***Ingredients: Chicken Breasts, raspberry preserves*** *(red raspberries, high fructose corn syrup, corn syrup, fruit pectin, citric acid, sodium citrate ),* ***ketchup*** *(tomato concentrate made from vine ripened tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of onion powder, garlic powder, natural flavors)****, chipotle sauce*** *(Smoked Red Jalapeno, water, vinegar, sugar, salt, natural smoke essence, xanthan gum and garlic)****, apple cider vinegar*** *(distilled vinegar from grain, natural flavor with caramel color, diluted with water to a uniform pickling and table strength of 5% (50% grains) acidity)****, garlic***  *Nutritional Info: Calories 325/Fat 18g/Carbs 25g/Fiber1g/Sodium 780mg/Protein 17g/Sugar 7* |
| ***Savory BBQ Pork Tenderloin***  *Ingredients: Pork Tender, brown sugar (Sugar, molasses), dry mustard, paprika, salt, pepper, onion powder, chili powder*  *Nutritional Info: Calories 204/ Fat5g/ Carbs13g/ Fiber 0/ Sodium734mg/ Protein29g* |
| ***Sweet & Sour BBQ Chicken***  ***Ingredients:*** *Chicken breasts, brown sugar(sugar, molasses), honey, Dijon mustard (Water, mustard seeds, vinegar, salt, sulfites as a preservative), lime juice, lemon juice(Lemon Juice from concentrate (water, concentrated lemon juice) and less than 2% of sodium benzoate, sodium metabisulfite and sodium sulfite (preservatives) Lemon oil), garlic (garlic, water, citric acid), balsamic vinegar (Balsamic Vinegar of Modena (wine vinegar, cooked grape must, concentrated grape must, caramel color)), oil*  ***Nutritional Info:*** *Calories 299, Fat 11g, Sat Fat .4g, Carbs 24g, Fiber 0, Sodium 136mg, Protein 26g, Sugar 22g* |
| ***Taco Empanadas***  *Ingredients:* ***beef, taco seasoning*** *(spices (including chili pepper paprika, oregano), onion, salt, potato starch, sugar, garlic & natural flavor)* ***, salsa (*** *tomatoes, water, tomato paste, jalapeno peppers, onions, distilled vinegar, salt, dehydrated onions, dehydrated garlic, natural flavor)****, sour cream (****cultured milk and cream, enzymes)****, cheddar cheese (****Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)****, green onions***  *Nutritional Info: Calories 551/Fat 40g/Sat Fat 20g/Carbs 27.5g/Fiber 1g/Sodium 758mg/Protein 21g/ Sugar 4g* |