



ALLERGEN NUTRITION GUIDE

BASES	CALORIES	FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	TOTAL SUGARS	PROTEIN
BASMATI RICE BLEND	180	3g	0g	0g	0mg	100mg	34g	0g	0g	3g
COCONUT RICE	100	5g	2.5g	0g	0mg	20mg	13g	<1g	2g	1g
FORBIDDEN RICE	160	3g	0g	0g	0mg	180mg	31g	2g	<1g	4g
SESAME NOODLES	80	1.5g	0g	0g	0mg	420mg	14g	0g	0g	1g
SPINACH	10	0g	0g	0g	0mg	35mg	1g	1g	0g	1g
KALE CRUNCH SALAD	70	4g	0g	0g	0mg	150mg	7g	<1g	<1g	2g
CAULIFLOWER RICE	50	2.5g	0g	0g	0mg	130mg	6g	2g	2g	2g
TOASTED ALMOND QUINOA	60	4g	0g	0g	0mg	70mg	5g	<1g	0g	1g

VEGGIES	CALORIES	FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	TOTAL SUGARS	PROTEIN
BUFFALO CAULIFLOWER	100	10g	1g	0g	0mg	690mg	5g	2g	2g	2g
GARLICKY CILANTRO GREEN BEANS	45	2.5g	0g	0g	0mg	280mg	5g	2g	2g	1g
HONEY SRIRACHA BRUSSELS SPROUTS	80	3.5g	0g	0g	0mg	510mg	12g	3g	6g	3g
ROASTED MUSHROOMS	50	4g	0g	0g	0mg	210mg	3g	<1g	2g	2g
SESAME GINGER BROCCOLI	90	7g	.5g	0g	0mg	430mg	5g	2g	1g	3g
ROASTED SWEET POTATOES	150	9g	.5g	0g	0mg	600mg	17g	3g	3g	1g

PROTEINS	CALORIES	FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	TOTAL SUGARS	PROTEIN
BBQ CHICKEN	140	4g	1g	0g	80mg	410mg	7g	0g	6g	19g
GRILLED STEAK	170	6g	2g	0g	75mg	340mg	<1g	0g	0g	27g
KEY WEST CHICKEN	200	6g	1g	0g	90mg	55mg	8g	0g	8g	27g
SESAME GARLIC TOFU	120	7g	1g	0g	0mg	320mg	3g	2g	<1g	14g
SPICY AHI TUNA	180	5g	5g	0g	60mg	340mg	5g	0g	4g	26g
TERIYAKI CHICKEN	160	4.5g	1g	0g	95mg	440mg	4g	0g	3g	23g

SAUCES	CALORIES	FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	TOTAL SUGARS	PROTEIN
CILANTRO VINAIGRETTE	270	26g	2g	0g	0mg	45mg	12g	0g	12g	0g
CITRUS GINGER	180	17g	1.5g	0g	0mg	360mg	4g	<1g	2g	1g
COCONUT SWEET POTATO	70	4g	3.5g	0g	0mg	90mg	8g	<1g	5g	1g
CREAMY WASABI	300	33g	5g	0g	20mg	210mg	8g	<1g	5g	1g

ADD ONS	CALORIES	FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	TOTAL SUGARS	PROTEIN
MEDITERRANEAN TOMATOES	25	1.5g	0g	0g	0mg	20mg	2g	<1g	2g	0g
ROASTED ALMONDS	100	9g	.5g	0g	0mg	0mg	3g	2g	<1g	4g
FETA CHEESE	70	6g	4g	0g	25mg	250mg	1g	0g	1g	4g
PARMESAN CHEESE	60	4g	2g	0g	10mg	260mg	2g	0g	0g	4g
AVOCADO	45	4g	.5g	0g	0mg	10mg	2g	2g	0g	1g

COOKIES	CALORIES	FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	TOTAL SUGARS	PROTEIN
CHOCOLATE CHIP COOKIES	280	14g	9g	0g	50mg	160mg	35g	1g	24g	2g
SNICKERDOODLES	150	5g	3g	0g	45mg	15mg	24g	0g	15g	2g
ZUCCHINI BROWNIES	470	28g	10g	0g	50mg	130mg	52g	7g	36g	10g