

MEAL IDEAS

Simple meals and fresh ingredients.
Your favorites, 500 calories or under.

BREAKFAST

- **Veggie Egg White Omelet Sandwich** on multigrain toast with cheddar cheese, spinach, and tomato. (410 calories, 23g protein)
- **Roasted Veggie Egg White Omelet Shorti** with cheddar cheese, roasted veggies, and your choice of white or wheat roll. (490 calories, 27g protein)
- **Chicken Steak and Egg White Omelet Bowl** with cheddar cheese, spinach, and fresh salsa. (210 calories, 24g protein)
- **Egg White Omelet Burrito Bowl** with cheddar cheese, spinach, avocado, and fresh salsa. (190 calories, 14g protein)
- **Veggie & Egg White Omelet Burrito** with cheddar cheese and roasted veggies on a warm tortilla. (430 calories, 20g protein)
- **Cinnamon Brown Sugar Oatmeal** (medium 410 calories, 7g protein)

SALADS & BOWLS

- **Turkey Bacon Ranch Salad** with oven roasted turkey, applewood smoked bacon, cheddar cheese, grape tomatoes, and red onions over romaine with your choice of balsamic or ranch on the side. (460 calories, 30g protein)
- **Garden Salad** with hard boiled egg, spring mix, spinach, feta cheese, grape tomatoes, cucumber, carrots, red onions, croutons and your choice of balsamic or ranch on the side. (430 calories, 20g protein)
- **Chef Salad** with oven roasted turkey, ham, cheddar cheese, grape tomatoes, cucumbers, hard-boiled egg on romaine lettuce with your choice of balsamic or ranch on the side. (440

Hoagies & Sandwiches

- **Oven Roasted Turkey Shorti** with a little bit of mayo, provolone cheese, spinach, cucumbers, tomato, onion, and pickles on your choice of white or wheat roll (500 calories, 35g protein)
- **Spicy Roasted Veggie & Provolone Shorti** with a little bit of mayo, provolone cheese, spinach, tomato, spicy pepper relish on your choice of white or wheat roll (450 calories, 19g protein)
- **Chicken Cheesesteak Shorti** with provolone cheese, spinach, ketchup, and spicy pepper relish on your choice of white or wheat roll. (410 calories, 31g protein)
- **Original Chicken Sandwich** with grilled chicken, lettuce, tomato, pickles, and mayo on a brioche bun. (460 calories, 41g protein)
- **BBQ Chicken Sandwich** with grilled chicken, cheddar cheese, BBQ sauce, and pickles on a brioche bun. (480 calories, 45g protein)
- **Buffalo Chicken Sandwich** with grilled chicken, cheddar cheese, lettuce, tomato, and buffalo sauce on a brioche bun. (490 calories, 45g protein)



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Burritos and Bowls

- **Roasted Veggie Burrito** with black beans, rice, cheddar cheese sauce, fresh salsa, and jalapenos on a warm tortilla. (480 calories, 12g protein)
- **Grilled Chicken Burrito Bowl** with black beans, rice, cheddar cheese sauce, and fresh salsa over shredded lettuce. (500 calories, 46g protein)
- **Turkey Hoagie Bowl** with oven roasted turkey, romaine lettuce, red onions, grape tomatoes, and cheddar cheese with ranch dressing. (320 calories, 27g protein)

Soups and Sides

- **Baked Potato with Cheddar & Bacon** (medium 400 calories, 14g protein/small 290 calories, 10g protein)
- **Tomato Basil Bisque** (medium 330 calories, 4g protein/small 220 calories, 2g protein)
- **Chicken Corn Chowder** (medium 310 calories, 7g protein/small 210 calories, 5g protein)
- **Broccoli Cheddar Soup** (medium 280 calories, 9g protein/small 200 calories, 7g protein)
- **Chicken Noodle Soup** (medium 180 calories, 13g protein/small 130 calories, 9g protein)
- **Roasted Veggies** (medium 80 calories, 2g protein)
- **Mac & Cheese** (small 350 calories, 15g protein)

