



## Balanced Choices

### BREAKFAST BOWLS

- **Turkey Sausage and Egg Omelet Bowl** with a turkey sausage patty, cheddar cheese, and a scoop of avocado  
(300 calories, 6g carbs, 20g protein)
- **Bacon and Egg Omelet Bowl** with applewood smoked bacon, fresh spinach, cheddar cheese  
(260 calories, 3g carbs, 15g protein)
- **Chicken Steak and Egg White Omelet Bowl** with chicken steak, cheddar cheese, spinach, fresh salsa, and avocado  
(280 calories, 7g carbs, 28g protein)
- **Egg White Omelet Bowl** with fresh spinach and cheddar cheese  
(140 calories, 3g carbs, 13g protein)
- **Roasted Veggie and Egg Omelet Bowl** with roasted zucchini, squash, onion, cheddar cheese, and fresh salsa  
(220 calories, 6g carbs, 13g protein)

### LUNCH BOWLS

- **Grilled Chicken and Lettuce Bowl** with applewood smoked bacon, avocado, white cheddar, onions, and ranch dressing  
(520 calories, 10g carbs, 50g protein)
- **Oven Roasted Turkey and Lettuce Bowl** with hard-boiled egg, applewood smoked bacon, white cheddar, and garlic aoli sauce  
(520 cal, 9g carbs, 36g protein)
- **Italian Meat and Romaine Lettuce Bowl** with hot peppers, shredded cheddar, red onion, and vinegar  
(330 calories, 9g carbs, 23g protein)
- **Grilled Chicken and Spinach Bowl** with hard boiled egg, cucumbers, carrots, grape tomatoes, red onions, feta cheese, and Caesar dressing  
(640 calories, 15g carbs, 55g protein)

### SALADS

- **Southwest Chicken Salad** with grilled chicken, romaine lettuce, shredded cheddar, black beans, fresh salsa, and chipotle ranch dressing  
(630 calories, 20g carbs, 49g protein)
- **Italian Antipasto Salad** with Italian meats, shredded Parmesan cheese, grape tomatoes and hot peppers with balsamic vinaigrette  
(420 calories, 14g carbs, 26g protein)
- **Grilled Chicken Caesar Salad** with shredded Parmesan cheese and Caesar dressing  
(540 calories, 6g carbs, 47g protein)
- **Turkey Bacon Ranch Salad** with oven roasted turkey, applewood smoked bacon, grape tomatoes, red onion and ranch dressing  
(310 calories, 11g carbs, 25g protein)
- **Dinner Cheeseburger Salad** with Angus beef burger, white cheddar, red onion, grape tomatoes, pickles over romaine lettuce topped with ranch dressing  
(550 calories, 13g carbs, 30g protein)

### SIDES & SNACKS

- **Small scrambled egg cup**  
(230 calories, 5g carbs, 14g protein)
- **Grilled chicken strips** with Boom Boom Dip Cup  
(480 calories, 2g carbs, 36g protein)

