

COMBO MEALS

	Serving Size	Cal	Cal from Fat	Fat	Saturated	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Beef n Broccoli	15.5	540	80	9	3.5	0	85	1260	66	4	19	47
Blackened Chicken	7.5	300	45	5	1.5	0	110	180	20	2	0	41
Chicken Fajita	8.5	240	40	4.5	1.5	0	105	490	8	1	4	40
Steak Fajita	8.5	280	80	9	3	0	85	490	10	1	5	40
Chicken Kabob Combo	13.5	430	40	5	1.5	0	110	340	47	1	6	45
Cod Lunch Combo	6	160	15	1.5	0	0	30	45	22	2	1	16
Flank Steak Combo	8	310	120	13	5	0	70	85	3	2	1	41
Grilled Chicken Breast	7.5	270	90	10	3	0	105	100	3	2	1	40
Haki Taki Beef	11.5	450	80	9	3	0	80	200	48	1	7	42
Haki Taki Chicken	11.5	420	45	5	1.5	0	105	210	48	1	7	43
Lemon Ginger Chicken	9.1	320	50	6	1.5	0	110	100	24	2	2	43
Marinated Flank Steak												
w Teriyaki	10	450	90	11	4.5	0	60	790	48	0	9	36
w BBQ	10	470	80	10	4	0	60	700	57	0	15	36
Midwestern Chicken	8.7	340	70	8	2	0	110	170	21	1	0	43
Mongolian Beef	11	410	70	8	3	0	80	560	41	1	4	42
Salmon Lunch Combo	8	370	160	19	3.5	0	90	90	14	2	1	34
Seared Chicken Breast	7	350	35	4	1	0	70	200	46	4	6	31
Shrimp Skewers	11	370	20	2	0	0	170	380	57	0	18	28
Spicy Coconut Shrimp	8.3	320	70	8	5	0	170	270	35	2	4	26
Teriyaki Chicken Bowl	9.5	420	40	4.5	1.5	0	110	830	45	0	7	44
w Broccoli	12	480	70	8	3	0	80	850	49	2	8	45
Sirloin Teriyaki Bowl	10	460	70	8	3	0	80	820	45	0	7	48
w Broccoli	12	480	70	8	3	0	80	850	49	2	8	49
Sriracha Mango Chicken	12.5	400	50	6	1.5	0	110	180	42	4	14	43
Sweet n Sour Chicken	12.5	420	40	4.5	1.5	0	105	160	48	1	8	44
Sweet n Sour Pork	12.5	480	110	12	4.5	0	100	150	48	1	8	41
Teriyaki Chicken Breast	8.5	320	90	10	3	0	105	860	14	3	8	41
Tomato Tilapia Taco	8.1	170	30	3	1	0	65	230	4	1	3	31
Vegan Pasta & Bean	7	330	110	13	1.5	0	0	220	47	6	8	8

