





fitlife  foods.















powerfully good.

Chef's Choice Nutritional Guide


























Nutritionals


	<u>Size</u>	<u>Calories</u>	<u>Fat (g)</u>	<u>Sat. Fat (g)</u>	<u>Trans Fat (g)</u>	<u>Chol. (mg)</u>	<u>Sodium (mg)</u>	<u>Carbs (g)</u>	<u>Fiber (g)</u>	<u>Sugar (g)</u>	<u>Protein (g)</u>	<u>V</u>	<u>GF</u>	<u>LC</u>	<u>DF</u>	<u>WW Points</u>
3-Protein Mixed Grill	Medium	450	24	4.5	0	130	480	13	6	7	42					10
3-Protein Mixed Grill	Small	330	18	3.5	0	100	380	8	3	4	33					8
Chicken Enchilada Bake	Medium	440	16	6	0	65	630	36	7	5	29					13
Chicken Enchilada Bake	Small	300	11	4	0	45	420	25	5	3	20					9
Chicken Pesto Tortellini	Medium	400	7	3	0	105	670	57	10	2	29					10
Chicken Pesto Tortellini	Small	270	5	2.5	0	75	470	37	7	2	20					8
Chicken Protein Potato Skins	Medium	450	17	6	0	125	510	31	5	4	46					11
Chicken Protein Potato Skins	Small	320	11	4.5	0	85	430	22	4	3	33					8
Dana's Chicken Cheesesteak	Medium	430	21	7	0	150	570	10	2	3	51					10
Dana's Chicken Cheesesteak	Small	330	15	6	0	110	440	9	2	3	38					8
Grass Fed Bison Burger	One-Size	380	17	7	0	80	670	26	5	8	27					12
Greek Meatballs	Medium	440	18	7	0	100	590	31	4	2	37					12
Greek Meatballs	Small	330	13	4.5	0	70	420	28	4	2	27					9
Honey Sriracha Chicken	Medium	430	13	3.5	0	115	610	40	2	11	36					12
Honey Sriracha Chicken	Small	290	9	2.5	0	80	410	27	1	8	25					8
Hong Kong Chicken Unfried Rice	Medium	380	14	2.5	0	60	570	35	5	6	30					10
Hong Kong Chicken Unfried Rice	Small	290	11	2	0	50	450	26	3	5	23					8
Jerk Chicken	Medium	450	20	8	0	120	540	33	1	7	33					14
Jerk Chicken	Small	350	15	6	0	90	450	26	1	6	25					11
Mama's Turkey Meatloaf	Medium	360	10	1.5	0	50	420	44	6	15	28					10
Mama's Turkey Meatloaf	Small	250	6	1	0	35	290	31	4	11	18					7

Nutritionals

Miso Marinated Salmon	Medium	400	15	3	0	75	350	33	5	6	32					11
Miso Marinated Salmon	Small	270	9	1.5	0	45	190	26	4	4	20					7
Paleo Sloppy Joes	Medium	380	14	6	0	105	590	25	5	11	34					10
Paleo Sloppy Joes	Small	300	11	4.5	0	80	450	22	4	9	26					8
Tampa Bay BBQ Beef	Medium	420	11	4.5	0	120	540	31	2	5	47					10
Tampa Bay BBQ Beef	Small	310	8	3.5	0	95	390	21	1	3	36					7
Turkey Bolognese	Medium	390	13	3	0	40	580	52	7	9	23					14
Turkey Bolognese	Small	260	9	2	0	25	420	33	5	7	15					8

Allergens

	<u>Egg</u>	<u>Shellfish</u>	<u>Milk</u>	<u>Soy</u>	<u>Tree Nut</u>	<u>Peanut</u>	<u>Fish</u>	<u>Wheat Gluten</u>	<u>Citrus</u>	<u>Garlic</u>	<u>Garlic Powder</u>	<u>Onion</u>	<u>Onion Powder</u>
3-Protein Mixed Grill										O	O	O	
Chicken Enchilada Bake									O	O		O	
Chicken Pesto Tortellini											O		O
Chicken Protein Potato Skins									O		O	O	O
Dana's Chicken Cheesesteak											O	O	O
Grass Fed Bison Burger											O		O
Greek Meatballs									O	O			O
Hong Kong Chicken Unfried Rice											O	O	
Jerk Chicken										O		O	O
Mama's Turkey Meatloaf									O	O	O	O	O
Miso Marinated Salmon									O				
Paleo Sloppy Joes										O		O	
Tampa Bay BBQ Beef									O	O	O	O	
Turkey Bolognese										O		O	
Honey Sriracha Chicken										O			

 = Contains

O = May Contain