

## Kitchen Staples

### Chickpea Salad on Greens

Cal 440 Fat 6.6g Pro 22g NC 63.2g

Contains: **S**

### Tempeh BLT Sandwich with Asparagus Salad

Cal 425 Fat 17.08g Pro 20g NC 44.54g

Contains: **G, S**

### Thai Peanut Noodles

Cal 251 Fat 8.5g NC 34g Pro 9.9g

Contains: **P, S**

### Roasted Veggies Power Bowl

Cal 280 Fat 10.32g Pro 11.2g NC 32.5g

Contains: **S, N, G**

### King Ranch Casserole with Garlic Roasted Broccoli

Cal 328 Fat 5.75g Pro 23g NC 39.6g

Contains: **S, N**

### Mediterranean Salad

Cal 222 Fat 8g NC 76g Pro 10g

Contains: **S, N**

### Veggie Sandwich

Cal 227 Fat 8.3g NC 22.9g Pro 9.8g

(sandwich only) Contains: **G, N**

### Hummus

Cal 110 Fat 2.7g NC 13g Pro 5.5g (per 2 Tbsp)

## Baked Goods

### Apple Spice Hemp Muffins

Cal 179 Fat 6.1g NC 26g Pro 6.9g

(single muffin) Contains: **N, G**

### Blueberry Muffins

Cal 179 Fat 6.1g NC 26g Pro 6.9g

(single muffin) Contains: **W (G)**

### Original Cherry Walnut Breakfast Cookie

Cal 350 Fat 12.9g NC 47g Pro 9.6g

(single serving) Contains: **N**

### Blueberry Pecan Breakfast Cookie

Cal 376.9 Fat 13.25g NC 57.42g Pro 11.12g

(single serving) Contains: **N**

### Chocolate Chip Peanut Butter Breakfast Cookie

Cal 403.29 Fat 15.89g NC 57g Pro 13.29g

(single serving) Contains: **N, P**

## Sweets

### Peanut Butter Protein Bar

Cal 462 Fat 28g NC 38.9g Pro 13.5g

(single serving) Contains: **N, P**

### Nutty Fudge Bites

Cal 119 Fat 8.68g NC 7.28g Pro 3g

(single ball) Contains: **N**

### Blondie Brownie

Cal 189 Fat 6.25g NC 25.84g Pro 6.29g

(single serving) Contains: **N, W (G)**

### Chocolate Cream Torte

Cal 201 Fat 12.3g NC 32g Pro 3g

(one serving) Contains: **S**

## Smoothies

### Blueberry Buckle

Cal 455.63 Fat 6.86g NC 100.89g Pro 5.58g

### Cherry Beet

Cal 283.31 Fat 3.55g NC 62.37g Pro 5.24g

### Chocolate Banana

Cal 644.62 Fat 24.44g NC 103.01g Pro 16.69g

### The Fit Frap

Cal 457.12 Fat 13.91g NC 76g Pro 12.32g

### Green Smoothie

Cal 288.3 Fat 2.55g NC 67.12g Pro 4.26g

### “Hummingbird” Carrot Orange

Cal 854.47 Fat 73.62g NC 54.89g Pro 9.29g

### Orange Spinach

Cal 868.11 Fat 64.59g NC 76.57g Pro 13.14g

### PB Jam

Cal 544.97 Fat 21.84g NC 84.48g Pro 12.56g

### Razzy Berry (seasonal)

Cal 780.11 Fat 60.01g NC 67.26g Pro 8.57g

### Allergen Disclaimer:

Before placing your order, please inform us of any food allergies. We will do our best to accommodate your needs.

Please be advised that while we notate the use of allergens in our meals, our products are prepared in an environment where gluten **G**, soy **S**, peanuts **P**, tree nuts **N**, dairy **D**, shellfish **Sh**, eggs **E**, corn **C** wheat **W** and other known allergens may be present.

We cannot guarantee the absence of cross-contamination.