

PureFit Meals

May 2017

CHICKEN

Cashew Chicken

Calories 271 Fat 8g Protein 29g Carbohydrate 21g Dietary Fiber 4g Sodium 747mg

- Classic Cantonese preparation with celery, carrot, onion and a slightly sweet ginger and tamari sauce
- Chicken breast, arrowroot powder, black pepper, coconut oil, sesame oil, garlic, chicken stock, tomato paste, honey, ginger, rice wine vinegar, Tamari soy sauce, red pepper flakes, sea salt, cashews, green onion, celery, carrot

Honey Mustard Chicken with Summer Salad

Calories 316 Fat 14g Protein 35g Carbohydrate 13g Dietary Fiber 2g Sodium 505mg

- Grilled chicken breast with Dijon mustard, garlic, red wine vinegar and honey with local cucumbers, onions and tomatoes
- Chicken breast, olive oil, garlic, Dijon mustard, red wine vinegar, honey, salt, pepper, cucumbers, onions, tomatoes

Chimichurri Chicken with Roasted Red Potatoes

Calories 379 Fat 14g Protein 37g Carbohydrate 25g Dietary Fiber 2g Sodium 266mg

- Char-grilled chicken with an Argentinian herb marinade of fresh basil, cilantro, parsley, garlic, crushed red pepper and lime
- Chicken breast, olive oil, basil, cilantro, parsley, lime juice, red wine vinegar, garlic, crushed red pepper, potatoes, salt, paprika, oregano

Chicken Fajitas

Calories 329 Fat 9g Protein 44g Carbohydrate 17g Dietary Fiber 4g Sodium 342mg

- Fajita style chicken breast sautéed with garlic, lime, chili powder, bell peppers and fresh onions
- Chicken breast, olive oil, garlic, lime juice, cumin, chili powder, coriander, onion, green bell pepper, red bell pepper, salt, oregano

Chipotle Lime Chicken with Broccoli Salad

Calories 344 Fat 20g Protein 29g Carbohydrate 15g Dietary Fiber 5g Sodium 374mg

- Grilled chicken breast with chipotle pepper aioli, cayenne, celery and lime juice with broccoli, red onion, raisins and sunflower seeds
- Chicken breast, celery, onion, lime juice and zest, chipotle peppers, broccoli, raisins, sunflower seeds, apple cider vinegar, cayenne, garlic, salt, pepper, aioli

Filipino Chicken with Peppers and Potatoes

Calories 402 Fat 9g Protein 46g Carbohydrate 34g Dietary Fiber 4g Sodium 706mg

- Philippine inspired dish is prepared by stewing chicken with tamari, apple cider vinegar and chipotle peppers
- Chicken breast, Tamari soy sauce, apple cider vinegar, garlic, bay leaves, chipotle peppers, Poblano peppers, red potatoes, onion, olive oil, kosher salt, pepper, paprika, garlic, oregano

Grilled Chicken with Lemon Vegetables

Calories 287 Fat 8g Protein 34g Carbohydrate 23g Dietary Fiber 9g Sodium 665mg

- Garlic Rubbed and Fire Grilled Chicken with Oven Roasted Vegetables, Marinated in Olive Oil, Oregano and Fresh Lemon
- Chicken breast, olive oil, garlic, salt, pepper, oregano, artichoke hearts, asparagus, squash, red onion, lemon juice and zest

Indian Chicken with Coconut Cauliflower

Calories 292 Fat 9g Protein 45g Carbohydrate 9g Dietary Fiber 3g Sodium 571mg

- Indian inspired char-grilled chicken marinated with garam masala, cumin, coriander, paprika, garlic and fresh ginger
- Chicken, cauliflower, paprika, garam masala, cumin, coriander, turmeric, ginger, garlic, cayenne, cilantro, green onion, coconut oil and milk, lime, salt, pepper

Spicy Indian Chicken with Sautéed Greens

Calories 363 Fat 14g Protein 46g Carbohydrate 15g Dietary Fiber 4g Sodium 749mg

- Our version of this Indian classic is prepared with coconut milk, tomato, red onion, garlic and fresh local greens
- Chicken breast, coconut oil, olive oil, red onion, garlic, cardamom, coriander, fenugreek powder, chili powder, tomato paste, coconut milk, salt, kale

Paleo Chicken Fingers with Grilled Green Beans

Calories 413 Fat 12g Protein 51g Carbohydrate 28g Dietary Fiber 5g Sodium 546mg

- Chicken breast strips, dredged in seasoned almond meal and seared in coconut oil with lightly grilled green beans and our sriracha ketchup
- Chicken breast, eggs, almond meal, green beans, garlic, tomato paste, Mae Ploy, honey, Tamari soy sauce, and seasonings

Paleo Chicken & Dumplings

Calories 245 Fat 4g Protein 32g Carbohydrate 19g Dietary Fiber 3g Sodium 656mg

- Hearty chicken broth with roasted chicken carrots, sweet potatoes, celery and onions, served with almond and tapioca dumplings
- Chicken breast, onion, celery, carrot, sweet potato, sage, rosemary, garlic, almond milk, parsley, arrowroot, tapioca flour, almond meal, thyme, olive oil, chicken and vegetable broth

TURKEY

PureFit Sloppy Joe with Roasted Sweet Potatoes

Calories 380 Fat 16g Protein 27g Carbohydrate 32g Dietary Fiber 5g Sodium 763mg

- Our version of the original with lean ground turkey, garlic, stone ground mustard, chili and oregano
- Turkey, garlic, onion, tomato paste, beef stock, stone ground mustard, apple cider vinegar, chili powder, oregano, salt, pepper, sweet potato olive oil

Sundried Tomato Meatloaf with Green Beans

Calories 408 Fat 24g Protein 30g Carbohydrate 21g Dietary Fiber 8g Sodium 768mg

- Hearty local ground beef and turkey meatloaf infused with fresh basil, sundried tomato and mushroom
- Ground beef and turkey, yellow onion, sundried tomatoes, garlic, chili powder, fresh parsley, fresh basil, mushroom, sea salt, green beans, olive oil, black pepper

Thai Turkey Burger with Oriental Coleslaw

Calories 428 Fat 26g Protein 32g Carbohydrate 21g Dietary Fiber 6g Sodium 762mg

- Ground turkey seasoned with cilantro, green onion, garlic and tamari, served with oriental coleslaw
- Ground turkey, onion powder, cilantro, green onion, salt, pepper, Tamari soy sauce, coconut oil, olive oil, Napa cabbage, carrots, garlic, ginger, white vinegar, tahini, red pepper flakes, Korean red pepper paste, Mae Ploy, fish sauce

Sweet Potato Shepherd's Pie

Calories 433 Fat 19g Protein 30g Carbohydrate 34g Dietary Fiber 6g Sodium 551mg

- Our paleo version of the hearty classic; carrots, turnips and celery with local ground beef and whipped sweet potatoes
- Ground beef and turkey, sweet potato, coconut milk, onion, turnip, carrot, celery, rosemary, thyme, coconut oil, sea salt, Worcestershire sauce, tomato paste, balsamic vinegar, black pepper

Turkey and Bacon Meatballs with Greens

Calories 280 Fat 14g Protein 24g Carbohydrate 15g Dietary Fiber 2g Sodium 740mg

- Our lean version of breakfast sausage incorporates ground turkey, bacon and maple syrup served with garlic seasonal greens
- Ground turkey, bacon, onion, maple syrup, sage, fennel, thyme, garlic, salt, pepper, kale

Greek Burger with Roasted Potatoes

Calories 429 Fat 19g Protein 33g Carbohydrate 32g Dietary Fiber 3g Sodium 669mg

- Lean ground turkey with oregano, rosemary, garlic, lemon and olive oil with almond and basil pesto
- Ground turkey, red potato, olive oil, kosher salt, pepper, paprika, oregano, rosemary, lemon juice, garlic, basil, sliced almonds, crushed red pepper

BEEF & GAME

Beef Bolognese with Squash Noodles

Calories 404 Fat 20g Protein 24g Carbohydrate 36g Dietary Fiber 4g Sodium 750mg

- Traditional Italian beef and tomato sauce with basil, rosemary, garlic and red wine over thin sliced, seasonal zucchini
- Ground beef and turkey, onion, parsley, rosemary, sea salt, basil, cayenne, bay leaf, red wine, garlic, tomato paste, spaghetti squash, olive oil

Flank Steak with Bell Peppers, Onions and Pineapple

Calories 314 Fat 15g Protein 29g Carbohydrate 16g Dietary Fiber 3g Sodium 661mg

- Grilled flank steak, Chinese 5 spice, ginger, garlic, sesame oil, bell peppers, onions, pineapple and crushed red pepper
- Flank steak, tamari soy sauce, sesame oil, fresh ginger, pepper, salt, Chinese 5 spice, crushed red pepper, olive oil, onion, garlic, red and green bell pepper, pineapple

Beef Stroganoff with Squash Noodles

Calories 307 Fat 19g Protein 27g Carbohydrate 7g Dietary Fiber 2g Sodium 547mg

- Sirloin roast beef with sautéed mushrooms, onions, garlic and coconut milk with seasonal squash noodles
- Flank steak, yellow onion, mushrooms, garlic, sea salt, thyme, zucchini, olive oil, salt, coconut milk

Beef Brisket with Brussel Sprouts

Calories 340 Fat 15g Protein 41g Carbohydrate 11g Dietary Fiber 4g Sodium 501mg

- Show-Me Farms herb rubbed and slow roasted beef brisket with oven toasted brussels sprouts
- Lean beef brisket, thyme, paprika, coriander, kosher salt, garlic, Brussel sprouts, olive oil, pepper

Puerto Rican Beef with Mashed Sweet Potatoes

Calories 364 Fat 18g Protein 23g Carbohydrate 28g Dietary Fiber 4g Sodium 554mg

- Local ground beef seared with a Caribbean spice blend of turmeric, coriander, cumin, onion, bell peppers with sweet potato puree
- Ground beef, bell pepper, onion, olive oil, cumin, coriander, turmeric, oregano, kosher salt, pepper, celery salt, sweet potato, garlic, coconut milk

Zucchini Lasagna

Calories 265 Fat 14g Protein 20g Carbohydrate 17g Dietary Fiber 5g Sodium 634mg

- PureFit's beef marinara layered with fresh zucchini noodles, kalamata olives, tomato, basil and oregano
- Beef and turkey, onion, garlic, olive oil, oregano, basil, cayenne, kosher salt, pepper, tomatoes, tomato paste, zucchini,

Sesame Beef with Sautéed Kale

Calories 380 Fat 21g Protein 35g Carbohydrate 14g Dietary Fiber 3g Sodium 154mg

- Lean flank steak sautéed with garlic, crushed red pepper & toasted sesame seeds and served with orange and ginger rubbed kale
- Flank steak, ginger, miso, orange juice, olive and sesame oil, garlic, crushed red pepper, sesame seeds, kale, onion, kosher salt, pepper

Grilled Flank Steak with Vegetables

Calories 326 Fat 17g Protein 33g Carbohydrate 10g Dietary Fiber 3g Sodium 435mg

- Fire grilled beef, red bell peppers, onion and zucchini
- Flank steak, olive oil, garlic, kosher salt, pepper, onion, red bell pepper, zucchini

Beef & Veggie Stir-Fry

Calories 338 Fat 17g Protein 33g Carbohydrate 14g Dietary Fiber 4g Sodium 733mg

- Flank steak stir-fried with peppers, onions, green beans, broccoli, water chestnuts, ginger and tamari soy sauce
- Flank steak, red onion, broccoli, green beans, red pepper, sesame seeds, green onion, water chestnuts, salt, pepper, ginger, garlic, Tamari soy sauce

Grilled Flank Tacos with Black Bean Salsa

Calories 394 Fat 15g Protein 34g Carbohydrate 30g Dietary Fiber 7g Sodium 427mg

- Flank steak with red bell peppers, Portobello mushrooms and onions wrapped in a butter lettuce leaf, served with black bean salsa
- Flank steak, red wine, Worcestershire sauce, olive oil, red bell pepper, Portobello mushroom, onion, basil, pepper, butter lettuce, salsa includes tomatoes, garlic, jalapeno, salt, cumin, cilantro, black beans, lime juice

Elk Swedish Meatballs with Squash Noodles

Calories 269 Fat 9g Protein 37g Carbohydrate 9g Dietary Fiber 2g Sodium 598mg

- Swedish meatballs made with ground elk and ground turkey, served with a mushroom sauce and zucchini noodles
- Ground elk, ground turkey, onion, garlic, eggs, fennel seeds, mushrooms, arrowroot, almond milk, zucchini

Stuffed Pepper

Calories 303 Fat 9g Protein 35g Carbohydrate 21g Dietary Fiber 6g Sodium 642mg

- Ground bison and turkey mixed with diced tomatoes, jalapeno peppers, black olives, and riced cauliflower served in a green bell pepper
- Bison and turkey, onion, garlic, diced tomato, jalapeno, Kalamata olives, cauliflower, green pepper, cumin, paprika, salt, pepper, spinach

Chilean Mixed Grill with Mashed Butternut Squash and Asparagus

Calories 414 Fat 18g Protein 45g Carbohydrate 18g Dietary Fiber 3g Sodium 682mg

- Flank steak, grilled salmon steak and white meat chicken in a chimichurri sauce with butternut squash mashers with coconut milk
- Chicken, flank steak, salmon, asparagus, butternut squash, coconut milk, garlic, cilantro, basil, parsley, red wine vinegar, lime juice, crushed red pepper

Kung Pao Beef and Garlic Chicken with Cucumber Kale Salad

Calories 412 Fat 20g Protein 42g Carbohydrate 16g Dietary Fiber 4g Sodium 773mg

- Flank steak red chilies, ginger and garlic along side white meat chicken in a white garlic sauce served with a cucumber kale salad
- Chicken, flank steak, sesame oil, ginger, onions, Tamari soy sauce, garlic, red peppers, peanut oil, peanuts, red chilies, arrow root, cucumber, kale, honey, sesame seeds

PORK

Pork Burger with Sweet Potato Fries

Calories 311 Fat 15g Protein 23g Carbohydrate 21g Dietary Fiber 3g Sodium 309mg

- Lean Ground Pork with Shredded Apples, Dijon Mustard, Green Onion and Thyme with Roasted Hand Cut Sweet Potatoes
- Ground pork and turkey, thyme, ground mustard, kosher salt, chili powder, cinnamon, Dijon mustard, green onion, garlic, green apple, sweet potato, olive oil, sea salt, black pepper

BBQ Pork with Roasted Beets

Calories 351 Fat 18g Protein 26g Carbohydrate 23g Dietary Fiber 6g Sodium 777mg

- Tender pork dry rubbed and slow roasted with house made BBQ sauce and served with roasted beets
- Pork, garlic, oregano, olive oil, onion, diced tomatoes, tomato paste, natural smoke flavor, beets, black pepper, salt, chili powder, honey

Asian Pork Wrap with Sesame Green Beans

Calories 340 Fat 21g Protein 30g Carbohydrate 8g Dietary Fiber 3g Sodium 481mg

- Build your own butter leaf lettuce wraps with ginger, honey, Tamari rubbed pork loin and sesame seed roasted green beans
- Pork, Tamari soy sauce, almond butter, honey, rice vinegar, Sriracha, pepper, ginger, garlic, butter lettuce, Mae Ploy, green beans, olive oil, sesame oil, sesame seeds, kosher salt

Asian Pork Meatballs with Broccoli

Calories 330 Fat 21g Protein 29g Carbohydrate 8g Dietary Fiber 4g Sodium 570mg

- Fresh mint, green onion, lime, miso paste, garlic and sake pork meatballs with sesame seeded roast broccoli
- Ground pork and turkey, mint, lime zest and juice, salt, pepper, miso paste, mirin sake, garlic, Sriracha, olive oil, green onion, broccoli, sesame oil, sesame seeds

Fruit Stuffed Pork Loin with Grilled Brussel Sprouts

Calories 331 Fat 14g Protein 33g Carbohydrate 19g Dietary Fiber 5g Sodium 748 mg

- Roasted pork loin stuffed with apples, pomegranates and cherries served with grilled bacon brussel sprouts
- Pork, cherries, pomegranate, green apple, honey, bourbon, bacon, salt, pepper, thyme, sage, garlic, olive oil, vinegar, Brussel sprouts

Roast Pork Carne Asada with Vegetables

Calories 307 Fat 13g Protein 26g Carbohydrate 25g Dietary Fiber 9g Sodium 689 mg

- Slow roasted pork served with roasted cauliflower, onions, peas, carrots and tomatillos with jalapenos and cilantro
- Pork, chipotle seasoning, garlic, oregano, onion, cauliflower, peas, carrot, tomatillo, jalapeno, cilantro, olive oil

EGGS

Spinach, Bacon and Egg Cupcake with Fresh Salsa

Calories 366 Fat 24g Protein 22g Carbohydrate 18g Dietary Fiber 4g Sodium 543mg

- Fresh spinach and applewood smoked bacon, baked like a cupcake, fresh tomato salsa
- Eggs, bacon, zucchini, red pepper, spinach, green onion, pepper, olive oil, Salsa: tomatoes, garlic, jalapeno, salt, cumin, cilantro, lime juice

Almond Scotch Eggs with Sriracha Aioli

Calories 438 Fat 30g Protein 35g Carbohydrate 8g Dietary Fiber 1g Sodium 275mg

- Farm fresh eggs, hard boiled and wrapped in lean house made turkey sausage with ground almond crust and sriracha aioli
- Turkey, eggs, almonds, Kalamata olives, thyme, pepper, onion, garlic and olive oil S
- Sriracha Aioli: egg, lemon juice, honey, Sriracha, safflower oil

Bacon and Broccoli Frittata with Fresh Salsa

Calories 351 Fat 24g Protein 22g Carbohydrate 12g Dietary Fiber 3g Sodium 680mg

- Italian crustless quiche with applewood smoked bacon, fresh broccoli with fresh tomato salsa and seasonal fruit
- Eggs, bacon, broccoli, coconut milk, kosher salt, pepper, nutmeg, oranges, Salsa: tomatoes, garlic, jalapeno, salt, cumin, cilantro, lime juice

Breakfast Burrito with Fresh Salsa

Calories 360 Fat 19g Protein 27g Carbohydrate 19g Dietary Fiber 3g Sodium 845mg

- Farm fresh eggs, spinach, onion and bell peppers rolled into a lean ham slice
- Ham, eggs, coconut oil, tomatoes, bell pepper, onion, red pepper flakes Salsa: tomatoes, garlic, jalapeno, salt, cumin, cilantro, lime juice

Paleo Omelet with Fresh Salsa

Calories 315 Fat 19g Protein 28g Carbohydrate 6g Dietary Fiber 1g Sodium 873mg

- Farm fresh eggs, spinach, ham, basil and fresh tomato salsa with fresh citrus fruit
- Eggs, spinach, basil, ham, onion, olive oil, pepper, oranges, Salsa: tomatoes, garlic, jalapeno, salt, cumin, cilantro, lime juice

Breakfast Pizza Pepper

Calories 325 Fat 17g Protein 33g Carbohydrate 10g Dietary Fiber 3g Sodium 584mg

- Fresh Bell Peppers Stuffed with seasoned Ground Turkey and Farm Fresh Eggs, Spinach, Basil and Mushrooms
- eggs, peppers, ground turkey, onions, basil, spinach, mushrooms, garlic, salt, pepper, rosemary, thyme, fennel seed, tomato paste, honey, sage, oregano

Pulled Pork Frittata with Fresh Salsa

Calories 417 Fat 25g Protein 33g Carbohydrate 14g Dietary Fiber 2g Sodium 737mg

- Crustless quiche with pulled pork, sweet onions and bell peppers served with fresh salsa
- Eggs, pork loin, garlic, bell peppers, onions, coconut oil, black pepper, salt, Salsa: tomatoes, garlic, jalapeno, salt, cumin, cilantro, lime juice

SEAFOOD

Ahi Tuna Sliders with Carrot Fries

Calories 386 Fat 17g Protein 34g Carbohydrate 26g Dietary Fiber 5g Sodium 661mg

- Fresh ahi tuna tossed with red onion, jalapeno, ginger, sesame seeds and garlic carrot fries
- Ahi tuna, onion, jalapeno, cilantro, aioli, Tamari soy sauce, sesame seeds, fresh ginger, garlic, sesame oil, lime juice, fish sauce, honey, apple cider vinegar, carrots, chili powder, salt, pepper

Cajun Shrimp with Cauliflower

Calories 316 Fat 9g Protein 37g Carbohydrate 24g Dietary Fiber 9g Sodium 716mg

- Southern style creole shrimp smothered with parsley, onion, celery, green bell peppers, garlic and Cajun riced cauliflower
- olive oil, onion, celery, green pepper, shrimp, paprika, pepper, basil, oregano, thyme, mustard, cauliflower, garlic, bay leaves, tomato paste, chicken stock, kosher salt, cayenne pepper, parsley

Almond Crust Crab Cake with Cabbage Carrot Slaw

Calories 257 Fat 14g Protein 24g Carbohydrate 11g Dietary Fiber 2g Sodium 531mg

- Fresh lump crab, red peppers & onions coated in crushed almonds and pan seared with ginger citrus red cabbage carrot slaw
- Crabmeat, green onion, yellow onion, red pepper, lemon juice, eggs, mayonnaise, mustard, garlic, kosher salt, cayenne, almond meal, carrots red cabbage, olive oil, lemon zest, ginger, honey

Spanish Shrimp and Chicken

Calories 308 Fat 7g Protein 41g Carbohydrate 22g Dietary Fiber 6g Sodium 548mg

- Spanish-inspired stew scented with saffron, smoked paprika, chipotle pepper and served with riced cauliflower
- Shrimp, chicken, cauliflower, carrot, bell pepper, onion, garlic, saffron, paprika, chipotle powder, turmeric, parsley, salt, pepper

SOUP & CHILI

Carrot & Ginger Bisque

Calories (with almonds) Fat g Protein g Carbohydrate g Dietary Fiber g Sodium mg

- Fresh carrots, sweet potatoes, onion and ginger pureed with coconut milk and served with toasted almonds
- Carrot, onion, sweet potato, olive oil, chicken stock, coconut milk and almonds

Green Chicken Chili

Calories (with kale chips) Fat g Protein g Carbohydrate g Dietary Fiber g Sodium mg

- Fresh chicken and navy beans, seasoned, simmered with onion, garlic, peppers and served with homemade kale chips
- Chicken, navy beans, olive oil, chicken/vegetable stock, garlic, cumin, arrowroot powder, cilantro, lime juice, coriander, chili powder, onions, jalapeno and pablano peppers

Paleo Chili

Calories (with almond crackers) Fat g Protein g Carbohydrate g Dietary Fiber g Sodium mg

- Fresh bison, turkey and flank steak, seasoned and simmered with onion, tomato and peppers served with homemade almond crackers
- Bison, turkey, flank steak, onion, peppers, celery, tomatoes, red beans, black beans, olive oil, coriander, cumin, garlic, cayenne and salt

SALADS

WHOLE SIZE

Green Goddess Salad

Calories 166 (with dressing) Fat 9g Protein 8g Carbohydrate 19g Dietary Fiber 6g Sodium 331mg

- Fresh spinach and kale, cucumbers, red peppers, snow peas and asparagus served with our own homemade green goddess dressing
- Dressing: mayonnaise, avocado, anchovy filets, garlic, parsley, green onions, lemons, basil and salt

Citrus Spinach Salad

Calories 309 (with dressing) Fat 11g Protein 33g Carbohydrate 22g Dietary Fiber 7g Sodium 143mg

- Fresh spinach and carrots with turkey breast, almonds and pumpkin seeds served with our own homemade citrus vinaigrette
- Dressing: shallots, aquafaba, wine vinegar, lemon zest and juice, orange juice, black pepper

Vegan Power Salad

Calories 300 (with dressing) Fat 14g Protein 13g Carbohydrate 36g Dietary Fiber 9g Sodium 80mg

- Fresh spinach, Napa cabbage, basil and tomatoes, quinoa, flax, chia and sunflower seeds served with our own homemade Italian dressing
- Dressing: white vinegar, lemon juice, aquafaba, parsley, basil, oregano, garlic

Paleo Caesar Salad

Calories 205 (with dressing) Fat 8g Protein 29g Carbohydrate 5g Dietary Fiber 2g Sodium 208mg

- Fresh romaine lettuce topped with chicken breast and served with our own homemade Caesar dressing
- Dressing: mayonnaise, lemon juice, aquafaba, anchovy fillets, Dijon mustard, garlic

HALF SIZE

Green Goddess Salad

Calories 129 (with dressing) Fat 9g Protein 5g Carbohydrate 11g Dietary Fiber 4g Sodium 295mg

- Fresh spinach and kale, cucumbers, red peppers, snow peas and asparagus served with our own homemade green goddess dressing
- Dressing: mayonnaise, avocado, anchovy filets, garlic, parsley, green onions, lemons, basil and salt

Citrus Spinach Salad

Calories 165 (with dressing) Fat 6g Protein 19g Carbohydrate 11g Dietary Fiber 4g Sodium 89mg

- Fresh spinach and carrots with turkey breast, almonds and pumpkin seeds served with our own homemade citrus vinaigrette
- Dressing: shallots, aquafaba, wine vinegar, lemon zest and juice, orange juice, black pepper

Vegan Power Salad

Calories 157 (with dressing) Fat 7g Protein 7g Carbohydrate 19g Dietary Fiber 5g Sodium 47mg

- Fresh spinach, Napa cabbage, basil and tomatoes, quinoa, flax, chia and sunflower seeds served with our own homemade Italian dressing
- Dressing: white vinegar, lemon juice, aquafaba, parsley, basil, oregano, garlic

Paleo Caesar Salad

Calories 148 (with dressing) Fat 7g Protein 18g Carbohydrate 4g Dietary Fiber 1g Sodium 175mg

- Fresh romaine lettuce topped with chicken breast and served with our own homemade Caesar dressing
- Dressing: mayonnaise, lemon juice, aquafaba, anchovy fillets, Dijon mustard, garlic

SNACKS

Blueberry Crisp Bars (2 servings per pkg.)

Calories 260 Fat 6g Protein 23g Carbohydrate 28g Dietary Fiber 5g Sodium 30mg

- Hearty protein packed snack or breakfast bar with dried blueberries, lemon, flax and sunflower seeds, pistachio nuts, almonds, oats, maple syrup and added protein
- Almonds, oats, blueberries, pistachio nuts, flax, pumpkin and sunflower seeds, lemon, whey protein, glucose gelatin, maple syrup, agave

Turkey & Bacon Jerky (2 servings per pkg.)

Calories 128 Fat 7g Protein 13g Carbohydrate 3g Dietary Fiber 3g Sodium 384mg

- Ground turkey jerky blended with apple wood smoked bacon, onion, sage, thyme, garlic, fennel seeds, maple syrup and added protein
- Turkey, bacon, onion, maple syrup, sage, fennel seed, thyme, garlic, pepper, salt, whey protein

BBQ Beef Jerky (2 servings per pkg.)

Calories 171 Fat 10g Protein 14g Carbohydrate 5g Dietary Fiber 1g Sodium 482mg

- Ground beef jerky with pepper, worcestershire, molasses, mustard, honey, red pepper flakes, chili powder and added protein
- Beef, garlic, chili powder, paprika, crushed red pepper, all spice, clove, pepper, bay seasoning, gluten free soy sauce, vinegar, Worcestershire sauce, molasses, mustard, honey, whey protein