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| **PHRESHPLATE NUTRIONAL CHART** |
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|  | TOTAL CARBS | TOTAL PROTEIN | ESTIMATED TOTAL CALORIES |
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| **VEGETABLES** |  |  |  |
| Asian Spinach Salad | 6.75 g | 2.77 g | 46.75 |
| Kale Salad | 14.19 g | 2.7 g | 137.42 |
| Curried Cauliflower Rice | 6.41 g | 1.2 g | 90.14 |
| Roasted Sweet Potato Salad | 8.76 g | 1.58 g | 69.07 |
| Brown Rice  | 23.1 g | 2.65 g | 110.5 |
| Honey Lime Spaghetti Squash | 19.86 g | 1.4 g | 78 |
| Season Fruit Salad | N/A | N/A | N/A |
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| **PROTEINS** |  |  |  |
| BBQ Salmon | 22g | 29 g | 400 |
| Sweet n Spicy Meatloaf | 17. 41 g | 11 g | 182.59 |
| Chimichurri Skirt Steak | 1.65 g | 45.54g | 451.4 |
| Margarita Chicken | 0 g | 25 g | 130 |
| TVP Taco Salad (without Dressing) | 29.16 g | 14.7 g | 249.6 |
| Southwest Turkey Burger (No Bun) | 17.02 g | 15.6 g | 170.37 |
| Poblano Turkey Meatballs | 4.8 g | 15.6 g | 75.5 |
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| **SPECIALITY BREAKFAST DISHES** |  |  |  |
| Blueberry Protein Pancakes | 31.3 g | 16.3 g | 201 |
| Blueberry Waffles | 31.3 g | 16.3 g | 321 |
| Pecan Pancakes | 31.3 g | 14.3 g | 323 |
| Pecan Waffles | 31.3 g | 16.3 g | 443 |
| Regular Pancakes | 31.3 g | 16.3 g | 180 |
| Regular Waffles | 31.3 g | 16.3 g | 300 |
| Frittata | 6.3 g | 15.9 g | 100 |
| Egg White McMuffin (No Cheese) | 31.3 g | 26.6 g | 217.5 |
| Apple Cinnamon Bake | 35.9 g | 5.18 g | 191.16 |
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