

NUTRITIONAL FACTS

M/W/F/Su	Calories	Fat	Carbs	Protein	Fiber
Kale Pear Smoothie	413	21.4	52.6	11.9	10.8
3 Stalks Celery & Raw Ranch Dressing	213	16	14	6	2
Crunchy Salad Mix	188	1	41.6	10.3	14.2
Agave Lime Garlic Dressing	63	6.3	2.2	0	0
Raw Cookie Dough Energy Bites	529	29.1	63.3	12	12
Stuffed Bell Peppers	640	55.9	22.6	24.2	8.7
Avocado Chimichurri	111	11.3	3.2	.8	2
Totals	2157	141	199.5	65.2	49.7

T/TH/Sa	Calories	Fat	Carbs	Protein	Fiber
Apple, Blueberry, Banana Smoothie	276	1.3	70.4	4.2	11.5
Chili Cucumber Snack	146	14.7	4.1	1.6	2
Mild Salad Mix	42	0.6	7.6	3.8	3.4
Citrus Vinaigrette Dressing	154	16.9	2.4	.2	.2
Raw Yogurt	825	70.8	46.3	11.1	4.4
Vegetable Stir (no)Fry	861	51.9	91.4	16.9	20.4
Totals	2304	156.2	222.2	37.8	41.9

