

**VEG SIDES**

	SERVING	CALORIES	TOTAL FAT	SAT FAT	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
<b>Thai Chili Noodles</b> <small>GF   DF   VEGAN</small>	4 oz	110	1g	0g	200mg	24g	0g	1g	0g
<b>Charred Avocado</b> <small>GF   V</small>	4 oz	260	16g	4g	230mg	9g	7g	2g	6g
<b>Curried Quinoa &amp; Lentils w/ Cashews</b> <small>GF   DF   V</small>	4 oz	180	5g	0.5g	210mg	21g	7g	1g	9g
<b>Simply Roasted Cauliflower</b> <small>GF   DF   VEGAN</small>	4 oz	60	1.5g	0g	195mg	6g	3g	2g	2g
<b>Simply Roasted Broccoli</b> <small>GF   DF   VEGAN</small>	4 oz	65	1.5g	0g	195mg	8g	3g	2g	3g
<b>Chipotle Kale &amp; Black Beans</b> <small>GF   DF   VEGAN</small>	4 oz	140	3.5g	0.5g	170mg	12g	5g	1g	4g
<b>Roasted Sweet Potatoes</b> <small>GF   DF   V</small>	4 oz	130	2g	1g	140mg	24g	3g	6g	2g
<b>Chickpeas &amp; Eggplant w/ Feta Vinaigrette</b> <small>GF   DF   VEGAN</small>	4 oz	160	4.5g	1.5g	305mg	17g	7g	4g	7g
<b>Shaved Brussels, Fennel, Dates &amp; Lemon</b> <small>GF   DF   VEGAN</small>	4 oz	160	5g	0.5g	320mg	13g	3g	6g	7g
<b>Miso Maple Acorn Squash</b> <small>GF   V</small>	4 oz	145	3g	1g	105mg	19g	4g	2g	5g
<b>Kale &amp; Apple Salad</b> <small>GF   DF   V</small>	2.5 oz	80	2.5g	0g	40mg	8g	2g	3g	2g
<b>Vegan Mash</b> <small>GF   DF   VEGAN</small>	4 oz	130	2g	0g	110mg	26g	3g	2g	2g
<b>Brown Rice</b> <small>GF   DF   VEGAN</small>	2 oz	65	0g	0g	5mg	13g	2g	0g	1.5g

**PROTEIN SIDES**

	SERVING	CALORIES	TOTAL FAT	SAT FAT	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
<b>Mediterranean Braised Chicken</b> <small>GF   DF</small>	4 oz	190	9g	3g	295mg	2g	0g	0g	22g
<b>Roasted Chicken Breast</b> <small>GF   DF</small>	6.5 oz	260	8g	3g	460mg	0g	0g	0g	34g
<b>Roasted Chicken Leg/Thigh</b> <small>GF   DF</small>	5 oz	390	14g	4g	385mg	2g	0g	0g	32g
<b>Beef, Quinoa &amp; Veggie Chili</b> <small>GF   DF</small>	5 oz	230	8g	1g	493mg	26g	6g	3g	22g
<b>Sesame Scallion Tofu</b> <small>GF   DF   VEGAN</small>	4 oz	170	6g	1g	385mg	7g	0.5g	2g	9g
<b>Roasted Salmon w/ Herb Salad</b> <small>GF   DF</small>	4 oz	260	15g	3g	145mg	0g	0g	0g	25g
<b>Baked Wings</b> <small>GF   DF</small>	4 oz	175	11g	3g	240mg	0g	0g	1g	16g

**SAUCES**

	SERVING	CALORIES	TOTAL FAT	SAT FAT	SODIUM	CARBS	FIBER	SUGARS	PROTEIN
Turmeric Honey Dijon	1 oz	70	3.5g	0.5g	110mg	1g	0g	1g	0g
Poblano Lime	1 oz	65	2g	0g	80mg	0g	0g	0.5g	0g
Carrot Chili	1 oz	60	1g	0g	95mg	1g	0g	1g	0g