

# Bowls Nutrition Facts

| <b>Bowl</b>         | <b>Calories</b> | <b>Fat</b> | <b>Carbs</b> | <b>Sugar</b> | <b>Protein</b> | <b>Fiber</b> | <b>Sodium</b> |
|---------------------|-----------------|------------|--------------|--------------|----------------|--------------|---------------|
| Berry Acai          | 310.00          | 11.80 g    | 46.30 g      | 21.00 g      | 4.70 g         | 11.00 g      | 159.00 g      |
| Chocolate PB        | 620.00          | 28.70 g    | 77.80 g      | 35.30 g      | 14.10 g        | 15.90 g      | 295.80 g      |
| Mango               | 450.00          | 17.70 g    | 67.60 g      | 45.00 g      | 6.80 g         | 10.50 g      | 35.00 g       |
| Super Green         | 390.00          | 11.90 g    | 63.70 g      | 36.60 g      | 7.90 g         | 8.90 g       | 30.60 g       |
| Greek Quiche        | 800.00          | 54.00 g    | 42.70 g      | 8.10 g       | 28.20 g        | 4.70 g       | 1,424.80 g    |
| Thai Red Curry**    | 480.00          | 20.90 g    | 61.60 g      | 9.10 g       | 9.10 g         | 8.20 g       | 1,673.40 g    |
| Chicken Teriyaki**  | 550.00          | 10.40 g    | 74.90 g      | 22.10 g      | 32.60 g        | 6.20 g       | 1,077.10 g    |
| Peanut**            | 640.00          | 34.50 g    | 69.30 g      | 9.10 g       | 17.20 g        | 9.70 g       | 376.80 g      |
| *Mediterranean Tuna | 790.00          | 42.40 g    | 58.70 g      | 13.60 g      | 41.20 g        | 6.20 g       | 660.00 g      |
| *Green Goddess**    | 620.00          | 31.20 g    | 66.80 g      | 6.40 g       | 22.60 g        | 10.60 g      | 552.50 g      |
| *Steak and Rice**   | 580.00          | 16.10 g    | 70.50 g      | 16.40 g      | 34.30 g        | 6.50 g       | 1,049.10 g    |
| Ocho**              | 540.00          | 11.50 g    | 68.30 g      | 5.70 g       | 37.10 g        | 9.40 g       | 738.50 g      |
| *Sweet Potato & Egg | 570.00          | 18.40 g    | 81.40 g      | 22.50 g      | 21.70 g        | 14.10 g      | 1,358.60 g    |
| *Paleo              | 420.00          | 20.10 g    | 18.70 g      | 6.50 g       | 42.60 g        | 8.20 g       | 767.90 g      |
| North African       | 340.00          | 8.90 g     | 61.00 g      | 16.20 g      | 13.50 g        | 7.30 g       | 296.70 g      |
| Power Berry Salad   | 610.00          | 45.10 g    | 38.60 g      | 14.50 g      | 12.40 g        | 9.40 g       | 532.20 g      |

| <b>Sauces</b>      | <b>Calories</b> | <b>Fat</b> | <b>Carbs</b> | <b>Sugar</b> | <b>Protein</b> | <b>Fiber</b> | <b>Sodium</b> |
|--------------------|-----------------|------------|--------------|--------------|----------------|--------------|---------------|
| Cashew Cream       | 150.00          | 12.30 g    | 7.30 g       | 1.30 g       | 4.30 g         | 0.90 g       | 254.30 g      |
| Roasted Red Pepper | 40.00           | 2.70 g     | 3.30 g       | 1.70 g       | 0.40 g         | 1.30 g       | 191.70 g      |
| Cilantro-Lime      | 220.00          | 21.00 g    | 8.20 g       | 7.60 g       | 0.10 g         | 0.10 g       | 150.60 g      |
| Peanut             | 170.00          | 14.10 g    | 5.40 g       | 1.80 g       | 3.60 g         | 1.40 g       | 215.70 g      |
| Teriyaki           | 120.00          | 3.70 g     | 19.40 g      | 16.40 g      | 0.10 g         | - g          | 651.40 g      |
| Red Curry          | 200.00          | 18.40 g    | 5.00 g       | 2.50 g       | 1.00 g         | 0.50 g       | 433.20 g      |
| Bibimbop           | 80.00           | 0.70 g     | 15.00 g      | 10.60 g      | 1.10 g         | 0.60 g       | 633.70 g      |
| Chipotle Cream     | 60.00           | 4.50 g     | 3.90 g       | 2.20 g       | 0.30 g         | 1.00 g       | 156.60 g      |
| Sriracha           | 10.00           | 0.10 g     | 0.90 g       | 0.40 g       | 0.10 g         | 0.40 g       | 77.00 g       |

| <b>Add-Ons</b>        | <b>Calories</b> | <b>Fat</b> | <b>Carbs</b> | <b>Sugar</b> | <b>Protein</b> | <b>Fiber</b> | <b>Sodium</b> |
|-----------------------|-----------------|------------|--------------|--------------|----------------|--------------|---------------|
| Amish Chicken         | 150.00          | 3.10 g     | - g          | - g          | 26.60 g        | - g          | 387.00 g      |
| *Grass-Fed Steak      | 160.00          | 7.60 g     | - g          | - g          | 18.20 g        | - g          | 53.20 g       |
| *Sushi-Grade Ahi Tuna | 180.00          | 6.50 g     | - g          | - g          | 27.00 g        | - g          | 50.00 g       |
| *Wild-Caught Salmon   | 140.00          | 5.10 g     | 0.20 g       | 0.20 g       | 23.00 g        | 0.20 g       | 0.20 g        |
| *Pasture-Raised Egg   | 80.00           | 5.30 g     | 0.60 g       | 0.60 g       | 6.30 g         | - g          | 62.00 g       |
| Avocado               | 110.00          | 9.70 g     | 5.70 g       | 0.40 g       | 1.30 g         | 4.70 g       | 4.70 g        |
| White Rice            | 250.00          | - g        | 53.00 g      | - g          | 4.00 g         | 1.00 g       | - g           |
| Brown Rice            | 220.00          | 1.50 g     | 46.00 g      | 1.00 g       | 5.00 g         | 4.00 g       | 2.00 g        |
| Cauliflower Rice      | 60.00           | 4.00 g     | 4.60 g       | 2.30 g       | 2.30 g         | 2.30 g       | 188.60 g      |
| Quinoa                | 230.00          | 3.60 g     | 39.40 g      | 1.60 g       | 8.10 g         | 5.20 g       | 13.00 g       |

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, sprouts, or eggs may increase your risk of foodborne illness.

\*\* All above rice bowls are shown with brown rice

Adjust as applicable for substitutions:

|                  |         |         |          |         |         |         |          |
|------------------|---------|---------|----------|---------|---------|---------|----------|
| White Rice       | 30.00   | -1.50 g | 7.00 g   | -1.00 g | -1.00 g | -3.00 g | -2.00 g  |
| Cauliflower Rice | -160.00 | 2.50 g  | -41.40 g | 1.30 g  | -2.70 g | -1.70 g | 186.60 g |
| Quinoa           | 10.00   | 2.10 g  | -6.60 g  | 0.60 g  | 3.10 g  | 1.20 g  | 11.00 g  |