

Bowls Nutrition Facts

Regular Bowls	Calories	Fat	Carbs	Sugar	Protein	Fiber	Sodium
Berry Acai	310.00	11.80 g	46.30 g	21.00 g	4.70 g	11.00 g	159.00 mg
Chocolate PB	620.00	28.70 g	77.80 g	35.30 g	14.10 g	15.90 g	295.80 mg
Mango	450.00	17.70 g	67.60 g	45.00 g	6.80 g	10.50 g	35.00 mg
Super Green	390.00	11.90 g	63.70 g	36.60 g	7.90 g	8.90 g	30.60 mg
Greek Quiche	800.00	54.00 g	42.70 g	8.10 g	28.20 g	4.70 g	1,424.80 mg
Thai Red Curry**	570.00	30.10 g	64.10 g	10.40 g	9.60 g	8.50 g	1,050.00 mg
Chicken Teriyaki**	550.00	10.40 g	74.90 g	22.10 g	32.60 g	6.20 g	1,077.10 mg
Peanut**	640.00	34.50 g	69.30 g	9.10 g	17.20 g	9.70 g	376.80 mg
*Mediterranean Tuna	790.00	42.40 g	58.70 g	13.60 g	41.20 g	6.20 g	660.00 mg
*Green Goddess**	620.00	31.20 g	66.80 g	6.40 g	22.60 g	10.60 g	552.50 mg
*Steak and Rice**	580.00	16.10 g	70.50 g	16.40 g	34.30 g	6.50 g	1,049.10 mg
Ocho**	540.00	11.50 g	68.30 g	5.70 g	37.10 g	9.40 g	738.50 mg
North African	340.00	8.90 g	61.00 g	16.20 g	13.50 g	7.30 g	296.70 mg
Power Berry Salad	610.00	45.10 g	38.60 g	14.50 g	12.40 g	9.40 g	532.20 mg

Whole30 Approved™	Calories	Fat	Carbs	Sugar	Protein	Fiber	Sodium
*Green Goddess^	410.00	29.70 g	21.55 g	5.40 g	18.35 g	7.31 g	568.54 mg
*Mediterranean Tuna^	540.00	38.99 g	15.21 g	5.66 g	30.27 g	3.26 g	871.54 mg
Mediterranean Chicken^	500.00	35.56 g	15.21 g	5.66 g	29.89 g	3.26 g	1,208.52 mg
Thai Red Curry^	400.00	32.56 g	20.82 g	10.19 g	6.84 g	6.37 g	1,054.66 mg
*Sweet Potato & Egg - Sriracha^	570.00	18.36 g	81.45 g	22.53 g	21.74 g	14.11 g	1,358.64 mg
*Sweet Potato & Egg - BBQ^	620.00	18.24 g	91.62 g	30.86 g	22.37 g	15.17 g	1,570.02 mg
*Paleo^	420.00	20.06 g	18.67 g	6.48 g	42.62 g	8.22 g	767.90 mg
Power Berry Salad^	520.00	44.22 g	17.10 g	6.30 g	7.00 g	7.60 g	431.71 mg

Sauces	Calories	Fat	Carbs	Sugar	Protein	Fiber	Sodium
Cashew Cream^	150.00	12.30 g	7.30 g	1.30 g	4.30 g	0.90 g	254.30 mg
Roasted Red Pepper^	40.00	2.70 g	3.30 g	1.70 g	0.40 g	1.30 g	191.70 mg
Cilantro-Lime	220.00	21.00 g	8.20 g	7.60 g	0.10 g	0.10 g	150.60 mg
Peanut	170.00	14.10 g	5.40 g	1.80 g	3.60 g	1.40 g	215.70 mg
Teriyaki	120.00	3.70 g	19.40 g	16.40 g	0.10 g	- g	651.40 mg
Red Curry	300.00	27.60 g	7.60 g	3.80 g	1.50 g	0.80 g	649.80 mg
Red Curry^	290.00	27.60 g	5.70 g	2.30 g	1.50 g	0.40 g	467.90 mg
Bibimbop	80.00	0.70 g	15.00 g	10.60 g	1.10 g	0.60 g	633.70 mg
Chipotle Cream^	60.00	4.50 g	3.90 g	2.20 g	0.30 g	1.00 g	156.60 mg
BBQ Sauce^	50.00	- g	11.10 g	8.80 g	0.80 g	1.40 g	288.40 mg
Sriracha^	10.00	0.10 g	0.90 g	0.40 g	0.10 g	0.40 g	77.00 mg
Greek Vinaigrette^	210.00	23.30 g	0.50 g	- g	- g	- g	287.80 mg
Pomegranate Molasses^	40.00	- g	9.80 g	8.30 g	0.30 g	- g	5.00 mg

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

*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

^Whole30 Approved™ items

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