

Bowls Nutrition Facts

| Regular Bowls | Calories | Fat | Carbs | Sugar | Protein | Fiber | Sodium |
|---------------------|----------|---------|---------|---------|---------|---------|-------------|
| Berry Acai | 370.00 | 18.10 g | 47.30 g | 19.80 g | 5.70 g | 11.70 g | 181.60 mg |
| Chocolate PB | 640.00 | 34.80 g | 69.10 g | 28.80 g | 14.50 g | 16.00 g | 317.90 mg |
| Mango | 450.00 | 22.60 g | 55.60 g | 38.00 g | 8.00 g | 9.90 g | 36.70 mg |
| Super Green | 420.00 | 19.00 g | 51.30 g | 28.50 g | 10.70 g | 8.50 g | 32.70 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 |