

Bowls To Go Nutrition Facts

Regular Bowls	Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein
Berry Acai	385.00	18.06 g	181.70 mg	51.91 g	13.23 g	23.56 g	5.75 g
Chocolate PB	649.00	35.31 g	317.86 mg	69.08 g	16.48 g	28.81 g	15.00 g
Mango	445.00	22.63 g	36.67 mg	55.60 g	9.89 g	37.96 g	8.00 g
Super Green	420.00	19.21 g	45.23 mg	52.01 g	9.02 g	28.75 g	11.15 g
Greek Quiche	798.00	53.98 g	1,426.28 mg	42.74 g	4.67 g	8.05 g	28.23 g
Thai Red Curry**	574.00	30.35 g	654.05 mg	64.71 g	8.22 g	11.10 g	10.00 g
Chicken Teriyaki**	538.00	10.33 g	1,033.15 mg	74.94 g	6.25 g	22.08 g	32.06 g
Peanut**	660.00	35.97 g	325.58 mg	71.79 g	10.08 g	10.73 g	18.48 g
*Mediterranean Tuna	873.00	52.23 g	1,109.50 mg	57.98 g	6.03 g	12.88 g	41.10 g
*Green Goddess**	678.00	36.39 g	673.14 mg	70.96 g	11.44 g	8.29 g	22.51 g
*Steak and Rice**	646.00	23.25 g	1,309.47 mg	72.18 g	6.89 g	17.29 g	34.98 g
Fiesta**	708.00	25.34 g	850.10 mg	79.99 g	12.06 g	11.05 g	38.64 g
North African	374.00	8.92 g	291.81 mg	60.34 g	7.61 g	15.40 g	13.51 g
Power Berry Salad	597.00	44.99 g	521.71 mg	37.75 g	8.74 g	14.63 g	12.25 g

Whole30 Approved™	Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein
*Green Goddess^ with Spinach	541.00	38.79 g	848.59 mg	34.04 g	11.46 g	9.91 g	21.43 g
*Green Goddess^ with Cauli Rice	518.00	38.89 g	882.34 mg	29.52 g	9.72 g	9.57 g	19.80 g
*Mediterranean Tuna^	627.00	48.87 g	1,351.15 mg	14.43 g	3.04 g	4.92 g	30.13 g
Mediterranean Chicken^	465.00	32.37 g	1,084.15 mg	14.43 g	3.04 g	4.92 g	29.23 g
Thai Red Curry^	414.00	32.85 g	863.47 mg	23.28 g	6.50 g	12.39 g	7.29 g
*Sweet Potato & Egg - Sriracha^	536.00	30.53 g	1,002.29 mg	48.27 g	8.84 g	14.46 g	19.48 g
*Sweet Potato & Egg - BBQ^	579.00	30.41 g	1,206.17 mg	58.53 g	9.91 g	22.88 g	20.12 g
*Paleo^	506.00	28.20 g	924.56 mg	22.01 g	10.40 g	7.27 g	43.34 g
Power Berry Salad^	477.00	44.13 g	428.36 mg	16.22 g	6.93 g	6.45 g	6.82 g

Sauces	Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein
Cashew Cream^	143.00	12.27 g	254.25 mg	7.27 g	0.86 g	1.27 g	4.30 g
Roasted Red Pepper^	53.00	3.63 g	258.00 mg	4.44 g	2.75 g	1.74 g	0.53 g
Cilantro-Lime	214.00	21.00 g	143.38 mg	8.19 g	0.07 g	7.64 g	0.06 g
Peanut	199.00	16.36 g	199.40 mg	9.01 g	2.10 g	3.78 g	5.07 g
Teriyaki	117.00	3.73 g	651.40 mg	19.44 g	0.03 g	16.43 g	0.11 g
Red Curry^	293.00	27.56 g	539.41 mg	7.71 g	0.39 g	4.17 g	1.50 g
Bibimbop	75.00	0.67 g	540.53 mg	14.98 g	0.57 g	10.66 g	1.13 g
Chipotle Cream^	60.00	4.52 g	156.56 mg	3.89 g	0.98 g	2.19 g	0.34 g
BBQ Sauce^	47.00	- g	273.38 mg	11.25 g	1.42 g	8.96 g	0.75 g
Sriracha^	5.00	0.12 g	69.49 mg	0.98 g	0.35 g	0.54 g	0.12 g
Greek Vinaigrette^	202.00	23.33 g	287.81 mg	0.47 g	- g	- g	- g
Pomegranate Molasses^	30.00	- g	- mg	7.50 g	- g	6.50 g	- g

Add-Ons	Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein
Amish Chicken^	140.00	3.00 g	343.00 mg	- g	- g	- g	26.10 g
*Grass-Fed Steak^	152.00	7.50 g	368.10 mg	- g	- g	- g	18.30 g
*Sushi-Grade Ahi Tuna^	242.00	13.50 g	610.00 mg	- g	- g	- g	27.00 g
*Wild-Caught Salmon^	262.50	19.20 g	420.21 mg	0.30 g	0.30 g	0.21 g	23.10 g
*Pasture-Raised Over-Easy Egg^	140.00	12.30 g	62.00 mg	0.60 g	- g	0.60 g	6.30 g
White Rice	242.00	- g	- mg	53.00 g	1.00 g	- g	4.00 g
Brown Rice	218.00	1.50 g	2.00 mg	46.00 g	4.00 g	1.00 g	5.00 g
Cauliflower Rice^	58.00	4.00 g	211.41 mg	4.57 g	2.29 g	2.29 g	2.29 g
Quinoa	222.00	3.60 g	13.00 mg	39.40 g	5.20 g	1.60 g	8.10 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

^Whole30 Approved™ items

Adjust as applicable for substitutions:

White Rice	24.00	-1.50 g	-2.00 g	7.00 g	-3.00 g	-1.00 g	-1.00 g
Cauliflower Rice	-160.00	2.50 g	209.41 g	-41.43 g	-1.71 g	1.29 g	-2.71 g
Quinoa	4.00	2.10 g	11.00 g	-6.60 g	1.20 g	0.60 g	3.10 g