

THIS WEEK'S MENU	Macros				Gluten Free	Dairy Free	Description	Ingredients	WW Points	Extra Protein Macros			
	Calories	Fats	Carbs	Protein						Calories	Fats	Carbs	Proteins
SLIDERS	643	27	62	38	-	-	Beef Sliders!! We are taking things up a notch. Sliders topped with cheddar cheese and served on a potato bun. Paired with hand-cut fries and a side of homemade tomato bacon jam!	Ground beef, potato bun, Idaho potato, cheddar cheese, tomato bacon jam (tomatoes, bacon, onion, brown sugar, apple cider vinegar, paprika, garlic, pink	16	782	38	62	48
Buffalo Chicken Bacon Ranch Flatbread	539	23	35	48	-	-	A naan flatbread topped with buffalo chicken, turkey bacon, cheddar jack cheese and low-fat ranch dressing.	Chicken breast, turkey bacon, naan flatbread, cheddar jack cheese, low-fat ranch and buffalo sauce.	15	605	25	35	60
Chipotle Chicken Bowl	640	24	66	40	-	-	This flavorful bowl features juicy grilled chicken thighs, fragrant cilantro lime rice, vibrant corn salsa, and sautéed bell peppers, all drizzled with a smoky-sweet chipotle honey vinaigrette. Balanced, bold, and satisfying, it's perfect for meal prep or a delicious	Jasmine rice, water, boneless skinless chicken thighs, olive oil blend, corn, bell peppers (red, yellow, green), Roma tomatoes, red onions, jalapeños, fresh lime juice, red wine vinegar, honey, fresh	10	740	28	67	55
Caribbean Jerk Chicken (GF&DF)	434	10	40	46	-	-	We are bringing the Caribbean straight to your door! Seared chicken thighs seasoned in our house made jerk rub. Served with red beans, rice and topped with a pineapple mango salsa. This	Chicken thighs, brown rice, red beans, tomatoes, pineapple, mango, red onion, cilantro, jalapeño, garlic, allspice, onion powder, brown sugar, jerk seasoning	9	492	12	40	56
White Chicken Chili (GF)	450	10	43	47	-	-	A classic Fall dish with a healthy twist. A delicious chili, full of tender chicken breast, great northern white beans, tomatoes, and green chilis. Over a bed of Uncle Ben's rice. Topped with sour	Chicken breast, Uncle Ben's rice, great northern white beans, chicken base, 98% fat-free cream of chicken,	10	516	12	43	59
Stir Fry Noodle Bowl with Chicken (DF)	496	12	45	52	-	-	Lo Mein Noodles tossed with a veggie power blend, edamame, and our house made stir fry sauce. Topped with sautéed chicken breast, green onions and sesame seeds.	Lo Mein noodles, Chicken Breast, edamame, Golden Beets, Broccoli, Kohlrabi, Brussels Sprouts, Kale, Radicchio, Carrots, Green Onion, Red	10	562	14	45	64
Braised Beef (GF)	442	10	41	47	-	-	Tender braised beef served with roasted carrots, mashed potatoes and topped with a delicious beef stock sauce! This dish is savory and tender and will have you coming back for more.	Beef bottom round flat, Yukon potatoes, carrots, mushrooms, shallots, garlic, beef stock, butter, cream, olive oil, thyme, parsley, pink Himalayan sea salt and black pepper.	9	544	16	41	59
Mongolian Beef (GF&DF)	414	10	39	42	-	-	Thin sliced beef tossed in our homemade Mongolian Sauce and topped with green onion. Served with a side of jasmine rice and steamed broccoli.	Beef shoulder tenderloin, jasmine rice, broccoli, green onion, gluten-free light soy sauce, brown sugar, corn starch, ginger, garlic and red pepper flakes.	9	493	13	41	53
Cuban Burrito	568	16	52	53	-	-	Mojo citrus-marinated pork tenderloin, honey ham, low-fat swiss cheese, and dill pickle wrapped up in a whole wheat tortilla and grilled to perfection. Served with a side of honey mustard.	whole wheat tortilla, pork tenderloin, honey ham, low-fat swiss cheese, dill pickle, mojo (orange juice, lime, juice, garlic, parsley, cumin.) Honey mustard (	13	626	18	52	64
Loaded Turkey Burger	584	28	40	43	-	-	Our classic Turkey Burger topped with cheddar cheese on a brioche bun, served with side of lettuce, sliced roma tomatoes, sliced dill pickles and sliced red onion.	Turkey burger, brioche bun, cheddar cheese, lettuce, roma tomato, red onion, dill pickle.	16	903	47	42	78
SMOKED CAROLINA BBQ (GF)	413	14	39	35	-	-	Smoked pulled chicken tossed in a tangy Carolina style BBQ sauce. Served with mashed sweet potatoes and a side of sautéed kale.	Chicken thighs, sweet potato, kale, cream, brown sugar, garlic, pepper, bbq seasoning, bbq sauce and pink Himalayan sea salt.	9	537	21	42	45
Shrimp and Grits (GF)	606	28	57	36	-	-	A southern classic with our healthy twist. Tender shrimp and Andouille sausage tossed in our homemade sauce. Plated on top of creamy stone ground grits and topped with green onions.	Stone ground grits, shrimp, Andouille sausage, shrimp stock, green bell pepper, tomatoes, green chili's, butter, rice flour, garlic, shallots, green onion	19	682	30	59	44
Shepherd's Pie (GF)	475	11	40	54	-	-	Our take on a classic dish. Mashed potatoes topped with lean ground beef, grilled corn, and savory gravy. Topped with parsley and served with a side of French-style green beans.	Extra-lean ground beef, Idaho potatoes, French green beans, corn, onion, Worcestershire sauce, cream, butter, beef stock, garlic, paprika, pink	9	566	14	40	70
Low-Carb Mongolian Beef (GF&DF)	317	9	19	40	-	-	Thin sliced beef cooked to perfection and smothered in our homemade Mongolian sauce. Served with a side of steamed broccoli.	Beef shoulder tenderloin, broccoli, green onion and mongolian sauce (gluten-free light soy sauce, brown sugar, corn starch, ginger, garlic and	7	396	12	21	51
Low-Carb Buffalo Chicken (GF) (DF*)	242	6	10	37	-	-	Shredded chicken tossed in buffalo sauce, served with a side of French green beans and low-fat ranch. *Side of ranch dressing is not dairy free.	Chicken, French green beans, buffalo sauce, parsley and low-fat ranch. *Side of ranch dressing is not dairy free.	4	308	8	10	49
Low-Carb Smoked Carolina BBQ (GF/DF)	330	14	16	35	-	-	Smoked pulled chicken tossed in a tangy Carolina style BBQ sauce, served with a side of sautéed Kale.	Chicken thighs, kale, garlic, pepper, bbq seasoning, bbq sauce and pink Himalayan sea salt.	7	441	21	18	45
Low-Carb/Keto Bacon Cheeseburger Lettuce Wraps (GF)	593	37	2	63	-	-	Did we say Bacon?! We sure did! This super low-carb dish is packed with flavor and protein. Lean ground beef, bacon and cheddar jack cheese served with 2 lettuce cups. All the great flavors of	Lean ground beef, bacon, cheddar jack cheese, lettuce, Worcestershire sauce and Montreal steak seasoning.	13	684	40	2	79
1 lb Slice Seasoned Chicken Breast (Macros are for the entire 1 lb container)	516	16	0	93	-	-	1 pound of sliced blackened chicken breast. Great for topping a salad or to pair with veggies and rice.	Chicken Breast, pink Himalayan sea salt, black pepper, garlic powder, paprika.	7	645	20	0	116
Southern Grits Bowl (GF)	432	20	26	37	-	-	Creamy stone ground grits topped with egg whites, cheddar jack cheese, chopped bacon and green onions.	Palmetto Farms stone ground grits, egg whites, bacon, cheddar jack cheese, green onion, butter, half and half, pink Himalayan sea salt, black pepper.	11	452	20	26	42
SAUSAGE EGG AND CHEESE BREAKFAST SANDWICH	556	24	51	34	-	-	A Jumbo English muffin topped with turkey sausage, egg and cheddar cheese. Served with a side of home fries.	English muffin, turkey sausage, egg, cheddar cheese, red potato, sea salt, garlic, black pepper and parsley.	18	637	29	52	42
Blueberry Protein Pancakes	392	8	49	31	-	-	Blueberry protein pancakes, served with a side of turkey bacon and sugar-free syrup!	whole-grain wheat flour, whole-grain oat flour, wheat protein isolate, whey protein concentrate, brown sugar, milk protein concentrate, buttermilk powder, leavening (monocalcium phosphate, baking soda) sea	9	434	10	49	37

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THAI BASIL BEEF (GF&DF)	466	14	41	44			Sweet and spicy thin sliced beef topped with our homemade Thai basil sauce. This sauce is filled with bold flavors of lemon grass, lime, ginger, soy sauce, coconut milk, cilantro and basil. The beef	Beef shoulder, jasmine rice, edamame (soybean), gluten-free light soy sauce, lemon grass, lime, ginger, garlic, coconut milk, sesame seeds, chili	11	537	17	41	55
Honey Sriracha Chicken (GF&DF)	412	8	40	45			Chicken and pineapple tossed in our homemade honey Sriracha sauce. Served with a side of jasmine rice and steamed sugar snap peas.	Chicken, jasmine rice, snap peas, pineapple, ketchup, Sriracha, honey, gluten-free light soy sauce, sesame seed oil, garlic and ginger.	10	461	9	40	55
Steak Quesadilla with Low-Fat Chipotle Ranch	494	18	44	39	-	-	Delicious marinated steak with caramelized onions and cheddar jack cheese on a whole-wheat tortilla served with a side of low-fat Chipotle Ranch.	Steak, onions, cheddar jack cheese, whole-wheat tortilla, low-fat mayo, skim milk, ranch seasoning blend, chipotle peppers and adobo sauce.	11	565	21	44	50
Penne Alla Vodka with Chicken	416	12	36	41	-	-	Sliced chicken breast on a bed of whole-wheat penne pasta, topped with homemade Vodka Sauce, greated parmesan cheese and parsley.	Chicken Breast, whole-wheat penne, crushed tomatoes, pepadow peppers, parmesan cheese, heavy cream, garlic, sherry wine, olive oil, parsley, Italian	9	482	14	36	53
Birria Quesa Tacos (GF)	637	25	63	40			The king of Tacos? We will let you decide. Beef slow-cooked in a delicious consomé, placed on top of a corn tortilla that has been dipped in the beef consomé, topped with Oaxacan cheese, and	Beef Knuckle, corn tortilla, Oaxacan cheese, corn, pobalno peppers, cotija cheese, cilantro, taco seasoning, beef stock, ancho chilis, guajillo chilis, chilies	16	731	30	63	53
Loaded Buffalo Chicken Bacon Ranch Potato (GF)	482	18	40	40			A baked potato smothered in our 212 buffalo chicken. Topped with turkey bacon, cheddar jack cheese and green onion. Finished with a drizzle of low-fat ranch.	Idaho Potato, chicken breast, turkey bacon, cheddar jack cheese, green onion, buffalo sauce and low-fat ranch.	12	431	11	29	54
Jalapeño Cheddar Burger (GF)	439	23	21	37			Our classic turkey burger topped with pickled jalapenos and cheddar cheese, served with a side of oven baked french fries and low-fat ranch dressing.	Turkey burger, idaho potato, cheddar cheese, jalapenos, low-fat mayo, fat free milk, ranch seasoning, garlic, pink Himalayan sea salt, black pepper, parsley.	13	778	42	23	77
Shredded BBQ Beef Sliders	626	26	53	45	-	-	2 slow cooked shredded bbq beef sliders, paired with house made power blend cote slaw!	Beef knuckle, potato bun, power blend (Golden Beets, Broccoli, Kohlrabi, Brussel Sprouts, Kale, Radicchio, Carrots, Green Onion, Red Cabbage) low-fat mayo, apple cider vinegar, sugar, butt rub bbq seasoning.	15	728	32	53	57
CHICKEN SALAD WRAP (DF)	565	21	50	44	-	-	Homemade Chicken Salad mixed with sliced roasted almonds, celery and grapes. Laid over mixed greens and wrapped in a whole-wheat tortilla. This is a great on the go dish!	Chicken breast, whole-wheat tortilla, low-fat mayo, grapes, almonds, mixed greens, celery, parsley, pink Himalayan sea salt and black pepper.	13	614	22	50	54
Big Mac Bowl (GF)	620	32	31	52			Everything you love about a Big Mac without all the guilt. Tater tots topped with extra lean ground beef, cheddar jack cheese, diced onions, dill pickles, Big Mac sauce, and sesame seeds	Tater tots, extra-lean ground beef, cheddar jack cheese, onion, dill pickle, iceberg lettuce, Big Mac Sauce (low-fat mayo, yellow	17	711	35	31	68
SHRIMP & CHICKEN GUMBO (GF&DF)	559	19	57	40			We are taking you on a journey down to New Orleans! This classic cajun dish is done with a 212 hair. Chicken thighs, shrimp and andouille sausage piled on top of a bed of Uncle Ben's rice	Chicken thighs, shrimp, andouille chicken sausage, white rice, lobster base, yellow onion, celery, green bell pepper, green onion, garlic, bay leaf,	13	600	20	57	51
Chicken Bacon Ranch Sandwich	662	57	50	26	-	-	Juicy grilled chicken breast topped with crispy bacon, melted Swiss, fresh lettuce, and Roma tomatoes on a soft bun. Served with our house-made low-fat ranch for the perfect finish.	Grilled chicken breast, Swiss cheese, bacon, artisan-style bun, lettuce, Roma tomatoes, house-made low-fat ranch (Duke's low-fat mayo, skim milk, ranch	17	716	63	50	32
GREEK CHICKEN PASTA SALAD	398	10	35	42	-	-	A delicious dish served cold! Tender chicken packed with Greek flavors served over our homemade Greek pasta salad! This dish won't disappoint!	Chicken breast, spiral pasta, Roma tomatoes, cucumbers, red onion, pepperoncini, Kalamata olives, feta cheese, Greek dressing, oregano and	8	447	11	35	52
Low-Carb Honey Sriracha Chicken (GF&DF)	266	6	8	45			Chicken and pineapple grilled and covered in our homemade Honey Sriracha sauce and served with a side of steamed sugar snap peas.	Chicken, snap peas, pineapple and honey Sriracha sauce.	5	315	7	8	55
LOW-CARB ZOODLES ALLA VODKA WITH CHICKEN (GF)	277	9	11	38			Sliced chicken breast on a bed of zucchini noodles, topped with homemade Vodka Sauce, greated parmesan cheese and parsley.	Chicken Breast, zucchini, crushed tomatoes, pepadow peppers, parmesan cheese, heavy cream, garlic, sherry wine, olive oil, parsley, Italian spices.	6	359	11	24	50
LOW-CARB BIRRIA QUESA TACO BOWL (GF)	479	27	8	51			All the flavor of our amazing Birria Tacos without the carbs! Slow-cooked beef in a delicious consomé, placed on top of cilantro lime cauliflower rice, topped with Oaxacan cheese,	Beef Knuckle, cauliflower, Oaxacan cheese, beef stock, ancho chilis, guajillo chilis, chilies de Arbol, tomato paste, yellow onion, garlic, bay leaves,	12	581	33	8	63
LOW-CARB CHICKEN SALAD (GF&DF)	317	13	10	40			Homemade Chicken Salad with sliced roasted almonds and grapes. Served on a bed of mixed greens with sliced tomatoes.	Chicken breast, mixed greens, low-fat mayo, tomatoes, grapes, almonds, celery, parsley, pink Himalayan sea salt and black pepper.	6	376	16	6	52
1 lb Slice Seasoned Chicken Breast (Macros are for the entire 1 lb container)	516	16	0	93			1 pound of sliced blackened chicken breast. Great for topping a salad or to pair with veggies and rice.	Chicken Breast, pink Himalayan sea salt, black pepper, garlic powder, paprika.	7	645	20	0	116
Sausage Egg and Cheese Flatbread	471	23	35	31	-	-	Naan bread topped with creamy sawmill gravy, scrambled eggs, cheddar jack cheese and turkey sausage. Finished with fresh chives.	Naan bread, egg, turkey sausage, cheddar jack cheese, sawmill gravy (olive oil, rice flour, half and half, sage, fennel, garlic, black pepper, pink	17	552	28	36	39
STRAWBERRY SHORTCAKE PROTEIN PANCAKES	496	8	57	49	-	-	Strawberry Shortcake Protein Pancakes, served with a side of chicken breakfast sausage, and sugar-free syrup.	whole-grain wheat flour, whole-grain oat flour, wheat protein isolate, whey protein concentrate, brown sugar, milk protein concentrate, buttermilk powder, leavening (monocalcium phosphate, baking soda) sea	12	555	11	57	57
Bacon Cheddar Egg White Omelet	313	17	14	26			Egg white omelet packed with bacon and cheddar cheese, served with a side of breakfast potatoes.	Egg whites, red potatoes, bacon, cheddar cheese, parsley, salt, black pepper, garlic, paprika	10	429	17	15	54

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<b>CHEESEBURGER BOWL (GF)</b>	498	18	25	59	-	-	Did we say cheeseburger?! All of the flavors of a delicious cheeseburger without the regret. Lean ground beef over diced red potatoes. Topped with shredded cheddar cheese, diced tomatoes, chilies, parsley and low-fat ranch.	Lean ground beef, red potatoes, cheddar cheese, diced tomatoes, green chilies, parsley and low-fat ranch.	15	553	21	25	66
<b>Chicken Salad Wrap (DF)</b>	565	21	50	44	-	-	Homemade Chicken Salad mixed with sliced roasted almonds, celery and grapes. Laid over mixed greens and wrapped in a whole-wheat tortilla. This is a great on the go dish!	Chicken breast, whole-wheat tortilla, low-fat mayo, grapes, almonds, mixed greens, celery, parsley, pink Himalayan sea salt and black pepper.	13	614	22	50	54
<b>CHICKEN SALAD WRAP (DF)</b>	565	21	50	44	-	-	Homemade Chicken Salad mixed with sliced roasted almonds, celery and grapes. Laid over mixed greens and wrapped in a whole-wheat tortilla. This is a great on the go dish!	Chicken breast, whole-wheat tortilla, low-fat mayo, grapes, almonds, mixed greens, celery, parsley, pink Himalayan sea salt and black pepper.	13	614	22	50	54
<b>HAWAIIAN TURKEY BURGER (GF&amp;DF)</b>	390	14	30	36	-	-	Extra lean turkey burger topped with a pineapple slice and BBQ sauce drizzle. Served with a side of mixed veggies and sweet potato fries.	Turkey burger, sweet potatoes, carrots, zucchini, pineapple and BBQ sauce	8	638	26	35	66
<b>PEPPERONI PIZZA FLATBREAD</b>	365	13	39	23	-	-	Everything you love about a pepperoni pizza without all the guilt! Flatbread topped with our homemade 212 marinara sauce, low-fat mozzarella cheese, turkey pepperoni, and fresh basil.	flatbread, tomato sauce, crushed tomatoes, low-fat mozzarella cheese, turkey pepperoni, garlic, basil, Italian seasoning, olive oil blend.	11	407	15	40	28
<b>SESAME CHICKEN (GF&amp;DF)</b>	376	8	36	40	-	-	Tender chicken thighs sautéed in a delicious teriyaki and sesame sauce, paired with garlic ginger jasmine rice and a side of steamed broccoli.	Chicken thighs, jasmine rice, broccoli, soy sauce, hoisin sauce, garlic, ginger, brown sugar, sesame oil and sesame seeds.	9	450	10	40	50
<b>SLIDERS</b>	643	27	62	38	-	-	Beef Sliders!! We are taking things up a notch. Sliders topped with cheddar cheese and served on a potato bun. Paired with hand-cut fries and a side of homemade tomato bacon jam!	Ground beef, potato bun, Idaho potato, cheddar cheese, tomato bacon jam (tomatoes, bacon, onion, brown sugar, apple cider vinegar, paprika, garlic, pink Himalayan sea salt, black pepper.) and parsley.	16	782	38	62	48
<b>Stir Fry Chicken (GF&amp;DF)</b>	440	8	36	40	-	-	Sautéed chicken paired with a stir fry veggie mix. Served over a bed of jasmine rice and topped with our homemade teriyaki sauce.	Chicken, jasmine rice, bell pepper, onion, sugar snap peas, water chestnuts and teriyaki sauce.	9	434	10	36	50
<b>1 lb Slice Blackened Chicken Breast (Macros are for the entire 1 lb container)</b>	516	16	0	93	-	-	1 pound of sliced blackened chicken breast. Great for topping a salad or to pair with veggies and rice.	Chicken Breast, Blackening Seasoning.	7	645	20	0	116
<b>212 MEATBALL FLATBREAD (NEW DISH)</b>	509	17	56	33	-	-	If you love our spaghetti and meatballs you are going to love this dish! Homemade meatballs cooked to perfection, chopped up and added to our homemade marinara sauce, topped on a flatbread.	Flatbread, lean ground beef, crushed tomatoes, tomato sauce, low-fat mozzarella cheese, egg whites, oats, skim milk, Parmesan cheese, parsley.	14	588	20	60	42
<b>212 Pasta</b>	420	11	35	43	-	-	Whole-wheat penne pasta covered in our homemade meaty marinara sauce, topped with shredded Parmesan cheese and parsley.	Whole-wheat penne, lean ground turkey, tomatoes, tomato sauce, Parmesan cheese, garlic, onion powder, Italian seasoning, sea salt.	9				
<b>7 Spice Blackened Chicken Salad (GF)</b>	314	10	12	44	-	-	Blackened chicken served on a bed of fresh mixed greens. Topped with cucumbers, grape tomatoes, dried cranberries and pickled red onions. Served with a side of Low-Fat Ranch.	Chicken breast, mixed greens, tomatoes, cucumbers, red onion, dried cranberries, homemade blackened seasoning, homemade pickling.	6	380	12	12	56
<b>Avocado Pasta w/ Steak</b>	560	36	37	32	-	-	Whole-wheat penne pasta tossed in a creamy homemade avocado sauce. Topped with sautéed zucchini, squash and seared steak.	Whole-wheat penne, beef shoulder tenderloin, avocado, zucchini, squash, basil, cilantro, parmesan cheese, oil olive and garlic.	14				
<b>Baked Chicken (GF&amp;DF)</b>	504	20	32	49	-	-	Slow baked chicken quarters, served with rice and gray and Italian style green beans. This dish just screams southern cooking!	chicken quarter, uncle bens rice, Italian green beans, gravy (mushrooms, shallots, chicken stock, rice flour, carrots, celery) thyme, garlic.	12	629	25	32	69
<b>BBQ CHICKEN FLATBREAD</b>	432	12	39	42	-	-	Flat Bread!! Our take on pizza is finally here. Crispy Naan bread topped with a tangy sugar free bbq sauce, loaded with shredded chicken, red onion, low-fat mozzarella cheese and topped with our homemade BBQ sauce.	Naan flatbread, chicken breast, mozzarella cheese, red onion, Ray's Sugar Free BBQ sauce, bbq seasoning blend, and cilantro.	13	494	14	39	53
<b>BBQ Chicken Plate (GF)</b>	365	9	25	46	-	-	Chicken breast seasoned with our bbq rub and tossed in Ray's sugar-free bbq sauce. Topped with a garnish of parsley and served with a side of mashed potatoes and French-style green beans.	Chicken breast, Idaho potatoes, green beans, Ray's sugar-free bbq sauce, cream, butter, garlic, bbq seasoning, and parsley.	7	464	12	31	58
<b>Beef Bolognese</b>	513	17	39	51	-	-	A classic Italian meat sauce with our 212 flare. Whole-wheat penne pasta smothered in our homemade bolognese sauce. Topped with grated parmesan cheese and parsley.	Ground beef, whole wheat penne, crushed tomatoes, yellow onion, celery, basil, marjoram, bay leaves, red wine, pink sea salt, black pepper, garlic, red wine.	12	604	20	39	67
<b>Beef Brasato (GF)</b>	415	15	23	47	-	-	A classic Italian dish that will make your mouth water! Braised beef in a red wine sauce, served with garlic mashed potatoes, roasted asparagus and heirloom tomatoes.	Beef bottom round flat, Idaho potatoes, asparagus, heirloom tomatoes, red wine, garlic, cream, onion, carrots, celery, rosemary, cinnamon, clove, pink sea salt.	9	517	21	23	59
<b>Beef Burgundy (GF)</b>	442	10	41	47	-	-	Slow roasted beef paired with a side of mashed potatoes, carrots, mushrooms and pearl onions. Topped with a red wine sauce.	Beef bottom round flat, Yukon potatoes, carrots, mushrooms, pearl onions, shallots, garlic, beef stock, butter, cream, olive oil, red wine, thyme.	9	544	16	41	59
<b>Beef Stroganoff</b>	423	11	39	42	-	-	Slow cooked beef smothered in our creamy stroganoff sauce (made with nonfat Greek yogurt) and layered with mushrooms and onions. Served on top of a bed of egg noodles and topped with cheddar cheese.	Beef bottom round flat, egg noodles, carrots, mushrooms, pearl onions, garlic, beef stock, non-fat Greek yogurt, olive oil, thyme, parsley, pink Himalayan sea salt.	10	533	17	41	54
<b>Beef Taco Bowl (GF)</b>	427	11	39	43	-	-	Lean ground beef packed with all of your favorite taco flavors on a bed of brown rice. Topped with black beans, corn, fresh pico de Gallo and finished with low-fat sour cream.	Lean ground beef, brown rice, black beans, corn, tomatoes, onion, jalapeños, garlic, cilantro, Mexican hot sauce, taco seasoning and low-fat sour cream.	9	518	14	39	59
<b>Beef Taco Burrito</b>	617	25	49	49	-	-	All the goodness of a beef taco jammed packed into a burrito. Seasoned extra lean ground beef, pico de gallo and cheddar jack cheese in a wheat tortilla. Served with a side of sour cream.	Wheat tortilla, extra-lean ground beef, pico de gallo (tomato, onion, jalapeno, cilantro, garlic, lime juice), cheddar jack cheese, low-fat sour cream, Valentina.	17	708	28	49	65
<b>Beef Taco Quesadilla</b>	617	25	49	49	-	-	All the goodness of a beef taco jammed packed into a quesadilla. Seasoned extra lean ground beef, pico de gallo and cheddar jack cheese in a wheat tortilla. Served with a side of sour cream.	Wheat tortilla, extra-lean ground beef, pico de gallo (tomato, onion, jalapeno, cilantro, garlic, lime juice), cheddar jack cheese, low-fat sour cream, Valentina.	17	708	28	49	65
<b>Big Mac Bowl (GF)</b>	620	32	31	52	-	-	Everything you love about a Big Mac without all the guilt. Tater tots topped with extra lean ground beef, cheddar jack cheese, diced onions, dill pickles, Big Mac sauce, and sesame seeds.	Tater tots, extra-lean ground beef, cheddar jack cheese, onion, dill pickle, iceberg lettuce, Big Mac Sauce (low-fat mayo, yellow mustard).	17	711	35	31	68
<b>Big Mac Bowl (GF)</b>	620	32	31	52	-	-	Everything you love about a Big Mac without all the guilt. Tater tots topped with extra lean ground beef, cheddar jack cheese, diced onions, dill pickles, Big Mac sauce, and sesame seeds.	Tater tots, extra-lean ground beef, cheddar jack cheese, onion, dill pickle, iceberg lettuce, Big Mac Sauce (low-fat mayo, yellow mustard).	17	711	35	31	68
<b>Birria Quesa Tacos (GF)</b>	637	25	63	40	-	-	The king of Tacos? We will let you decide. Beef slow-cooked in a delicious consommé, placed on top of a corn tortilla that has been dipped in the beef consommé, topped with Oaxacan cheese, and served with a side of sour cream.	Beef Knuckle, corn tortilla, Oaxacan cheese, corn, pobalno peppers, colija cheese, cilantro, taco seasoning, beef stock, ancho chilis, guajillo chilis, chilies.	16	731	30	63	53
<b>Bistro Filet (GF&amp;DF)</b>	344	12	23	36	-	-	A delicious cut of beef grilled to perfection, topped with a homemade Chimichurri Sauce, paired with sautéed zucchini, squash and a side of brown rice.	Beef, brown rice, zucchini, squash, parsley, cilantro, garlic, red wine vinegar, olive oil, red pepper flakes, oregano, salt and pepper.	7	415	15	23	47
<b>Blackened Chicken (GF&amp;DF)</b>	342	6	33	39	-	-	Blackened Chicken Breast served with a side of French Green Beans and Jasmine Rice. Paired with a side of low-fat honey mustard.	Chicken breast, French green beans, jasmine rice, low-fat mayo, yellow mustard, honey, blackening seasoning.	7	408	8	33	51
<b>Blackened Chicken Summer Wrap (DF)</b>	518	14	57	41	-	-	Our tender blackened chicken on a bed of crisp spring mix topped with marinated Fuji apples and cremini mushrooms. All wrapped up in a tomato basil wrap. This may be one of the best things to eat!	Chicken breast, tomato basil wrap, spring mix, Fuji apples, cremini mushrooms, celery, olive oil, red wine vinegar, 7 spice blackening seasoning.	13	567	15	57	51
<b>Blackened Pork Tenderloin with Cranberry Chutney (GF)</b>	339	7	30	39	-	-	Slow roasted pork tenderloin coated in our homemade 7 spice blackening seasoning and topped with cranberry chutney. Paired with mashed sweet potatoes and Brussels sprouts.	Pork tenderloin, sweet potato, Brussels sprouts, cream, brown sugar, cranberries, cranberry juice and blackening seasoning.	8	401	9	30	50
<b>Braised Beef (GF)</b>	442	10	41	47	-	-	Tender braised beef served with roasted carrots, mashed potatoes and topped with a delicious beef stock sauce! This dish is savory and tender and will have you coming back for more.	Beef bottom round flat, Yukon potatoes, carrots, mushrooms, shallots, garlic, beef stock, butter, cream, olive oil, thyme, parsley, pink Himalayan sea salt.	9	544	16	41	59

Meals	Macros				Gluten Free	Dairy Free	Description	Ingredients	WW Points	Extra Protein Macros			
	Calories	Fats	Carbs	Protein						Calories	Fats	Carbs	Proteins
<a href="#">Buffalo Burger (GF)</a>	456	24	23	37	-	-	Our 212 turkey burger topped with our tangy buffalo sauce and smothered in creamy blue cheese. Served with a side of baked hand cut french fries.	turkey burger, idaho potato, blue cheese, Franks Hot Sauce, Worcestershire sauce, steak Seasoning and olive oil.	10	684	36	23	67
<a href="#">Buffalo Chicken Bacon Ranch Flatbread</a>	539	23	35	48	-	-	A naan flatbread topped with buffalo chicken, turkey bacon, cheddar jack cheese and low-fat ranch dressing.	Chicken breast, turkey bacon, naan flatbread, cheddar jack cheese, low-fat ranch and buffalo sauce.	15	605	25	35	60
<a href="#">BUFFALO CHICKEN BURRITO (New Menu Item)</a>	658	18	65	59	-	-	Chicken breast smothered in our new high protein creamy buffalo sauce, on a bed of jasmine rice, topped with low-fat mozzarella cheese, rolled up in a whole-wheat tortilla, and topped with our homemade low-fat alfredo sauce.	Chicken Breast, jasmine rice, whole-wheat tortilla, high protein buffalo sauce (cottage cheese, Frank's Red Hot, ranch seasoning) low-fat mozzarella	16	728	20	65	72
<a href="#">Cajun Shrimp Pasta</a>	462	12	42	43	-	-	A 212 classic, this dish is a crowd pleaser and will leave you wanting more! Cajun seasoned shrimp over whole-wheat penne pasta and covered in our homemade low-fat alfredo sauce.	Shrimp, whole wheat pasta, homemade Alfredo sauce, cajun seasoning, tomatoes and parsley.	11	484	12	42	52
<a href="#">Caribbean Jerk Chicken (GF&amp;DF)</a>	434	10	40	46	-	-	We are bringing the Caribbean straight to your door! Seared chicken thighs seasoned in our house made jerk rub. Served with red beans, rice and topped with a pineapple mango salsa. This is a great on-the-go dish!	Chicken thighs, brown rice, red beans, tomatoes, pineapple, mango, red onion, cilantro, jalapeño, garlic, allspice, onion powder, brown sugar, jerk seasoning	9	492	12	40	56
<a href="#">Carolina BBQ Chicken (GF)</a>	589	21	42	58	-	-	This dish has Southern written all over it! A quarter chicken roasted and smothered in sweet and tangy Carolina mustard bbq sauce. Served with a side of mashed sweet potatoes and corn.	Quarter chicken leg (leg and thigh) sweet potato, corn, cream, butter, bbq rub seasoning, Carolina Gold BBQ Sauce and parsley.	13	698	30	42	65
<a href="#">Chicken Alfredo</a>	515	15	40	55	-	-	Tender chicken over a bed of whole-wheat penne pasta, smothered in our homemade low-fat Alfredo sauce and served with a side of steamed broccoli.	Chicken breast, whole wheat penne, broccoli Parmesan cheese, low-fat half and half, garlic, shallots, pepper, nutmeg and olive oil.	10	564	16	40	65
<a href="#">CHICKEN BACON RANCH WRAP</a>	602	22	51	50	-	-	A flavor-packed wrap served cold. A wheat tortilla loaded with chicken, bacon, lettuce, tomato, and a side of ranch* (Ranch is not dairy-free). This is a great on-the-go dish!	Wheat tortilla, chicken breast, bacon, lettuce, tomato, low-fat mayo, skim milk, ranch seasoning blend and lemon pepper.	15	651	23	51	60
<a href="#">Chicken Bog (GF&amp;DF)</a>	400	13	25	46	-	-	A classic dish done healthy. Chicken, smoked chicken sausage and Uncle Ben's rice. Served with a side of green beans.	Chicken, smoked chicken sausage, uncle Ben's rice, green beans, chicken stock, onions, black pepper, garlic, pink sea salt, and parsley.	8	458	14	25	58
<a href="#">Chicken Caesar Wrap</a>	677	25	54	59	-	-	Our take on a classic Caesar salad all wrapped up!	Chicken breast, whole wheat tortilla, romaine lettuce, iceberg lettuce, parmesan cheese, Greek yogurt, lemon juice, olive oil, anchovy paste, garlic, sea salt, and parsley.	16	656	24	47	63
<a href="#">CHICKEN MARSALA</a>	384	12	24	45	-	-	Tender Chicken, smothered in our homemade Marsala mushroom sauce. Served over a bed of whole-wheat spaghetti and paired with a side of Broccoli.	Chicken breast, whole-wheat spaghetti, Broccoli, Cremini mushrooms, shitake mushrooms, Marsala wine, butter, olive oil, garlic, shallots, chicken broth and sea salt.	7	433	13	24	55
<a href="#">Chicken Parm</a>	481	13	45	48	-	-	Sauteed chicken over a bed of whole-wheat pasta and smothered in our homemade 212 marinara. Topped with low-fat mozzarella cheese, parmesan cheese and parsley.	Chicken, whole-wheat pasta, marinara sauce, low-fat mozzarella cheese, parmesan cheese and parsley.	10	538	14	45	58
<a href="#">Chicken Philly Bowl (GF)</a>	434	10	38	48	-	-	Sauteed Chicken mixed with peppers and onions served over a bed of brown rice. Topped with low-fat mozzarella cheese and a side of low-fat honey mustard.	Chicken breast, bell peppers, onions, brown rice, mozzarella cheese and parsley. Honey mustard served on the side (low fat mayo, mustard, honey)	8	483	11	38	58
<a href="#">Chicken Poke Bowl (GF&amp;DF)</a>	400	8	42	40	-	-	A Hawaiian classic done 212 style. Asian marinated chicken thighs served with a side of pineapple slaw and coconut ginger jasmine rice. Topped with a mango salsa.	Chicken thighs, jasmine rice, green cabbage, carrots, pineapple, mangos, onion, jalapeño, cilantro, peaches, coconut extract, ginger, gluten-free soy sauce, brown rice, black beans, corn, pico de gallo, cilantro, taco seasoning, Mexican hot sauce and low-fat sour cream.	7	449	9	42	50
<a href="#">Chicken Taco Bowl (GF)</a>	416	8	40	46	-	-	Shredded chicken seasoned to perfection over a bed of brown rice. Topped with corn, black beans, pico de gallo, low-fat sour cream and cilantro.	Chicken, brown rice, black beans, corn, pico de gallo, cilantro, taco seasoning, Mexican hot sauce and low-fat sour cream.	8	465	9	40	56
<a href="#">Chicken Taco Salad (GF)</a>	445	17	21	52	-	-	If you love our Chicken Taco Bowl, you will love this salad. Tender shredded chicken tossed in Mexican seasoning, covered with corn, black beans, pico de gallo, cheddar jack cheese and low-fat sour cream. Served on a bed of romaine lettuce.	Spring mix lettuce, chicken breast, corn, black beans, roma tomatoes, red onion, jalapeño, cheddar jack cheese, sour cream, cilantro, lime juice, olive oil, taco seasoning and Mexican hot sauce.	9	511	19	21	64
<a href="#">Chicken Tenders and Fries (GF&amp;DF)</a>	399	15	29	37	-	-	Grilled chicken tenders served with crispy sweet potato fries and low-fat honey mustard!	Chicken tenderloin, sweet potato, low fat mayo, yellow mustard, honey, paprika, garlic, pink Himalayan sea salt, black pepper.	10	519	19	29	58
<a href="#">Chili Mac</a>	602	23	52	48	-	-	Slow cooked homemade chili over a bed of elbow pasta, topped with cheddar jack cheese and green onions.	Elbow pasta, lean ground beef, kidney beans, pinto beans, tomatoes, green chilis, green onion, yellow onion, bell peppers, chili powder, cumin, brown rice, low-fat sour cream.	15	698	26	52	64
<a href="#">Chinese BBQ (Pork Char Siu) (GF&amp;DF)</a>	356	4	42	38	-	-	A classic Chinese BBQ dish. Marinated pork tenderloin, roasted and sliced, topped with a sweet and tangy Asian bbq sauce. Served with jasmine rice and steamed broccoli.	Pork tenderloin, jasmine rice, broccoli, honey, hoisin sauce, gluten free low-sodium soy sauce, rice wine, sesame oil, garlic, Chinese five spice, white pepper.	7	418	6	42	49
<a href="#">Chipotle BBQ Steak Fajita Bowl (GF&amp;DF)</a>	350	6	34	40	-	-	Thin sliced beef over a bed of brown rice. Topped with a delicious fajita veggie mix of bell peppers, onions, salsa and chipotle BBQ sauce.	Beef, brown rice, bell peppers, onions, salsa, chipotle BBQ sauce and cilantro.	8	421	9	34	51
<a href="#">Chipotle Steak Bowl (GF)</a>	578	22	50	45	-	-	Tender steak marinated for 24 hours on a bed of cilantro lime jasmine rice, topped with roasted corn and poblano pepper salsa. Baja salsa, Queso cheese, and chipotle sour cream.	CAB beef shoulder tenderloin, jasmine rice, corn, tomatoes, onion, green chilies, jalapeño pepper.	16	649	25	50	56
<a href="#">Cilantro Lime Street Taco (GF&amp;DF)</a>	410	10	44	36	-	-	Taco'd 212 putting our spin on Street Tacos. Cilantro lime marinated chicken thighs served with a roasted corn and poblano pepper salsa. Comes with two corn tortillas and a side of fresh pico de gallo.	Chicken thighs, corn tortillas, corn, poblano peppers, tomatoes, onions, jalapeños, cilantro, lime juice, honey, garlic and taco seasoning.	10	468	12	44	46
<a href="#">Club Wrap</a>	632	24	56	48	-	-	Whole wheat tortilla loaded with sliced ham, turkey, bacon, low-fat Swiss cheese, lettuce, and tomato. Enjoy all the flavors of a Club Sandwich wrapped up. Served with side of low-fat honey mustard.	Whole wheat tortilla, ham, turkey, low-fat swiss cheese, bacon, spring mix lettuce, roma tomatoes, low-fat mayo, yellow mustard, honey.	16	702	26	59	58
<a href="#">Club Wrap</a>	632	24	56	48	-	-	Whole wheat tortilla loaded with sliced ham, turkey, bacon, low-fat Swiss cheese, lettuce, and tomato. Enjoy all the flavors of a Club Sandwich wrapped up. Served with side of low-fat honey mustard.	Whole wheat tortilla, ham, turkey, low-fat swiss cheese, bacon, spring mix lettuce, roma tomatoes, low-fat mayo, yellow mustard, honey.	16	702	26	59	58
<a href="#">Cobb Salad (GF&amp;DF)</a>	357	13	12	48	-	-	Fresh spring mix topped with grilled chicken, Roma tomatoes, cucumbers, hard boiled eggs, red onions, and turkey bacon. Served with a side of homemade balsamic vinaigrette.	Spring mix, grilled chicken, cucumber, Roma tomatoes, red onion, hard boiled eggs, turkey bacon, balsamic vinegar, olive oil and whole-grain mustard.	7	414	14	12	60
<a href="#">Crustless Chicken Pot Pie</a>	457	13	38	47	-	-	Our take on a classic dish. Slow poached chicken, paired with roasted carrots, celery and onion. Served on a bed of brown rice and topped with baby green peas and our chicken 'stew' sauce.	Chicken breast, brown rice, carrots, onions, celery, baby green peas, chicken stock, chicken base, fresh rosemary, olive oil, butter, rice flour.	9	506	14	38	57
<a href="#">Cuban Burrito</a>	568	16	52	53	-	-	Mojo citrus-marinated pork tenderloin, honey ham, low-fat swiss cheese, and dill pickle wrapped up in a whole wheat tortilla and grilled to perfection. Served with a side of honey mustard.	whole wheat tortilla, pork tenderloin, honey ham, low-fat swiss cheese, dill pickle, mojo (orange juice, lime juice, garlic, parsley, cumin.) Honey mustard (brown sugar, olive oil, honey, mustard)	13	626	18	52	64
<a href="#">EGG ROLL BOWL (GF&amp;DF)</a>	456	12	43	44	-	-	Seasoned lean ground turkey, tossed in our sweet chili sauce served over jasmine rice and topped with a cabbage and carrot mix.	Lean ground turkey, jasmine rice, cabbage, carrots, green onions and sweet chili sauce.	11	528	16	43	53
<a href="#">GENERAL TSO'S CHICKEN (GF&amp;DF)</a>	407	11	39	38	-	-	Our take on the classic Chinese dish. Chicken thighs tossed in our homemade General Tso's Sauce topped with green onion and served with a side of jasmine rice and steamed broccoli.	chicken thighs, jasmine rice, broccoli, green onion, low-sodium gluten-free soy sauce, hoisin sauce, rice vinegar, garlic, ginger, brown sugar, corn starch, olive oil.	9	465	13	39	48
<a href="#">GREEK CHICKEN PASTA SALAD</a>	398	10	35	42	-	-	A delicious dish served cold! Tender chicken packed with Greek flavors served over our homemade Greek pasta salad! This dish won't disappoint!	Chicken breast, spiral pasta, Roma tomatoes, cucumbers, red onion, pepperoncini, Kalamata olives, feta cheese, Greek dressing, oregano and sea salt.	8	447	11	35	52
<a href="#">Greek Turkey Burger</a>	400	20	20	35	-	-	Our flavor packed lean turkey burger topped with homemade tzatziki sauce and feta cheese served with a side of cold Greek pasta salad.	Turkey burger, spiral pasta, Roma tomatoes, cucumbers, Pepperoncini, kalamata olives, red onion, fat free Greek yogurt, feta cheese, dill and sea salt.	10	636	32	22	65
<a href="#">Grilled Chicken Wrap</a>	601	21	49	54	-	-	A whole wheat tortilla filled with grilled chicken, roasted red peppers, baby arugula and mozzarella cheese. Served with a side of homemade balsamic vinaigrette.	Whole wheat tortilla, chicken breast, baby arugula, roasted red peppers, mozzarella cheese, olive oil, balsamic vinegar, whole grain mustard, garlic, sea salt, and parsley.	13	677	23	49	66

Meals	Macros				Gluten Free	Dairy Free	Description	Ingredients	WW Points	Extra Protein Macros			
	Calories	Fats	Carbs	Protein						Calories	Fats	Carbs	Proteins
<a href="#">Hawaiian Pizza Flatbread</a>	429	13	50	28	-	-	Hawaiian Pizza done the 212 way! Ham, pineapple, marinara sauce and low-fat mozzarella cheese on top of our crispy naan bread.	Naan bread, ham, low-fat mozzarella cheese, pineapple, tomato sauce, crushed tomatoes, Italian seasoning, garlic.	12	495	15	53	37
<a href="#">Hibachi Chicken (GF&amp;DF)</a>	388	8	41	38			Classic Hibachi style chicken served with brown rice, zucchini, squash, onions and a side of low-fat yum yum sauce.	Chicken thighs, brown rice, zucchini, squash, onions, teriyaki sauce and low-fat yum yum sauce.	9	446	10	41	48
<a href="#">Hibachi Chicken (GF&amp;DF)</a>	388	8	41	38			Classic Hibachi style chicken served with brown rice, zucchini, squash, onions and a side of low-fat yum yum sauce.	Chicken thighs, brown rice, zucchini, squash, onions, teriyaki sauce and low-fat yum yum sauce.	9	446	10	41	48
<a href="#">Hibachi Shrimp (GF&amp;DF)</a>	228	4	30	18			All the classic flavors of hibachi! Tender shrimp tossed in 212 hibachi sauce and served with brown rice, sautéed zucchini, squash, onions and a side of low-fat yum yum sauce.	Shrimp, brown rice, zucchini, squash, yellow onion, low sodium gluten free soy sauce, garlic, ginger, brown sugar, lemon juice and low-fat yum yum sauce	5				
<a href="#">Hibachi Steak (GF&amp;DF)</a>	481	13	50	41			All the classic flavors of hibachi! Lean steak tossed in 212 hibachi sauce and served with brown rice, sautéed zucchini, squash, onions and a side of low-fat yum yum sauce.	CAB Beef shoulder tenderloin, brown rice, zucchini, squash, yellow onion, gluten free soy sauce, brown sugar, garlic, olive oil and low-fat yum yum	9	548	16	50	51
<a href="#">Hibachi Steak &amp; Chicken (GF&amp;DF)</a>	393	9	41	37			Classic Hibachi style steak and chicken served with brown rice, zucchini, squash, onions and a side of low-fat yum yum sauce.	Beef shoulder tenderloin, Chicken thighs, brown rice, zucchini, squash, onions, teriyaki sauce and low-fat yum yum sauce.	8				
<a href="#">Honey Lemon Chicken (GF&amp;DF)</a>	402	6	42	45			Tender chicken breast smothered in our homemade honey lemon sauce, served with jasmine rice and fresh asparagus.	Chicken breast, Jasmine rice, asparagus, honey, lemon, garlic, ginger and lemon pepper.	8	451	7	42	55
<a href="#">Honey Sriracha Chicken (GF&amp;DF)</a>	412	8	40	45			Chicken and pineapple tossed in our homemade honey Sriracha sauce. Served with a side of jasmine rice and steamed sugar snap peas.	Chicken, jasmine rice, snap peas, pineapple, ketchup, Sriracha, honey, gluten-free light soy sauce, sesame seed oil, garlic and ginger. .	10	461	9	40	55
<a href="#">Jalapeño Cheddar Burger (GF)</a>	439	23	21	37	-	-	Our classic turkey burger topped with pickled jalapenos and cheddar cheese, served with a side of oven baked french fries and low-fat ranch dressing.	Turkey burger, Idaho potato, cheddar cheese, jalapenos, low-fat mayo, fat free milk, ranch seasoning, garlic, pink Himalayan sea salt, black pepper.	13	778	42	23	77
<a href="#">Korean Beef Lettuce Wraps (GF&amp;DF)</a>	442	14	36	43			Thinly sliced beef, marinated for 24 hours in our sweet and tangy soy sauce blend and then seared to perfection. Served with jasmine rice, lettuce cups, pickled cucumbers, bean sprouts, and carrots.	Beef bottom round fat, jasmine rice, lettuce, cucumbers, bean sprouts, lotus root, Fuji apple, gluten-free low sodium soy sauce, sesame oil, sesame seed, pink Himalayan sea salt, black pepper.	9	504	16	36	54
<a href="#">Lemon Basil Chicken (GF&amp;DF)</a>	355	7	25	48			Sautéed Chicken covered in our homemade lemon sauce and spices. Served with a side of zucchini, squash and quinoa.	Chicken, quinoa, zucchini, squash, lemon and lemon seasoning.	6	404	8	25	58
<a href="#">Lemon Herb Salmon (GF&amp;DF)</a>	355	15	28	27			Atlantic Salmon with a lemon and Herb crust, served with a side of jasmine rice and broccoli. For ultimate freshness we recommend eating this dish within 72 hours of picking up.	Alaskan salmon, jasmine rice, broccoli, lemon, lemon pepper, tyme, garlic, parsley.	9	462	22	28	38
<a href="#">Lemon Pepper Chicken (GF&amp;DF)</a>	266	6	15	38			Thinly sliced chicken breast tossed in our lemon pepper seasoning, served with half a sweet potato, and roasted asparagus. This dish will help you stay on track!	chicken breast, sweet potato, asparagus, lemon pepper.	5	332	8	15	50
<a href="#">Loaded BBQ Chicken Sweet Potato (GF)</a>	401	13	27	44	-	-	Baked sweet potato, loaded with our 212 BBQ chicken and topped with cheddar jack cheese and green onions	Sweet potato, chicken breast, cheddar jack cheese, Ray's Sugar Free BBQ sauce and green onions	8	458	14	29	54
<a href="#">Loaded BBQ Mac &amp; Cheese</a>	670	26	47	62	-	-	You asked for it! Creamy mac & cheese topped with slow-cooked BBQ Chicken and paired with crispy shaved Brussel sprouts.	chicken breast, cavatappi pasta, Brussel sprout, cheddar jack cheese, Swiss-American cheese, skim milk, heavy cream, poblano pepper, g hughes	18	736	28	47	74
<a href="#">Loaded Buffalo Chicken Bacon Ranch Potato (GF)</a>	482	18	40	40	-	-	A baked potato smothered in our 212 buffalo chicken. Topped with turkey bacon, cheddar jack cheese and green onion. Finished with a drizzle of low-fat ranch.	Idaho Potato, chicken breast, turkey bacon, cheddar jack cheese, green onion, buffalo sauce and low-fat ranch.	12	431	11	29	54
<a href="#">Loaded Philly Cheesesteak baked potato (GF)</a>	430	10	40	45	-	-	All the flavor of a Philly cheesesteak packed into a baked potato. Thin sliced beef, peppers and onion stuffed into a baked potato, topped with low-fat mozzarella cheese and parsley. Served with our 212 ranch dressing.	Beef shoulder tenderloin, Idaho potato, green bell pepper, red bell pepper, yellow onion, low-fat mozzarella cheese, parsley, honey, low-fat mayo, low-fat ranch dressing.	9	501	13	40	56
<a href="#">Loaded Sweet Potato Tostitos (GF)</a>	591	23	38	58	-	-	Sweet potato tots covered in taco seasoned extra lean ground beef, topped with cheddar jack cheese, fresh pico, and low-fat sour cream. Your inner child will thank you!	Sweet potato tater tots, extra-lean ground beef, cheddar jack cheese, pico (tomatoes, red onion, jalapeno, cilantro, lime juice, pink Himalayan sea salt, black pepper).	15	682	26	38	74
<a href="#">Loaded Turkey Burger</a>	584	28	40	43	-	-	Our classic Turkey Burger topped with cheddar cheese on a brioche bun, served with side of lettuce, sliced roma tomatoes, sliced dill pickles and sliced red onion.	Turkey burger, brioche bun, cheddar cheese, lettuce, roma tomato, red onion, dill pickle.	16	903	47	42	78
<a href="#">Low-Country Boil (GF&amp;DF)</a>	400	7	45	40			A southern classic! Shrimp, low-fat sausage, corn on the cob and red potatoes, seasoned with Old Bay and a dash of parsley.	Shrimp, chicken sausage, red potatoes, corn on the cob, old bay seasoning and parsley.	8	439	7	45	49
<a href="#">Low-Country Boil (GF&amp;DF)</a>	400	7	45	40			A southern classic! Shrimp, low-fat sausage, corn on the cob and red potatoes, seasoned with Old Bay and a dash of parsley.	Shrimp, chicken sausage, red potatoes, corn on the cob, old bay seasoning and parsley.	8	439	7	45	49
<a href="#">Margherita Pizza Flatbread</a>	460	20	51	19	-	-	Everything you love about a Margherita pizza without all the guilt! Naan flatbread topped with our homemade 212 marinara sauce, fresh mozzarella cheese and fresh basil.	Naan bread, tomato sauce, crushed tomatoes, fresh mozzarella, Italian seasoning and olive oil.	12				
<a href="#">Mediterranean Salad with Chicken (GF)</a>	467	11	51	41	-	-	Fresh spring mix topped with diced chicken, garbanzo beans, Roma tomatoes, cucumbers, red onions, pepperoncinis and feta cheese. Served with a side of homemade balsamic dressing.	Spring mix, chicken breast, garbanzo beans, cucumber, Roma tomatoes, red onion, pepperoncinis, feta cheese, balsamic vinegar, olive oil and whole	10	533	13	51	53
<a href="#">Mexican Street Corn Pasta Salad</a>	457	13	34	51	-	-	A delicious cold pasta salad dish! The great flavors of Mexican Street Corn made into a pasta salad. Roasted corn, tomatoes, chicken, bacon, jalapeño, cilantro, green onion and colija cheese.	Chicken breast, farfalle pasta (bow-tie), corn, Roma tomatoes, bacon, colija cheese, Greek yogurt, cilantro, green onion, lime juice, garlic, cumin, chili powder.	8	523	15	34	63
<a href="#">Mongolian Beef (GF&amp;DF)</a>	414	10	39	42			Thin sliced beef tossed in our homemade Mongolian Sauce and topped with green onion. Served with a side of jasmine rice and steamed broccoli.	Beef shoulder tenderloin, jasmine rice, broccoli, green onion, gluten-free light soy sauce, brown sugar, corn starch, ginger, garlic and red pepper flakes.	9	493	13	41	53
<a href="#">Mushroom Bacon Swiss Burger (GF)</a>	501	25	27	42	-	-	Our famous 212 turkey burger smothered in sautéed mushrooms, turkey bacon and topped with a slice of Swiss cheese. Paired with hand cut fries!	Turkey burger, button mushrooms, turkey bacon, Swiss cheese, Idaho potatoes, pink Himalayan sea salt, garlic and black pepper.	12	765	41	27	72
<a href="#">Pad Thai (GF&amp;DF)</a>	558	18	61	38			Our take on a classic Thai street dish! Rice noodles topped with chicken thighs, baby bell peppers, shredded carrots, serrano peppers, green onions, cilantro and roasted cashews all served with our 212 Thai sauce.	Rice noodles, chicken thighs, baby bell peppers, shredded carrots, green onions, serrano peppers, tamarind concentrate, fish sauce, sesame oil, low-fat ranch dressing.	13	616	20	61	48
<a href="#">Penne Alla Vodka with Chicken</a>	416	12	36	41	-	-	Sliced chicken breast on a bed of whole-wheat penne pasta, topped with homemade Vodak Sauce, grated parmesan cheese and parsley.	Chicken Breast, whole-wheat penne, crushed tomatoes, pepadew peppers, parmesan cheese, heavy cream, garlic, sherry wine, olive oil, parsley, Italian seasoning.	9	482	14	36	53
<a href="#">Pepperoni Pizza Flatbread</a>	365	13	39	23	-	-	Everything you love about a pepperoni pizza without all the guilt! Flatbread topped with our homemade 212 marinara sauce, low-fat mozzarella cheese, turkey pepperoni, and fresh basil.	flatbread, tomato sauce, crushed tomatoes, low-fat mozzarella cheese, turkey pepperoni, garlic, basil, Italian seasoning, olive oil blend.	11	407	15	40	28
<a href="#">Pesto Chicken Pasta</a>	484	16	38	47	-	-	Grilled chicken breast tossed in our basil pesto sauce, served over a bed of whole-wheat pasta, with a side of broccoli and topped with parmesan cheese.	Chicken, whole-wheat pasta, broccoli, pesto sauce (contains pine nuts) and parmesan cheese.	12	533	17	38	57
<a href="#">Philly Cheesesteak Bowl (GF)</a>	450	10	38	45	-	-	Thin Sliced Beef mixed with peppers and onions over a bed of brown rice. Topped with low-fat mozzarella cheese, parsley and served with a side of homemade low-fat honey mustard.	Beef, bell peppers, onions, brown rice, parsley, low-fat mozzarella cheese, low-fat mayo, yellow mustard and honey.	9				
<a href="#">PHILLY CHEESESTEAK BURRITO (NEW MENU ITEM)</a>	597	17	67	44	-	-	All the flavors of a classic Philly Cheesesteak packed into a burrito! Tender steak, peppers, onions, mushrooms, low-fat mozzarella cheese and jasmine rice, packed in a whole-wheat tortilla.	Beef shoulder tenderloin, whole-wheat tortilla, jasmine rice, bell peppers, yellow onions, button mushrooms, pink Himalayan sea salt, black pepper, garlic	17	668	20	67	55

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	Calories	Fats	Carbs	Protein						Calories	Fats	Carbs	Proteins
Pork Tenderloin (GF)	379	7	40	39	-	-	Slow roasted pork tenderloin topped with a brown sugar whole grain mustard sauce. Paired with mashed sweet potatoes and Brussels sprouts.	Pork tenderloin, mashed sweet potato, Brussels sprouts, brown sugar and whole grain mustard.	8	500	10	48	54
Pot Roast (GF)	344	8	42	26	-	-	A true classic. Slow roasted beef served with roasted carrots, onions and a side of Yukon gold mashed potatoes.	Beef bottom round flat, Yukon gold potatoes, baby carrots, yellow onion, milk, pink Himalayan sea salt, pepper, garlic and thyme.	8				
Roast Beet Salad with Sliced Tenderloin (GF)	359	15	24	32	-	-	A Fresh Veggie Power Blend featuring golden beets, broccoli stalks, kohlrabi, Brussel sprouts, kale, radicchio and carrots. Topped with roasted red and gold beets, roasted sunflower kernels, and a balsamic vinaigrette.	Veggie blend (golden beets, broccoli stalks, kohlrabi, Brussels sprouts, kale, radicchio and carrots), beef shoulder tenderloin, red beets, golden beets, sunflower kernels, balsamic vinaigrette.	8				
Sausage Egg and Cheese Breakfast Burrito	623	27	47	48	-	-	Turkey Sausage egg and cheese rolled up in a whole-wheat tortilla and grilled to perfection. Served with a side of salsa.	whole-wheat tortilla, egg whites, turkey sausage, cheddar jack cheese, salsa.	17	704	32	48	56
Sausage Pizza Flat Bread	574	26	54	31	-	-	Everything you love about a sausage pizza without all the guilt! Naan flatbread topped with chicken sausage, homemade marinara sauce and low-fat mozzarella cheese.	Naan flatbread, chicken sausage, low-fat mozzarella cheese, tomato sauce, crushed tomatoes, Italian seasoning blend, garlic, shallots, olive oil, pink Himalayan sea salt.	16				
Sesame Crusted Ahi Tuna (GF & DF)	377	9	34	40	-	-	Sesame crusted Ahi Tuna seared to medium-rare. Served on a bed of coconut jasmine rice and edamame with a side of sweet and tangy soy sesame ginger dipping sauce. For ultimate protein!	Ahi Tuna, jasmine rice, edamame, sesame seeds, sesame oil, GF soy sauce, ginger, garlic, brown sugar, coconut extract, red pepper flakes.	8	429	9	34	53
Shepherd's Pie (GF)	475	11	40	54	-	-	Our take on a classic dish. Mashed potatoes topped with lean ground beef, grilled corn and a savory gravy. Topped with parsley and served with a side of French style green beans.	Extra lean ground beef, Idaho potatoes, French green beans, corn, onion, worcestershire sauce, cream, butter, beef stock, garlic, paprika, pink Himalayan sea salt, black pepper, cornstarch and parsley.	9	566	14	40	70
Shredded BBQ Beef Sliders	626	26	53	45	-	-	2 slow cooked shredded bbq beef sliders, paired with house made power blend coie slaw!	Beef knuckle, potato bun, power blend (Golden Beets, Broccoli, Kohlrabi, Brussel Sprouts, Kale, Radicchio, Carrots, Green Onion, Red Cabbage) low-fat mayo, apple cider vinegar, sugar, butt rub bbq seasoning.	15	728	32	53	57
Shredded Beef Tacos													
SHRIMP & CHICKEN GUMBO (GF&DF)	559	19	57	40	-	-	We are taking you on a journey down to New Orleans! This classic cajun dish is done with a 212 flair. Chicken thighs, shrimp and andouille sausage piled on top of a bed of uncle ben's rice and smothered in our etouffee sauce! Served with a side of French green beans. This dish is simply amazing!	Chicken thighs, shrimp, andouille chicken sausage, white rice, lobster base, yellow onion, celery, green bell pepper, green onion, garlic, bay leaf, white pepper, black pepper, cayenne pepper, brown sugar, thyme, dill seed, coriander seed, whole brown mustard.	13	600	20	57	51
Shrimp and Grits (GF)	606	26	57	36	-	-	A southern classic with our healthy twist. Tender shrimp and Andouille sausage tossed in our homemade sauce. Plated on top of creamy stone ground grits and topped with green onions.	Stone ground grits, shrimp, Andouille sausage, shrimp stock, green bell pepper, tomatoes, green chili's, butter, rice flour, garlic, shallots, green onion and cajun seasoning.	19	682	30	59	44
Shrimp and Spinach Artichoke Quesadilla	473	17	49	31	-	-	A delicious quesadilla loaded with shrimp, spinach, artichokes and low-fat mozzarella cheese.	Whole-wheat tortilla, shrimp, spinach, artichokes, low-fat mozzarella cheese, cream, garlic and herbs.	11	509	17	49	40
Shrimp Scampi (GF)	308	8	28	31	-	-	Our clean version of a classic dish. Delicious shrimp tossed in our homemade Scampi sauce (white wine, garlic and fresh herbs) and paired with a side of brown rice and Broccoli.	Shrimp, brown rice, broccolini, shrimp stock, white wine, garlic, shallots, olive oil, butter, rice flour, parsley, basil, red pepper, lemon juice and lemon pepper.	6	340	8	28	39
SMOKED CAROLINA BBQ (GF)	413	14	39	35	-	-	Smoked pulled chicken tossed in a tangy Carolina style BBQ sauce. Served with mashed sweet potatoes and a side of sautéed kale.	Chicken thighs, sweet potato, kale, cream, brown sugar, garlic, pepper, bbq seasoning, bbq sauce and pink Himalayan sea salt.	9	537	21	42	45
South West Chicken Burrito	695	23	67	55	-	-	Burrito!!! Cilantro lime rice, slow roasted mexican chicken, black beans, cheddar jack cheese and chipotle sour cream all rolled up and grilled to perfection in a whole-wheat tortilla. Served with side of salsa!	whole-wheat tortilla, chicken breast, jasmine rice, black beans, cheddar jack cheese, sour cream, chipotle peppers, cilantro, lime juice, valentina, taco seasoning, salsa.	18	765	25	67	68
Southwest Chicken Quesadilla	577	21	48	49	-	-	Tender slow-cooked chicken, seasoned to perfection with our blend of Mexican spices and topped with bell peppers, onions and cheddar jack cheese. All stuffed and grilled to perfection inside a whole-wheat tortilla. Served with a side of salsa.	Chicken breast, bell peppers, onions, cheddar jack cheese, whole wheat tortilla and salsa.	15	647	23	48	62
Southwest Chipotle Bowl (GF)	491	15	39	57	-	-	Extra lean ground beef seasoned to perfection over a bed of brown rice. Topped with black beans, corn, salsa, homemade low-fat chipotle ranch and cilantro.	Extra lean ground beef, brown rice, black beans, corn, salsa, low-fat mayo, skim milk, ranch seasoning blend, chipotle peppers, adobo sauce and cilantro.	9				
Spaghetti and Meatballs	566	22	44	48	-	-	Classic Italian style meatballs on a bed of whole-wheat spaghetti, smothered in our 212 Marinara sauce. Topped with Parmesan cheese and parsley.	Lean ground beef, whole-wheat spaghetti, crushed tomatoes, tomato sauce, egg whites, oats, skim milk, Parmesan cheese, parsley, basil, garlic, pink Himalayan sea salt and black pepper.	13	680	28	48	59
Spicy Chicken Quesadilla	577	21	48	49	-	-	A jammed packed quesadilla filled with diced chicken breast, smothered in cheddar jack cheese and loaded with pickled jalapeno. Served with a side of low-fat ranch.	Chicken breast, whole-wheat tortilla, cheddar jack cheese, pickled jalapeno, low-fat mayo, skim milk and ranch seasoning blend.	13	643	23	48	61
Steak Burrito	710	26	68	51	-	-	Burrito!!! Cilantro lime rice, grilled mexican steak, roasted corn, pickled jalapenos, cheddar jack cheese and sour cream all rolled up and grilled to perfection in a whole-wheat tortilla. Served with side of salsa!	whole-wheat tortilla, beef shoulder tenderloin, jasmine rice, corn, cheddar jack cheese, jalapenos, sour cream, cilantro, lime juice, valentina, taco seasoning, salsa.	18	790	30	68	62
Steak Quesadilla with Low-Fat Chipotle Ranch	494	18	44	39	-	-	Delicious marinated steak with caramelized onions and cheddar jack cheese on a whole-wheat tortilla served with a side of low-fat Chipotle Ranch.	Steak, onions, cheddar jack cheese, whole-wheat tortilla, low-fat mayo, skim milk, ranch seasoning blend, chipotle peppers and adobo sauce.	11	565	21	44	50
Steak Sandwich	639	23	60	48	-	-	Tender Sliced tenderloin piled high on a brioche bun, topped with munster cheese and caramelized onions. Serve with a side of hand cut fries and a creamy horseradish sauce.	Beef shoulder tenderloin, Idaho potato, brioche bun, onion, munster cheese, sour cream, horseradish, worcestershire, garlic and steak seasoning.	18	701	25	60	59

Meals	Macros				Gluten Free	Dairy Free	Description	Ingredients	WW Points	Extra Protein Macros			
	Calories	Fats	Carbs	Protein						Calories	Fats	Carbs	Proteins
Steak Taco Bowl (GF)	416	8	39	47	-	-	Thin sliced beef over a bed of brown rice and topped with corn, black beans, pico de gallo, low fat sour cream and cilantro.	Beef shoulder tenderloin, brown rice, black beans, corn, pico de gallo (onion, jalapeño, tomato, cilantro, lime juice, garlic) and low-fat sour cream	9	487	11	39	58
Steak Tenderloin (DF)	406	14	37	33	-	-	Roasted Tenderloin paired with Korean BBQ Quinoa and a colorful blend of tan garbanzo beans, green garbanzo beans, carrots, red bell peppers and red lentils.	Beef shoulder Tenderloin, white and red quinoa, brown rice, green garbanzo beans, diced yellow squash, diced red pepper, carrot, red lentils, Korean BBQ seasoning, extra virgin olive oil and sea salt.	9	477	17	37	44
Stir Fry Chicken (GF&DF)	440	8	36	40	-	-	Sautéed chicken thighs tossed in our homemade teriyaki sauce and served with a side of stir fry veggie mix and jasmine rice.	Chicken thighs, jasmine rice, bell pepper, onion, sugar snap peas, water chestnuts, gluten-free light soy sauce, brown sugar, corn starch, garlic and ginger.	9	451	11	36	52
Stir Fry Noodle Bowl with Chicken (DF)	496	12	45	52	-	-	Lo Mein Noodles tossed with a veggie power blend, edamame, and our house made stir fry sauce. Topped with sautéed chicken breast, green onions and sesame seeds.	Lo Mein noodles, Chicken Breast, edamame, Golden Beets, Broccoli, Kohlrabi, Brussel Sprouts, Kale, Radicchio, Carrots, Green Onion, Red Cabbage, Gluten Free Low Sodium Soy Sauce, Brown Sugar, Ginger, Garlic, Sesame seed oil and Sesame seeds.	10	562	14	45	64
Stuffed Pepper Bowl (GF) (New Dish)	482	14	31	58	-	-	All the flavor you love from a stuffed pepper, in a bowl. Lean ground beef, rice, bell peppers, mozzarella cheese, tomatoes, and green chilis are delivered in a much easier way to eat than the traditional stuff pepper. We know you will love this meal!	Lean ground beef, Uncle Ben's rice, green bell peppers, tomatoes, green chilis, mozzarella cheese, tomato pasta, Whorcestshire sauce, Montreal steak seasoning.	11				
SUMMER SHRED BOWL CHICKEN (GF&DF)	418	10	41	41	-	-	Summer is here and we know you want to stay lean! This is the perfect dish for that. Straightforward ingredients, with fantastic macros! Seasoned chicken breast, roasted maple sweet potatoes, and asparagus.	chicken breast, sweet potatoes, asparagus, black pepper, garlic, lemon pepper seasoning, brown sugar, olive oil, olive oil blend, maple sugar, molasses powder, and sea salt.	9	484	12	41	53
SUMMER SHRED BOWL STEAK (GF&DF)	438	14	41	37	-	-	Summer is here and we know you want to stay lean! This is the perfect dish for that. Straightforward ingredients, with fantastic macros! Seasoned steak, roasted maple sweet potatoes, and asparagus.	beef shoulder tenderloin, sweet potatoes, asparagus, steak seasoning, lemon pepper seasoning, brown sugar, olive oil, olive oil blend, maple sugar, molasses powder, and sea salt.	12	500	16	41	48
Sweet & Sour Chicken (GF&DF)	384	8	38	40	-	-	That sweet and tangy Chinese flavor you love without all the deep fried calories! Tender chicken breast served with jasmine rice, sautéed green bell peppers, yellow onion and pineapple. Paired with a side of our homemade sweet and sour sauce.	chicken breast, jasmine rice, green bell pepper, yellow onion, pineapple, pineapple juice, vinegar, light brown sugar, ketchup, gluten free light soy sauce, water, ginger, garlic and pink Himalayan sea salt.	8	459	11	38	52
Sweet and Spicy Glazed Meatloaf (GF)	468	8	50	49	-	-	A flavor packed Meatloaf topped with our homemade sweet & spicy ketchup glaze. Paired with baby green peas and mashed potatoes!	Lean ground beef, Idaho potatoes, baby green peas, oats, egg whites, celery, onion, shallots, skim milk, ketchup, Worcestershire sauce, brown sugar, thyme, parsley, garlic, pink Himalayan sea salt, black pepper and cayenne pepper.	11	559	11	50	65
TANDOORI CHICKEN (GF)	416	12	34	43	-	-	Our take on a classic Indian dish. Marinated chicken breast seared off and roasted with charred coconut shell and Indian spices. Served with cilantro lime jasmine rice, coffee and coriander roasted carrots. Topped with creme fraiche, and a side of yogurt dipping sauce.	Chicken breast, jasmine rice, carrots, fat-free Greek yogurt, creme fraiche, Garam masala spice, chili powder, paprika, turmeric, coriander, pink Himalayan sea salt, pepper, lite coconut milk, lime, cilantro and coffee beans.	8	491	15	34	55
Tarragon Chicken (GF)	496	20	34	45	-	-	This French inspired dish with blow your mind! Chicken thighs roasted to perfection and smothered in our homemade white wine cream and tarragon sauce. Paired with roasted red potatoes with an Herbes de Provence seasoning and served with a side of ratatouille (zucchini, squash, eggplant, tomatoes, onions)	Chicken thigh, red potatoes, zucchini, yellow squash, tomatoes, red onion, low-fat half and half, white wine, red wine vinegar, olive oil, garlic, shallots, tarragon, thyme, savory, rosemary, parsley, lavender, oregano, marjoram, pepper and pink Himalayan sea salt.	9	558	22	34	56
TERIYAKI FRIED RICE BOWL WITH CHICKEN	399	11	33	42	-	-	Our healthy take on a delicious dish. Crispy jasmine rice sautéed on our flat tops with a mix of peas, carrots and egg whites. Seasoned with gluten-free low-sodium soy sauce, sesame oil, garlic and ginger. Topped with Teriyaki Chicken, fresh red cabbage, carrots, green onions and sesame seeds.	Chicken breast, jasmine rice, carrots, peas, egg whites, red cabbage, green onion, gluten-free low-sodium soy sauce, sesame oil, sesame seeds, brown sugar, garlic and ginger.	8	456	12	33	54
Teriyaki Glazed Pork Tenderloin (GF)	420	8	48	39	-	-	Slow roasted pork tenderloin, glazed with our homemade teriyaki sauce and topped with mango salsa. Served with a side of mashed sweet potatoes and shaved balsamic Brussels sprouts.	Pork tenderloin, sweet potato, Brussels sprouts, mango, peach, red onion, jalapeño, cilantro, gluten-free soy sauce, brown sugar, ginger, pineapple juice, balsamic vinegar, garlic and cream.	9				
Texas Shredded BBQ Beef (GF) (New sides)	436	12	44	38	-	-	We are bringing Texas to the East Coast! A large helping of our shredded beef smothered in BBQ sauce and served with a side of garlic mashed potatoes and steamed green beans. You definitely need this dish in your life!	Beef knuckle, Yukon gold potato french green beans, bbq sauce, cream, garlic, parsley, black pepper, granulated onion, garlic, paprika, chipotle powder and pink Himalayan sea salt.	10				
Texas Shredded BBQ Beef (GF&DF)	462	16	33	38	-	-	We are bringing Texas to the East Coast! A large helping of our shredded beef smothered in BBQ sauce and served with a side of Cajun French fries and steamed broccoli! You definitely need this dish in your life!	Beef bottom round flat, Idaho potato, broccoli, bbq sauce, Cajun seasoning, parsley, black pepper, granulated onion, garlic, paprika, chipotle powder and pink Himalayan sea salt.	10	538	22	35	50
Texas Shredded BBQ Beef Burrito	692	28	65	45	-	-	Our Texas Shredded BBQ Beef piled on jasmine rice, covered with cheddar jack cheese and pickled jalapenos and rolled up into a burrito and grilled to perfection, served with a side of low-fat sour cream for dipping!	CAB Beef Top Round Knuckle, tortilla, jasmine rice, Cheddar jack cheese, pickled jalapenos, G Hughes sugar free bbq sauce, low-fat sour cream, Butt Rub Seasoning.	18	794	34	65	57
Texas Shredded BBQ Beef Quesadilla	608	28	49	40	-	-	Our Texas Shredded BBQ Beef packed into a tortilla, covered with cheddar jack cheese and pickled jalapenos. Served with a side of low-fat sour cream for dipping!	CAB Beef Top Round Knuckle, tortilla, Cheddar jack cheese, pickled jalapenos, G Hughes sugar free bbq sauce, low-fat sour cream, Butt Rub Seasoning.	18	710	34	49	52
THAI BASIL BEEF (GF&DF)	466	14	41	44	-	-	Sweet and spicy thin sliced beef topped with our homemade Thai basil sauce. This sauce is filled with bold flavors of lemon grass, lime, ginger, soy sauce, coconut milk, cilantro and basil. The beef is paired with jasmine rice and spicy blistered edamame. This is a must try dish!	Beef shoulder, jasmine rice, edamame (soybean), gluten-free light soy sauce, lemon grass, lime, ginger, garlic, coconut milk, sesame seeds, chili flakes, sesame oil, cilantro and basil.	11	537	17	41	55
Thai Peanut Noodles (DF)	624	16	60	60	-	-	Lo-Mein noodles layered with a vegetable power blend, topped with marinated pork tenderloin, shredded carrots, baby bell peppers, serrano peppers, green onions, and cilantro. Served with a side of sweet and spicy peanut sauce.	Lo-mein noodles, pork tenderloin, power blend (Golden Beets, Broccoli, Kohlrabi, Brussel Sprouts, Kale, Radicchio), baby bell peppers, shredded carrots, serrano peppers, green onions, cilantro, peanuts, PB Fit, GF soy sauce, rice vinegar, sesame oil.	15				



































































































Meals	Macros				Gluten Free	Dairy Free	Description	Ingredients	WW POINTS	Extra Protein Macros			
	Cal.	Fats	Carbs	Protein						Calories	Fats	Carbs	Proteins
LOW-CARB BIRRIA QUESA TACO BOWL (GF)	479	27	8	51			All the flavor of our amazing Birria Tacos without the carbs! Slow-cooked beef in a delicious consommé, placed on top of cilantro lime cauliflower rice, topped with Oaxacan cheese,...	Beef Knuckle, cauliflower, Oaxacan cheese, beef stock, ancho chilis, guajillo chilis, chiles de Arbol, tomato paste, yellow onion, garlic, bay leaves,...	12	581	33	8	63
LOW-CARB CHICKEN SALAD (GF&DF)	317	13	10	40			Homemade Chicken Salad with sliced roasted almonds and grapes. Served on a bed of mixed greens with sliced tomatoes.	Chicken breast, mixed greens, low-fat mayo, tomatoes, grapes, almonds, celery, parsley, pink Himalayan sea salt and black pepper.	6	376	16	6	52
LOW-CARB HAWAIIAN TURKEY BURGER (GF&DF)	354	14	12	45			Extra lean turkey burger topped with a pineapple slice and BBQ sauce. Served with a side of mixed veggies.	Turkey burger, carrots, zucchini, squash, pineapple and BBQ sauce	6	590	26	14	75
Keto/Low-Carb Chicken Alfredo (GF)	384	20	6	45	-		Tender chicken over a bed of zoodles, smothered in our homemade Alfredo sauce and topped with parsley.	Chicken breast, zucchini, Parmesan cheese, half and half, garlic, shallots, pepper, nutmeg and olive oil.	9	450	22	6	57
Low-Carb 212 Pasta (GF)	302	10	13	40	-		Zoodles covered in our homemade meaty marinara sauce. Topped with shredded Parmesan cheese and parsley.	Zucchini, lean ground turkey, tomatoes, tomato sauce, Parmesan cheese, garlic, onion powder, Italian seasoning, sea salt, black pepper, honey and...	5				
Low-Carb Asian Chicken Salad (GF&DF)	351	15	15	39			A refreshing crisp salad, loaded with spring mix, cabbage, cucumbers, shredded carrots, baby bell peppers, radishes and chicken breast. This dish is topped with crispy noodles and served...	Spring mix lettuce, chicken breast, cabbage, cucumber, carrot, baby bell pepper, radish, lo-mein noodle, sesame oil, ginger, rice wine vinegar and brown...	8	417	17	15	51
Low-Carb BBQ Chicken (GF&DF)	226	5	6	37			Slow cooked BBQ chicken with a side of Italian green beans.	Chicken, Italian green beans, Rays Sugar Free BBQ sauce and parsley.	4	291	7	8	49
Low-Carb Beef Bolognese	388	16	15	46	-		A classic Italian dish done with our 212 flare. Zoodles smothered in our homemade bolognese sauce. Topped with grated parmesan cheese and parsley.	Ground beef, zucchini, crushed tomatoes, yellow onion, celery, basil, marjoram, bay leaves, red wine, pink sea salt, black pepper, garlic, red...	8	479	19	15	62
Low-Carb Beef Brasato (GF&DF)	338	14	9	44			A classic Italian dish that will make your mouth water! Braised beef in a red wine sauce, served with roasted asparagus and heirloom tomatoes.	Beef bottom round flat, asparagus, heirloom tomatoes, red wine, garlic, onion, carrots, celery, rosemary, cinnamon, olive, pink Himalayan sea...	6	420	20	9	51
Low-Carb Bistro Filet (GF&DF)	272	12	7	34			A delicious cut of beef grilled to perfection, topped with a homemade Chimichurri Sauce, paired with sautéed zucchini and squash.	Beef, zucchini, squash, parsley, cilantro, garlic, red wine vinegar, olive oil, red pepper flakes, oregano, salt and pepper.	5	334	14	7	45
Low-Carb Blackened Chicken (GF&DF)	232	4	12	37			Blackened Chicken Breast served with a side of French Green Beans and paired with a side of honey mustard.	Chicken breast, French green beans, blackening seasoning, honey, mustard, low-fat mayo.	4	298	6	12	49
Low-Carb Blackened Pork Tenderloin with Cranberry Chutney (GF&DF)	220	4	8	38			Slow roasted pork tenderloin, coated in our homemade 7 spice blackening seasoning and topped with cranberry chutney. Paired with a side of Brussels sprouts.	Pork tenderloin, Brussels sprouts, cranberries, brown sugar, cranberry juice and blackening seasoning.	4	282	6	8	49
Low-Carb Buffalo Chicken (GF) (DF*)	242	6	10	37			Shredded chicken tossed in buffalo sauce, served with a side of French green beans and low-fat ranch. *Side of ranch dressing is not dairy free.	Chicken, French green beans, buffalo sauce, parsley and low-fat ranch. *Side of ranch dressing is not dairy free.	4	308	8	10	49
Low-Carb Buffalo Chicken with Roasted Cauliflower (GF&DF) (New Dish)	222	6	5	37			Shredded chicken tossed in buffalo sauce, served with a side of roasted cauliflower and low-fat ranch. *Side of ranch dressing is not dairy free.	Chicken, cauliflower, buffalo sauce, parsley and low-fat ranch. *Side of ranch dressing is not dairy free.	4				
Low-Carb Carolina BBQ Chicken (GF&DF)	469	21	14	56			This dish has Southern all over it! A quarter chicken roasted and smothered in sweet and tangy Carolina mustard bbq sauce. Served with a side of sautéed kale.	Quarter chicken leg (leg and thigh) kale, bbq rub seasoning, Carolina Gold BBQ Sauce, pink Himalayan sea salt, garlic and pepper.	9	586	30	14	65
Low-Carb Chicken Alfredo (GF)	321	13	6	45	-		Tender chicken over a bed of zoodles, smothered in our homemade low-fat Alfredo sauce and topped with parsley.	Chicken breast, zucchini, Parmesan cheese, low-fat half and half, garlic, shallots, pepper, nutmeg and olive oil.	5	387	15	6	57
LOW-CARB CHICKEN MARSALA (GF)	319	11	7	48			Tender Chicken, smothered in our homemade Marsala mushroom sauce and served with a side of Broccoli.	Chicken breast, broccoli, cremini mushrooms, shitake mushrooms, marsala wine, butter, olive oil, garlic, shallots, chicken broth and parsley.	5	385	13	7	60
Low-Carb Chicken Parm (GF)	349	13	13	45	-		Sauteed chicken over a bed of zoodles, smothered in our homemade 212 marinara and topped with low-fat mozzarella and parmesan cheese.	Chicken, zucchini, marinara sauce (crushed tomatoes, tomato sauce, Italian seasoning blend, garlic, pink Himalayan sea salt, black pepper) low-fat...	6	415	15	13	57
Low-Carb Chicken Stir Fry (GF&DF)	283	7	18	37			Sauteed chicken breast paired with a stir fry veggie mix and topped with our homemade teriyaki sauce.	Chicken breast, bell pepper, onion, sugar snap peas, water chestnuts and teriyaki sauce.	6				
LOW-CARB GENERAL TSO'S CHICKEN (GF&DF)	315	11	18	36			Our take on a classic Chinese dish. Chicken thighs tossed in our homemade General Tso Sauce, served with a side of steamed broccoli.	Chicken thighs, broccoli, low sodium gluten free soy sauce, hoisin sauce, rice vinegar, garlic, ginger, brown sugar, corn starch, olive oil and red pepper...	6	385	13	20	47
Low-Carb Greek Chicken (GF)	272	8	10	40	-		Tender Chicken breast tossed in our Greek seasoning and marinade, served with a side of roasted mixed vegetables.	Chicken breast, tri-colored carrots, squash, zucchini, Greek dressing, oregano and garlic.	4	338	10	10	52
Low-Carb Greek Turkey Burger (GF)	298	14	10	33	-		Our flavor packed lean turkey burger topped with homemade tzatziki sauce and feta cheese. Served with a side of mixed veggies.	Turkey burger, tri-color carrots, zucchini, squash, fat free Greek yogurt, feta cheese, dill, lemon pepper and pink Himalayan sea salt.	6	534	26	12	63
Low-Carb Hibachi Chicken (GF&DF)	292	8	17	38			All the classic flavors of hibachi. Tender chicken tossed in our homemade 212 hibachi sauce and served with a side of zucchini, squash and onions. Paired with a side of low-fat yum yum...	Chicken thighs, zucchini, squash, onions, teriyaki sauce and low-fat yum yum sauce.	6	350	10	17	48
Low-Carb Hibachi Shrimp	140	4	10	16			All the classic flavors of hibachi! Tender shrimp tossed in our homemade 212 hibachi sauce and served with a side of sautéed zucchini, squash and onions. Paired with a side of low-fat yum yum...	Shrimp, zucchini, squash, yellow onion, low sodium gluten free soy sauce, garlic, ginger, brown sugar, lemon juice and low-fat yum yum sauce	3				
Low-Carb Hibachi Steak (GF&DF)	322	10	17	41			All the classic flavors of hibachi, lean steak tossed in our homemade 212 hibachi sauce and served with sautéed zucchini, squash and onions. Paired with a side of low-fat yum yum...	Beef shoulder tenderloin, zucchini, squash, yellow onion, gluten-free soy sauce, brown sugar, garlic, olive oil, and low-fat yum-yum sauce.	5	416	16	17	51
Low-Carb Honey Lemon Chicken (GF&DF)	274	6	12	43			Tender chicken breast smothered in our homemade Honey Lemon sauce and served with a side of fresh asparagus.	Chicken breast, asparagus, honey, lemon, garlic, ginger and lemon pepper	4				
Low-Carb Honey Sriracha Chicken (GF&DF)	266	6	8	45			Chicken and pineapple grilled and covered in our homemade Honey Sriracha sauce and served with a side of steamed sugar snap peas.	Chicken, snap peas, pineapple and honey Sriracha sauce.	5	315	7	8	55
Low-Carb Lemon Basil Chicken (GF&DF)	246	6	5	43			Sauteed chicken covered in lemon sauce and spices. Served over a bed of brown rice and paired with a side of zucchini and squash.	Chicken, zucchini, squash, chicken stock, basil, lemon juice and Mrs. Dash seasoning	3				
LOW-CARB LEMON GARLIC BUTTER CHICKEN (GF)	358	18	6	43	-		Grilled chicken cooked to perfection and covered in our homemade lemon garlic butter and spices. Served with a side of sautéed spinach.	Chicken, spinach, butter, garlic, lemon pepper, thyme and lemon juice.	8	424	20	6	55
Low-Carb Lemon Garlic Shrimp (GF&DF)	183	3	13	26			Tender Shrimp seared to perfection and served with a side of roasted Brussels sprouts.	Shrimp, Brussels sprouts, pink Himalayan sea salt, lemon pepper, lemon juice and garlic.	3	219	3	13	35

Meals	Macros				Gluten Free	Dairy Free	Description	Ingredients	WW POINTS	Extra Protein Macros			
	Cal.	Fats	Carbs	Protein						Calories	Fats	Carbs	Proteins
Low-Carb Lemon Herb Salmon (GF&DF)	201	5	12	27			Wild-caught Alaskan Salmon with a lemon and Herb crust, served with a side of broccoli. For ultimate freshness we recommend eating this dish within 72 hours of picking up.	Alaskan salmon, broccoli, lemon, lemon pepper, tyme, garlic, parsley.	4	263	7	12	38
Low-Carb Lemon Pepper Chicken (GF&DF)	234	6	6	39			Thinly sliced chicken breast tossed in our lemon pepper seasoning, served with roasted asparagus. This dish will help you get lean	chicken breast, asparagus, lemon pepper.	4	300	8	6	51
Low-Carb Mongolian Beef (GF&DF)	317	9	19	40			Thin sliced beef cooked to perfection and smothered in our homemade Mongolian sauce. Served with a side of steamed broccoli.	Beef shoulder tenderloin, broccoli, green onion and mongolian sauce (gluten-free light soy sauce, brown sugar, corn starch, ginger, garlic and red pepper)	7	396	12	21	51
Low-Carb Pork Tenderloin (GF&DF)	220	4	8	38			Slow-roasted pork tenderloin topped with a brown sugar whole grain mustard sauce and served with a side of Brussels sprouts.	Pork tenderloin, Brussels sprouts, brown sugar and whole-grain mustard.	3				
Low-Carb Pulled Chicken with Salsa Verde (GF & DF)	234	6	8	37			Slow-cooked chicken breast topped with homemade salsa verde. Paired with roasted zucchini and squash.	Chicken breast, zucchini, squash, tomato, jalapeno, cilantro, garlic, lime juice, pink Himalayan sea salt and black pepper.	4				
Low-Carb Pulled Mexican Chicken (GF&DF)	238	6	8	38			Slow-cooked chicken breast seasoned with Mexican spices and tossed in Mexican hot sauce. Served with a side of cilantro lime cauliflower rice and smoky kale.	Chicken breast, cauliflower, kale, valentina, cilantro, lime juice, chili powder, cumin, paprika, garlic powder, onion powder, oregano, black pepper	5	308	8	8	51
LOW-CARB SESAME CHICKEN (GF&DF)	288	7	18	32			Tender chicken thighs sautéed in a delicious teriyaki and sesame sauce, paired with a side of steamed broccoli.	Chicken thighs, Broccoli, soy sauce, hoisin sauce, garlic, ginger, brown sugar, sesame oil and sesame seeds.	6	333	9	20	43
Low-Carb Shrimp Scampi (GF)	192	8	10	20			Our clean version of a classic dish. Delicious shrimp tossed in our homemade Scampi sauce (white wine, garlic and fresh herbs) and paired with a side of Broccoli.	Shrimp, Broccoli, Shrimp stock, white wine, garlic, shallots, olive oil, butter, rice flour, parsley, basil, red pepper, lemon juice and lemon pepper.	5				
Low-Carb Smoked Carolina BBQ (GF/DF)	330	14	16	35			Smoked pulled chicken tossed in a tangy Carolina style BBQ sauce, served with a side of sautéed Kale.	Chicken thighs, kale, garlic, pepper, bbq seasoning, bbq sauce and pink Himalayan sea salt.	7	441	21	18	45
Low-Carb Southwest Burrito Bowl	407	15	18	50			Cilantro lime cauliflower rice, topped with slow roasted mexican chicken, black beans, cheddar jack cheese, salsa and sour cream!	Cauliflower, chicken breast, black beans, cheddar jack cheese, sour cream, salsa, cilantro, lime juice, valentina, taco seasoning.	9	473	17	18	62
Low-Carb Spaghetti and Meatballs (GF)	452	20	22	46			Classic Italian style meatballs on a bed of Zoodles, smothered in our homemade 212 Marinara sauce, topped with Parmesan cheese and parsley.	Lean ground beef, zucchini, crushed tomatoes, tomato sauce, egg whites, oats, skim milk, Parmesan cheese, parsley, basil, garlic, pink Himalayan sea salt.	9	576	28	24	57
Low-Carb Steak Tenderloin	254	10	11	30			Roasted Tenderloin paired with a colorful blend of tan garbanzo beans, green garbanzo beans, carrots, red bell pepper and red lentils.	Steak shoulder Tenderloin, Garbanzo Beans, Green Garbanzo, Carrots, Red Bell Pepper, Red Lentils, Extra Virgin Olive Oil, Garlic, Red Wine Vinegar, Parsley, Basil, Lemon Juice.	5				
LOW-CARB SUMMER SHRED BOWL CHICKEN (GF&DF)	234	6	6	39			Summer is here and we know you want to stay lean! This is the perfect dish for that. Straightforward ingredients, with fantastic macros! Seasoned chicken breast, and roasted asparagus.	chicken breast, asparagus, black pepper, garlic, sea salt, lemon pepper.	4	296	8	6	50
LOW-CARB SUMMER SHRED BOWL STEAK (GF&DF)	261	9	8	37			Summer is here and we know you want to stay lean! This is the perfect dish for that. Straightforward ingredients, with fantastic macros! Seasoned steak and roasted asparagus.	beef shoulder tenderloin, asparagus, steak seasoning, lemon pepper seasoning, olive oil blend.	4	323	11	8	48
Low-Carb Sweet & Sour Chicken (GF&DF)	284	8	15	38			That sweet and tangy Chinese flavor you love without all the deep fried calories! Tender chicken breast served with sautéed green bell peppers, yellow onion and pineapple. Paired with our homemade sweet and sour sauce.	Chicken breast, green bell pepper, yellow onion, pineapple, pineapple juice, vinegar, light brown sugar, ketchup, gluten free light soy sauce, cornstarch.	5	350	10	15	50
LOW-CARB TANDOORI CHICKEN (GF)	328	12	14	41			Our take on a classic Indian dish. Marinated chicken breast seared off and roasted with charred coconut shell and Indian spices. Served with coffee and coriander roasted carrots and our homemade tandoori sauce.	Chicken breast, carrots, fat-free Greek yogurt, creme fraiche, Caram masala spice, chili powder, paprika, turmeric, coriander, pink Himalayan sea salt.	6	398	14	14	54
Low-Carb Tarragon Chicken	408	20	15	42			This French inspired dish will blow your mind! Chicken thighs roasted to perfection and smothered in our homemade white wine cream and tarragon sauce. Paired with a side of sautéed mushrooms.	Chicken thigh, zucchini, yellow squash, tomatoes, red onion, low-fat half and half, white wine, red wine vinegar, olive oil, garlic, shallots, tarragon, thyme.	9	470	22	15	53
Low-Carb Teriyaki Glazed Pork Tenderloin (GF&DF)	244	4	14	38			Slow roasted pork tenderloin, glazed with our homemade teriyaki sauce and topped with mango salsa. Served with a side of shaved balsamic Brussels sprouts.	Pork tenderloin, Brussels sprouts, mango, peach, red onion, jalapeno, cilantro, gluten free soy sauce, brown sugar, ginger, pineapple juice, balsamic vinegar.	4				
Low-Carb Texas Shredded BBQ Beef (GF&DF)	328	16	8	38			We are bringing Texas to the East Coast! A large helping of our shredded beef smothered in BBQ sauce and served with a side of steamed broccoli! You definitely need this dish in your life!	Beef bottom round fat, broccoli, RAY'S Sugar Free bbq sauce, Cajun seasoning, parsley, black pepper, granulated onion, garlic, paprika, onion powder.	9	421	21	8	50
Low-Carb Texas Shredded BBQ Beef (GF&DF) (New Side)	304	8	20	38			We are bringing Texas to the East Coast! A large helping of our shredded beef smothered in BBQ sauce and served with a side of steamed green beans! You definitely need this dish in your life!	Beef Knuckle, French Green Beans, bbq sauce, parsley, black pepper, granulated onion, garlic, paprika, chipotle powder and pink Himalayan sea salt.	6				
Low-Carb The Basic Chicken (GF&DF)	288	8	13	41			Juicy tender seasoned chicken breast seared to perfection, paired with a side of roasted Brussels sprouts.	Chicken breast, Brussels sprouts, pink Himalayan sea salt, lemon pepper and garlic.	5	354	10	13	53
Low-Carb Wild Mushroom Ragout VEG (GF)	219	7	24	15			Homemade 212 ragout, loaded with a variety of sautéed mushrooms and served over a bed of Zoodles. Topped with Parmesan cheese and a dollop of low-fat ricotta and finished off with melted cheddar cheese and parsley.	Zucchini, crushed tomatoes, tomato sauce, shitake mushrooms, button mushrooms, crimini mushrooms, low-fat ricotta cheese, Parmesan cheese, olive oil, cheddar cheese, parsley.	5				
LOW-CARB ZOODLES ALLA VODKA WITH CHICKEN (GF)	277	9	11	38			Sliced chicken breast on a bed of zucchini noodles, topped with homemade Vodak Sauce, grated parmesan cheese and parsley.	Chicken Breast, zucchini, crushed tomatoes, pepadew peppers, parmesan cheese, heavy cream, garlic, sherry wine, olive oil, parsley, Italian spices.	6	359	11	24	50
Low-Carb/Keto Bacon Cheeseburger Lettuce Wraps (GF)	593	37	2	63			Did we say Bacon?! We sure did! This super low-carb dish is packed with flavor and protein. Lean ground beef, bacon and cheddar jack cheese served with 2 lettuce cups. All the great flavors of a burger!	Lean ground beef, bacon, cheddar jack cheese, lettuce, Worcestershire sauce and Montreal steak seasoning.	13	684	40	2	79
Low-Carb/Keto BBQ Wings (GF) (DF)	541	37	4	48			BBQ Wings! We are bringing you a classic without the calories from the deep fryer! 10 Baked chicken wings tossed in G Hughes Sugar-Free BBQ Sauce and served with a side of ranch dressing.	Chicken wings, celery, carrots, G Hughes Sugar-Free BBQ Sauce, Butt Rub bbq seasoning, ranch seasoning blend, low-fat mayo and skim milk.	12				
Low-Carb/Keto Buffalo Wings (GF)	559	39	4	48			Hot Wings! We are bringing you a classic without the calories from the deep fryer! 10 Baked chicken wings tossed in our homemade buffalo sauce and served with a side of celery, carrots and ranch dressing.	Chicken wings, celery, carrots, franks red hot, butter, Worcestershire sauce, garlic, ranch seasoning blend, wing spice blend, low-fat mayo and skim milk.	15	826	58	4	72
Low-Carb/Keto Cajun Chicken Pasta (GF)	321	13	6	45			Tender chicken over a bed of zoodles, smothered in our homemade low-fat Cajun Alfredo sauce and topped with parsley.	Chicken breast, zucchini, Parmesan cheese, low-fat half and half, garlic, shallots, pepper, nutmeg, cajun seasoning and olive oil.	5				
Low-Carb/Keto Cajun Shrimp Pasta (GF)	294	10	13	38			Cajun seasoned shrimp over zucchini noodles, covered in our homemade low-fat alfredo sauce.	Shrimp, zucchini noodles, homemade low-fat Alfredo sauce, cajun seasoning, tomatoes and parsley.	7	330	10	13	47
LOW-CARB/KETO CHICKEN BACON RANCH LETTUCE WRAPS (GF)	344	16	5	45			Flavor packed lettuce cups filled with chicken, bacon, tomatoes and topped with low-fat ranch dressing. Enjoy these bad boys cold at the office, pool, beach or anywhere for that matter.	Chicken breast, bacon, lettuce, tomato, low-fat mayo, skim milk, ranch seasoning blend and lemon pepper.	7	410	18	5	57
Low-Carb/Keto Chicken Cordon Bleu (GF)	406	22	5	47			This dish is a must! Tender chicken topped with honey ham, Swiss cheese and a creamy dijon sauce. Served with a side of roasted asparagus.	Chicken breast, ham, Swiss cheese, asparagus, heavy cream, dijon mustard and lemon pepper.	10	472	24	8	56
Low-Carb/Keto Garlic Parm Wings (GF)	598	42	5	50			Wings! We are bringing you a classic without the calories from the deep fryer! 10 Baked chicken wings tossed in our homemade garlic parm mix and served with a side of celery, carrots and low-fat ranch dressing.	Chicken wings, celery, carrots, parmesan cheese, garlic, 7 spice seasoning, ranch seasoning blend, low-fat mayo and skim milk.	15	943	67	7	78





	Macros				Gluten Free	Dairy Free	Description	Ingredients	WW Points
	Cal.	Fats	Carbs	Protein					
<b>7 Spice Blackened Chicken Salad (GF)</b>	314	10	12	44		-	Blackened chicken served on a bed of fresh mixed greens. Topped with cucumbers, grape tomatoes, dried cranberries and pickled red onions. Served with a side of Low-Fat Ranch Dressing.	Chicken breast, mixed greens, tomatoes, cucumbers, red onion, dried cranberries, homemade blackened seasoning, homemade pickling seasoning, low-fat mayo, skim milk and ranch seasoning.	6
<b>Chicken Caesar Salad (GF)</b>	416	20	7	52		-	Our twist on a classic. Romaine lettuce topped with tender chicken breast and Parmesan cheese. Paired with a side of our homemade low-fat Greek yogurt Caesar dressing.	Chicken breast, romaine lettuce, iceberg lettuce, Parmesan cheese, Greek yogurt, lemon juice, olive oil, anchovy paste, garlic, black pepper and pink Himalayan sea salt.	9
<b>Chicken Taco Salad (GF)</b>	445	17	21	52		-	If you love our Chicken Taco Bowl, you will love this salad. Tender shredded chicken tossed in Mexican seasoning, covered with corn, black beans, pico de gallo, cheddar jack cheese and low-fat sour cream. Served on a bed of spring mix with a side of Cilantro Lime Vinaigrette.	Spring mix lettuce, chicken breast, corn, black beans, roma tomatoes, red onion, jalapeno, cheddar jack cheese, sour cream, cilantro, lime juice, olive oil, taco seasoning and Valentina.	9
<a href="#">Cobb Salad (GF&amp;DF)</a>	357	13	12	48			Fresh spring mix topped with grilled chicken, Roma tomatoes, cucumbers, hard boiled eggs, red onions, and turkey bacon. Served with a side of homemade balsamic vinaigrette.	Spring mix, grilled chicken, cucumber, Roma tomatoes, red onion, hard boiled eggs, turkey bacon, balsamic vinegar, olive oil and whole-grain mustard.	7
<b>Greek Pasta Salad VEG</b>	226	6	34	9	-	-	Our amazing Greek Pasta Salad. Spiral pasta mixed with Roma tomatoes, cucumbers, red onion, pepperoncini, kalamata olives, feta cheese and tossed in Greek dressing. This is a great vegetarian dish that is easy on the go!	Spiral pasta, Roma tomatoes, cucumbers, red onion, pepperoncini, kalamata olives, feta cheese, Greek dressing, oregano and garlic.	6
<b>Mediterranean Salad VEG (GF)</b>	331	7	51	16		-	Fresh spring mix topped with garbanzo beans, Roma tomatoes, cucumbers, red onions, pepperoncini and feta cheese. Served with a side of homemade balsamic vinaigrette.	Spring mix, garbanzo beans, cucumber, Roma tomatoes, red onion, pepperoncini, feta cheese, balsamic vinegar, olive oil and whole grain mustard.	8
<b>Mediterranean Salad with Chicken (GF)</b>	467	11	51	41		-	Fresh spring mix topped with diced chicken, garbanzo beans, Roma tomatoes, cucumbers, red onions, pepperoncini and feta cheese. Served with a side of homemade balsamic vinaigrette.	Spring mix, chicken breast, garbanzo beans, cucumber, Roma tomatoes, red onion, pepperoncini, feta cheese, balsamic vinegar, olive oil and whole grain mustard.	10
<b>Mexican Street Corn Pasta Salad</b>	457	13	34	51	-	-	The great flavors of Mexican Street Corn made into a pasta salad. Roasted corn, tomatoes, chicken, bacon, jalapeño, cilantro, green onion and cotija cheese on a bed of farfalle pasta and coated in a creamy chili lime dressing.	Chicken breast, farfalle pasta (bow-tie), corn, Roma tomatoes, bacon, cotija cheese, Greek yogurt, cilantro, green onion, lime juice, garlic, cumin, chili powder, paprika, Sriracha, pink Himalayan sea salt and black pepper.	9
<b>Roasted Beet Salad VEG (GF)</b>	253	9	32	11		-	A fresh Veggie Power Blend featuring, golden beets, broccoli stalks, kohlrabi, Brussels sprouts, kale, radicchio and carrots. Topped with roasted red and gold beets, roasted sunflower kernels, dried cranberries and goat cheese. Served with a side of our homemade citrus vinaigrette.	Veggie blend (golden beets, broccoli stalks, kohlrabi, Brussels sprouts, kale, radicchio and carrots), red beets, golden beets, goat cheese, dried cranberries, roasted sunflower kernels, orange juice, red wine vinegar, olive oil, pink Himalayan sea salt, black pepper and garlic.	7
<b>Roasted Beet Salad with Sliced Beef Tenderloin (GF)</b>	359	15	24	32		-	A fresh Veggie Power Blend featuring, golden beets, broccoli stalks, kohlrabi, Brussels sprouts, kale, radicchio and carrots. Topped with roasted red and gold beets, roasted sunflower kernels, dried cranberries, slice beef tenderloin and goat cheese. Served with a side of our homemade citrus vinaigrette.	Veggie blend (golden beets, broccoli stalks, kohlrabi, Brussels sprouts, kale, radicchio and carrots), Beef shoulder tenderloin, red beets, golden beets, goat cheese, dried cranberries, roasted sunflower kernels, orange juice, red wine vinegar, olive oil, pink Himalayan sea salt, black pepper and garlic.	8
<b>Steak Taco Salad (GF)</b>	425	17	21	47		-	If you love our Steak Taco Bowl, you will love this salad. Tender shredded steak tossed in Mexican seasoning, covered with corn, black beans, pico de gallo, cheddar jack cheese and sour cream. Served on a bed of spring mix with a side of Cilantro Lime Vinaigrette.	Spring mix lettuce, beef shoulder tenderloin, corn, black beans, Roma tomatoes, red onion, jalapeño, cheddar jack cheese, sour cream, cilantro, lime juice, olive oil, taco seasoning and Valentina.	8
<b>Vegetarian Mexican Street Corn Pasta Salad VEG</b>	276	4	44	16	-	-	The great flavors of Mexican Street Corn made into a pasta salad. Roasted corn, tomatoes, black beans, jalapeño, cilantro, green onion and cotija cheese on a bed of farfalle pasta, coated in a creamy chili lime dressing.	Farfalle pasta (bow-tie), corn, Roma tomatoes, black beans, cotija cheese, Greek yogurt, cilantro, green onion, lime juice, garlic, cumin, chili powder, paprika, Sriracha, pink Himalayan sea salt and black pepper.	7
<a href="#">Low-Carb Asian Chicken Salad (GF&amp;DF)</a>	351	15	15	39			A refreshing crisp salad, loaded with spring mix, cabbage, cucumbers, shredded carrots, baby bell peppers, radishes and chicken breast. This dish is topped with crispy noodles and served with a side of sesame ginger vinaigrette.	Spring mix lettuce, chicken breast, cabbage, cucumber, carrot, baby bell pepper, radish, lo-main noodle, sesame oil, ginger, rice wine vinegar and brown sugar.	8
<b>Chicken Caesar Salad (GF)</b>	530	22	11	72		-	Our twist on a classic. Romaine lettuce topped with tender chicken breast and Parmesan cheese. Paired with a side of our homemade low-fat Greek yogurt Caesar dressing.	Chicken breast, romaine lettuce, iceberg lettuce, Parmesan cheese, Greek yogurt, lemon juice, olive oil, anchovy paste, garlic, black pepper and pink Himalayan sea salt.	9



Name of Dish	Macros				Veg	Gluten Free	Dairy Free	Ingredients	WW Points
	Cal.	Fats	Carbs	Protein					
<b>Peanut Butter Protein Bites</b>	105	4	7	8	-	-	-	Pb fit, chocolate whey protein, oats, peanuts, chocolate chips and water.	2
<b>Blueberry Almond Energy Bites</b>	83	2	15	2	-	-	-	Dates, dried blueberries, raspberries, cranberries, strawberries, vanilla whey protein, oats, almonds, almond butter and water.	2

Name of Dish	Macros				Veg	Gluten Free	Dairy Free	Description	Ingredients	WW Points
	Cal.	Fats	Carbs	Protein						
Avocado Pasta VEG	449	29	37	10		-	-	Whole-wheat penne pasta tossed in our creamy homemade avocado sauce and topped with sautéed zucchini and squash.	Whole wheat penne, avocado, zucchini, squash, basil, cilantro, parmesan cheese, oil olive and garlic.	13
Black Bean Burger with Mixed Veggies VEG	267	7	32	19		-	-	Our classic chipotle black bean burger served with a side of roasted tri-colored carrots, zucchini and squash.	Black Bean Burger, tri-colored carrots, zucchini, squash, lemon pepper, pink Himalayan sea salt, garlic and pepper.	6
Buffalo Cauliflower VEG (GF)	240	4	42	9			-	Baked Cauliflower tossed in our buffalo wing sauce and paired with a side of brown rice and broccoli. Served with a side of low-fat ranch dressing.	Cauliflower, brown rice, broccoli, hot sauce, butter, Worcestershire sauce, low-fat mayo, skim milk and ranch seasoning.	6
Chipotle Black Bean Burger VEG	363	7	54	21		-	-	A flavor packed Black Bean burger paired with a side of hand cut sweet potato fries and asparagus	Black bean burger, sweet potatoes and asparagus	9
Eggplant Parm VEG	351	7	58	14		-	-	Baked eggplant over a bed of whole-wheat pasta. Smothered in our homemade 212 marinara sauce and topped with low-fat mozzarella cheese.	Eggplant, whole-wheat pasta, marinara sauce and low-fat mozzarella cheese.	9
<a href="#">Falafel and Israeli Salad Pita (VEG)</a>	506	26	52	16		-	-	We are taking you on a journey to flavortown! Homemade falafels paired with couscous, Israeli salad and a whole-wheat pita to stuff it all in to. Served with a side of cucumber dressing. This vegetarian dish will blow your mind!	Whole wheat pita, chickpeas, couscous, tomatoes, cucumber, red onion red bell pepper, yellow bell pepper, onion powder, garlic, cumin, baking powder, extra virgin olive oil, fat-free Greek yogurt, Italian parsley, mint, cilantro, lemon zest, lemon juice, shallot, chicken stock, coriander, pink Himalayan sea salt, and pepper.	14
General Tso's Cauliflower VEG (GF/DF)	252	4	47	7				Our take on the classic Chinese dish with a vegetarian spin. Cauliflower tossed in our homemade General Tso Sauce and served with jasmine rice and steamed broccoli.	Cauliflower, jasmine rice, broccoli, low sodium gluten free soy sauce, hoisin sauce, rice vinegar, garlic, ginger, brown sugar, corn starch, olive oil and red pepper flakes.	7
Greek Pasta Salad VEG	226	6	34	9		-	-	Our amazing Greek Pasta Salad. Spiral pasta mixed with Roma tomatoes, cucumbers, red onion, pepperoncinis, kalamata olives, feta cheese and tossed in Greek dressing. This is a great vegetarian dish that is easy on the go!	Spiral pasta, Roma tomatoes, cucumbers, red onion, pepperoncinis, kalamata olives, feta cheese, Greek dressing, oregano and garlic.	6
Korean BBQ Quinoa VEG	318	10	47	10		-		A flavorful blend of white and red quinoa, brown rice, diced yellow squash, Korean BBQ seasoning, extra virgin olive oil, and sea salt. Topped with a Pulse Melange (A colorful blend of tan garbanzo beans, green garbanzo beans, carrots, red bell pepper, red lentils, extra virgin olive oil, garlic, red wine vinegar, basil, and sea salt.)	White and red quinoa, brown rice, green garbanzo beans, tan garbanzo beans, diced yellow squash, diced red pepper, carrots, red lentils, Korean BBQ seasoning, extra virgin olive oil, sea salt, red wine vinegar, garlic and Basil.	9
Low-Carb Eggplant Parm VEG (GF)	242	6	34	13			-	Baked eggplant over a bed of Zoodles, smothered in our homemade 212 marinara sauce and topped with low-fat mozzarella cheese.	Eggplant, zucchini, marinara sauce and low-fat mozzarella cheese.	6
Margherita Pizza Quesadilla VEG	413	17	50	15		-	-	Everything you love about a Margarita Pizza packed into a quesadilla! A whole-wheat tortilla topped with tomato sauce, tomato and mozzarella cheese. Grilled to perfection and served with a side of pesto dipping sauce.	Whole wheat tortilla, crushed tomatoes, Roma tomatoes, low-fat mozzarella cheese, basil, olive oil, pine nuts and Parmesan cheese.	11
Mongolian Mushrooms VEG (GF&DF)	214	2	39	10				A blend of mushrooms over a bed of Jasmine rice and paired with a side of steamed broccoli. Topped with our homemade Mongolian sauce and green onions.	Cremini mushrooms, shiitake mushrooms, Jasmine rice, broccoli, green onions and mongolian sauce.	6
Penne Alfredo with Broccoli VEG	273	9	40	8		-	-	Whole-wheat penne pasta smothered in our homemade Alfredo sauce and topped with steamed broccoli and parsley.	Whole wheat penne pasta, broccoli, Parmesan cheese, fat free half and half, garlic, shallots, pepper, nutmeg and olive oil.	7
Roasted Beet Salad VEG (GF)	253	9	32	11			-	A fresh Veggie Power Blend featuring, golden beets, broccoli stalks, kohlrabi, Brussels sprouts, kale, radicchio and carrots. Topped with roasted red and gold beets, roasted sunflower kernels, dried cranberries and goat cheese. Served with a side of our homemade citrus vinaigrette.	Veggie blend (golden beets, broccoli stalks, kohlrabi, Brussels sprouts, kale, radicchio and carrots), red beets, golden beets, goat cheese, dried cranberries, roasted sunflower kernels, orange juice, red wine vinegar, olive oil, pink Himalayan sea salt, black pepper and garlic.	7
Spinach Artichoke Quesadilla VEG	413	17	48	17		-	-	A quesadilla loaded with creamy spinach, artichokes and low-fat mozzarella cheese. Paired with a side of salsa.	Whole wheat tortilla, spinach, artichoke, cream, parmesan cheese, mozzarella cheese, garlic and salsa.	11
aki Fried Rice Bowl Vegetarian Style	267	7	43	8				Our healthy take on a delicious dish. Crispy jasmine rice sautéed on our flat tops with a mix of peas, carrots and egg white. Seasoned with gluten-free low-sodium soy sauce, sesame oil, garlic and ginger. Topped with Teriyaki peas and carrots, fresh red cabbage, carrots, green onions and sesame seeds.	Jasmine rice, carrots, peas, egg whites, red cabbage, green onion, gluten free low sodium soy sauce, sesame oil, sesame seeds, brown sugar, garlic and ginger.	7



Meals	Macros				Gluten Free	Dairy Free	Description	Ingredients	WW Points	Extra Protein Macros			
	Cal.	Fats	Carbs	Protein						Calories	Fats	Carbs	Proteins
Bacon Cheddar Egg White Omelet	313	17	14	26		-	Egg white omelet packed with bacon and cheddar cheese, served with a side of breakfast potatoes.	Egg whites, red potatoes, bacon, cheddar cheese, parsley, salt, black pepper, garlic, paprika	10	429	17	15	54
Bacon Egg and Cheese Breakfast Burrito	587	27	46	40	-	-	Bacon, egg and cheese rolled up in a whole-wheat tortilla and grilled to perfection. Served with a side of salsa.	whole-wheat tortilla, egg whites, bacon, cheddar jack cheese, salsa.	17	615	27	46	47
Bacon Egg and Cheese Quesadilla	480	20	47	28	-	-	All the greatness of bacon, egg and cheese stuffed inside a whole-wheat tortilla and served with a side of salsa	Turkey bacon, egg whites, cheddar jack cheese, whole-wheat tortilla and salsa	12	508	20	47	35
Basic Breakfast	342	22	6	30			A super simple breakfast that will help start your day off right! Scrambled eggs served with sauteed spinach and 2 turkey sausage links.	Eggs, spinach, turkey sausage, pink Himalayan sea salt, black pepper and lemon pepper.	7				
Blueberry Protein Pancakes	392	8	49	31	-	-	Blueberry protein pancakes, served with a side of turkey bacon and sugar-free syrup!	whole-grain wheat flour, whole-grain oat flour, wheat protein isolate, whey protein concentrate, brown sugar, milk protein concentrate, buttermilk powder, leavening (monocalcium phosphate, baking soda) sea salt, 1st Phorm Level-1 Blueberry Muffin Protein Powder, blueberries, water, Turkey bacon, peppercorn, Sugar-free syrup.	9	434	10	49	37
Fruity Pebbles Protein Pancakes (GF)	546	26	58	20		-	Protein Pancakes stuffed with Fruity Pebbles. Served with a side of turkey sausage and a side of sugar free syrup.	Rice flour, turkey sausage, almond milk, eggs, vanilla protein powder, brown sugar, butter, Fruity Pebbles, baking soda, baking powder, vanilla extract, salt.	16				
Ham, Egg & Cheese Sandwich	538	14	68	35	-	-	A Jumbo English muffin topped with ham, egg and cheddar cheese. Served with a side of home fries and a clementine.	English muffin, Canadian bacon, egg, cheddar cheese, red potato, sea salt, garlic, black pepper and parsley	14				
Kit Kat Protein Pancakes	546	26	58	20	-	-	Protein Pancakes stuffed with chopped Kit Kat's. Served with a side of turkey sausage and a side of sugar free syrup.	flour, turkey sausage, almond milk, eggs, chocolate protein powder, sugar, butter, Kit Kat, baking powder, salt.	16				
Loaded Sweet Potato Scramble (GF) (New Menu Item)	572	24	45	44		-	Sweet potato tots covered in egg whites, turkey sausage, peppers, onions, and cheddar jack cheese. This will be a new morning staple!	Sweet potato later tots, egg whites, turkey sausage, green bell peppers, red bell peppers, yellow onions, cheddar jack cheese.	15	726	34	45	60
Mediterranean Scramble (GF)	454	22	29	35		-	All the flavors of the Mediterranean smashed into a breakfast bowl. Egg whites layered with spinach, turkey sausage, potatoes, tomatoes and topped with feta cheese.	Egg whites, turkey sausage, spinach, potatoes, tomatoes, feta cheese and Greek seasoning.	12	535	27	30	43
Pumpkin Spice French Toast	487	15	43	45	-	-	Protein packed Pumpkin Spice French Toast with a side of turkey sausage and sugar free syrup.	Whole-wheat bread, turkey sausage, egg whites, almond milk, 1st Phorm Level 1 Pumpkin Spice whey protein powder and pumpkin puree, pumpkin spice seasoning.	10	533	13	51	53
Reese's Protein Pancakes	546	26	58	20	-	-	Protein Pancakes stuffed with chopped Reese's cups. Served with a side of turkey sausage and a side of sugar free syrup.	flour, turkey sausage, almond milk, eggs, chocolate protein powder, brown sugar, butter, Reese's cups, baking powder, salt. (Contains peanuts)	16				
Sausage Egg and Cheese Breakfast Burrito	623	27	47	48	-	-	Turkey Sausage egg and cheese rolled up in a whole-wheat tortilla and grilled to perfection. Served with a side of salsa.	whole-wheat tortilla, egg whites, turkey sausage, cheddar jack cheese, salsa.	17	643	27	47	53
Sausage Egg and Cheese Flatbread	471	23	35	31	-	-	Naan bread topped with creamy sawmill gravy, scrambled eggs, cheddar jack cheese, and turkey sausage. Finished with fresh chives.	Naan bread, egg, turkey sausage, cheddar jack cheese, sawmill gravy (olive oil, rice flour, half and half, sage, fennel, garlic, black pepper, pink Himalayan sea salt) chives.	17	552	28	36	39
SAUSAGE EGG AND CHEESE BREAKFAST SANDWICH	556	24	51	34	-	-	A Jumbo English muffin topped with turkey sausage, egg and cheddar cheese. Served with a side of home fries.	English muffin, turkey sausage, egg, cheddar cheese, red potato, sea salt, garlic, black pepper and parsley.	18	637	29	52	42
Sausage, Egg and Cheese Quesadilla	522	22	47	34	-	-	All the amazingness of sausage egg and cheese, loaded into a whole-wheat tortilla and grilled to perfection. Served with a side of salsa.	Whole-wheat tortilla, egg whites, turkey sausage, cheddar jack cheese and salsa.	13				
Southern Grits Bowl (GF)	432	20	26	37		-	Creamy stone ground grits topped with egg whites, cheddar jack cheese, chopped bacon and green onions.	Palmetto Farms stone ground grits, egg whites, bacon, cheddar jack cheese, green onion, butter, half and half, pink Himalayan sea salt, black pepper.	11	452	20	26	42
Southwest Egg White Scramble (GF)	381	17	27	30		-	A flavor packed egg white scramble with bell peppers, onions, turkey sausage and topped with cheddar jack cheese. Paired with a side of red potato home fries.	Egg white, bell peppers, yellow onion, turkey sausage, cheddar jack cheese and red potatoes.	10	493	25	28	39
Spinach, Sausage and Sweet Potato Frittata (GF&DF)	301	13	23	23		-	A flavor packed egg casserole loaded with sweet potatoes, spinach, zucchini and turkey sausage. Served with a side of fresh strawberries. This will start your day off right!	Egg whites, sweet potatoes, spinach, zucchini, turkey sausage, strawberry, basil, marjoram, garlic powder, pink Himalayan sea salt and black pepper.	7				
Steak and Eggs (GF)	408	16	24	42		-	A classic breakfast featuring delicious sliced beef tenderloin and egg whites topped with cheddar jack cheese. Paired with a side of roasted red potatoes.	Beef shoulder tenderloin, egg whites, red potatoes, cheddar jack cheese, pink Himalayan sea salt, pepper and garlic.	9	479	19	24	53
Steak, Egg, and Cheese Burrito (New Menu Item)	598	22	49	51	-	-	Tender Steak and egg whites topped with cheddar jack cheese, rolled up and grilled to perfection in a whole-wheat tortilla. Served with a side of salsa.	Beef shoulder tenderloin, whole wheat tortilla, egg whites, cheddar jack cheese and Montreal steak seasoning.	15				
Steak, Egg, and Cheese Quesadilla	522	18	44	46	-	-	Tender Steak and egg whites topped with cheddar jack cheese, grilled to perfection in a whole-wheat tortilla. Served with a side of salsa.	Beef shoulder tenderloin, whole wheat tortilla, egg whites, cheddar jack cheese and Montreal steak seasoning.	11				
Sweet Potato Waffles (GF)	466	14	62	23		-	These made from scratch sweet potato waffles are unreal! Homemade sweet potato waffles paired with turkey sausage, fresh fruit and a side of sugar free syrup!	Rice flour, sweet potato, vanilla protein powder, almond milk, baking powder, cinnamon, eggs, egg whites, turkey sausage, clementine, butter, sugar free syrup and pink Himalayan sea salt.	13	578	22	63	32
Vanilla Protein French Toast	487	15	43	45	-	-	Protein packed French Toast with a side of turkey sausage and sugar free syrup.	Whole-wheat bread, egg whites, vanilla Protein powder, cinnamon, almond milk and turkey sausage.	11	599	23	44	54





















