

**Fresh & Fit Nutrition**

<b>Product Name</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans fats (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Gluten Free Ingrid.</b>	<b>Allergens</b>
Bourbon Glazed Baked Salmon Meal	12.32 oz.	511	139	16	3	0	71	273	57	7	19	33	N	Wheat, Soy, Seafood (salmon)
Denver Style Scrambled Egg Meal	11.68 oz.	364	185	20.5	6	0	446	782	27	5	4	17	Y	Milk, Eggs
Fiesta Sweet Potato 4-Grain Chili Meal	14.48 oz.	422	33	4	0.5	0	0	520	85	12	10	13	N	Wheat
Grilled Chicken Greens & Grains	9.92 oz.	414	101	11	1	0	76	533	51	5	22	30	N	Wheat, Milk, Nuts (Almond, Pecans)
Grilled Crimini & Veggie Mixed Quinoa Meal	13.17 oz.	332	121	13	1	0	0	235	52	6	14.5	8	Y	
Lemon Herb Shrimp with 6-Grain Medley	12.80 oz.	394	71	8	4	0.2	150	547	58	9	5	25	N	Wheat, Milk, Shrimp
Mango Chipotle Glazed Smoked Salmon Meal	12.32 oz.	477	177	20	3	0	71	576	46	3	10	29	Y	Seafood (salmon)
Naked Enchilada Chicken & Greens Salad	10.24 oz.	256	73	8	1	0	76	954	19	5	5	30	N	Wheat, Milk, Soy
Southwest Grilled Chicken Ranchero Meal	13.12 oz.	432	37	4	0.8	0	76	627	64	8	2	34	N	Wheat, Milk, Soy
Teriyaki Grilled Chicken Meal	13.28 oz.	404	116	13	2	0	76	901	43	4	17	28	N	Wheat, Milk, Soy
Turkey Meatball Angel Hair & Lite Marinara Meal	13.12 oz.	375	89	10	3	0	62	698	49	6	9.5	24	N	Wheat, Soy, Milk, Eggs
Turkey Meatloaf Meal	11.68 oz.	314	110	12	2	0.1	61	770	34	5	4	21	N	Wheat, Soy, Eggs
Vanilla 6-Grain Fruit & Nut Breakfast Cereal	8.4 oz.	547	134	15	10	0	19	130	97	7	42	9	N	Wheat, Milk, Eggs, Nuts (Almond, Pecans)