



# PERSONAL TRAINER FOOD NUTRITION FACTS

Menu Item	Serving Size	Calories	Total Fat (g)	%DV	Saturated Fat (g)	%DV	Trans Fat (g)	Cholesterol (mg)	%DV	Sodium (mg)	%DV	Total Carbohydrate (g)	%DV	Dietary Fiber (g)	%DV	Total Sugars (g)	Added Sugars (g)	%DV	Protein (g)	Vitamin D (mcg)	%DV	Calcium (mg)	%DV	Iron (mg)	%DV	Potassium (mg)	%DV
Breakfast	1 Egg Patty + 2 Maple Sausage	450	40	51%	14	70%	0	215	72%	730	32%	5	2%	0	0%	4	0	0%	17	1.0	5%	143	11%	1.8	10%	95	2%
Breakfast	2 Egg Patties & Chorizo Sausage	380	30	38%	9	45%	0	340	113%	700	30%	3	1%	0	0%	0	0	0%	20	2.0	10%	286	22%	2.0	11%	320	7%
Breakfast	2 Egg Patties + 1 Breakfast Sausage	400	33	42%	10	50%	0	340	113%	620	27%	2	1%	0	0%	0	0	0%	20	2.0	10%	286	22%	2.4	13%	190	4%
Breakfast	Bacon and Cheese Egg Bites	220	16	21%	7	35%	0	230	77%	620	27%	4	1%	0	0%	2	0	0%	16	1.2	6%	140	11%	1.2	7%	180	4%
Breakfast	Bacon Swiss Frittata	220	16	21%	8	40%	0	170	57%	440	19%	7	3%	0	0%	1	0	0%	12	0.7	4%	190	15%	0.8	4%	130	3%
Breakfast	Cheddar Omelet & Bacon	270	21	27%	9	45%	0	280	93%	790	34%	4	1%	0	0%	0	0	0%	17	1.3	7%	150	12%	1.3	7%	160	3%
Breakfast	Cheddar Omelet & Breakfast Sausage	370	31	40%	12	60%	0	290	97%	820	36%	4	1%	0	0%	0	0	0%	18	1.3	7%	150	12%	1.7	9%	160	3%
Breakfast	Cheddar Omelet & Canadian Bacon	260	17	22%	7	35%	0	305	102%	1240	54%	6	2%	0	0%	0	0	0%	21	1.3	7%	150	12%	2.0	11%	160	3%
Breakfast	Cheddar Omelet & Cranberry Chicken	330	22	28%	6	30%	0	260	87%	840	37%	9	3%	0	0%	0	0	0%	25	1.3	7%	150	12%	1.3	7%	160	3%
Breakfast	Cheddar Omelet & Turkey Sausage	360	19	24%	8	40%	0	290	97%	800	35%	4	1%	0	0%	0	0	0%	19	1.3	7%	150	12%	1.3	7%	160	3%
Breakfast	Cheddar Omelet + Maple Sausage	360	30	38%	12	60%	0	290	97%	820	36%	6	2%	0	0%	2	0	0%	17	1.3	7%	150	12%	1.7	9%	160	3%
Breakfast	Cheddar Omelet and Chorizo	350	28	36%	11	55%	0	290	97%	900	39%	5	2%	0	0%	0	0	0%	18	1.3	7%	150	12%	1.3	7%	290	6%
Breakfast	Garden Fresh Frittata	160	11	14%	6	30%	0	30	10%	290	13%	7	3%	0	0%	1	0	0%	9	0.1	1%	100	8%	0.2	1%	150	3%
Breakfast	Steak & Eggs	370	26	33%	11	55%	0	295	98%	940	41%	6	2%	0	0%	0	0	0%	25	1.3	7%	161	12%	2.3	13%	670	14%
Breakfast	Three Cheese Egg Bites	180	12	15%	6	30%	0	240	80%	520	23%	4	1%	0	0%	2	0	0%	14	1.2	6%	160	12%	1.2	7%	120	3%
Breakfast	Western Omelet + Breakfast Sausage	350	28	36%	10	50%	0	285	95%	700	30%	6	2%	1	4%	0	0	0%	17	1.3	7%	100	8%	1.7	9%	200	4%
Breakfast	Western Omelet + Maple Sausage	340	27	35%	10	50%	0	285	95%	700	30%	8	3%	1	4%	2	0	0%	16	1.3	7%	100	8%	1.7	9%	200	4%
Entrée	All-American Burger Patty	380	32	41%	13	65%	2	80	27%	380	17%	1	0%	0	0%	0	0	0%	20	0.0	0%	25	2%	2.0	11%	315	7%
Entrée	Apple and Gouda Juicy Sausage	340	32	41%	11	55%	0	60	20%	430	19%	5	2%	0	0%	3	0	0%	12	0.0	0%	60	5%	0.4	2%	0	0%
Entrée	Beef & Lamb Gyros	400	32	41%	14	70%	0	70	23%	760	33%	8	3%	2	7%	0	0	0%	16	0.0	0%	30	2%	2.0	11%	280	6%
Entrée	Beef and Chicken Meatballs	310	23	29%	9	45%	0	75	24%	690	30%	11	4%	3	10%	0	0	0%	16	0.0	0%	240	18%	2.4	13%	0	0%
Entrée	Bodacious Boudin Balls	330	15	19%	3	15%	0	90	30%	900	39%	36	13%	3	11%	0	0	0%	15	0.6	3%	6	0%	1.8	10%	240	5%
Entrée	Bold Barbacoa	200	12	15%	6	30%	1	60	20%	470	20%	1	0%	0	0%	1	1	3%	21	0.0	0%	0	0%	2.9	16%	373	8%
Entrée	Breaded Chicken Patty	200	9	12%	2	10%	0	35	12%	490	21%	14	5%	0	0%	0	0	0%	13	0.0	0%	16	1%	1.0	6%	135	3%
Entrée	Buffalo Ranch Chicken Sticks 2ct	400	22	28%	7	35%	0	70	23%	1200	52%	26	9%	0	0%	0	0	0%	22	0.4	2%	160	12%	2.2	12%	320	7%
Entrée	Classic Wings	220	16	21%	4	20%	0	55	18%	360	16%	2	1%	0	0%	0	0	0%	17	0.0	0%	0	0%	0.9	5%	150	3%
Entrée	Dill-icious Chicken Filet	220	10	13%	2	10%	0	50	17%	620	27%	16	6%	2	7%	2	2	4%	17	0.0	0%	23	2%	1.0	6%	264	6%
Entrée	Fire Braised Chicken Thigh	180	8	10%	2	10%	0	115	38%	360	16%	0	0%	0	0%	0	0	0%	24	0.0	0%	0	0%	0.9	5%	257	5%
Entrée	Garlic Chicken Strips	120	5	6%	1	5%	0	65	21%	720	31%	2	1%	0	0%	2	2	5%	19	0.0	0%	0	0%	0.0	0%	162	3%
Entrée	Garlic Herb Whitefish	200	7	9%	1	5%	0	35	12%	710	31%	18	7%	1	4%	0	0	0%	18	1.0	5%	26	2%	0.0	0%	266	6%
Entrée	Gluten Free Breaded Chicken	200	11	14%	1	5%	0	40	14%	410	18%	17	6%	1	4%	0	0	0%	15	0.0	0%	6	0%	0.0	0%	213	5%
Entrée	Grilled Nuggets	160	5	6%	2	8%	0	75	24%	790	34%	4	1%	0	0%	1	0	0%	14	0.0	0%	13	1%	1.3	7%	440	9%
Entrée	Homestyle Meatloaf Patty	200	10	13%	4	20%	0	45	15%	440	19%	6	2%	1	4%	2	2	4%	27	4.6	23%	28	2%	1.9	11%	330	7%
Entrée	Italian Meatballs	320	25	32%	9	45%	0	55	18%	630	27%	11	4%	1	5%	0	0	0%	16	0.0	0%	67	5%	1.5	8%	0	0%
Entrée	Monterey Jack Chicken Sticks 2 ct	380	22	28%	7	35%	0	80	27%	1060	46%	22	8%	0	0%	0	0	0%	22	0.4	2%	152	12%	2.2	12%	260	6%
Entrée	Piri Piri Chicken Skewer	120	6	8%	1	5%	0	65	22%	570	25%	4	1%	0	0%	0	0	0%	15	0.0	0%	11	1%	1.0	6%	190	4%
Entrée	Popcorn Chicken	380	22	28%	4	20%	0	35	11%	580	25%	23	8%	5	18%	0	0	0%	23	0.2	1%	50	4%	3.2	18%	433	9%
Entrée	Salisbury Steak	210	12	15%	5	25%	1	50	17%	770	33%	9	3%	1	4%	1	1	2%	15	0.0	0%	0	0%	2.0	11%	240	5%
Entrée	Simply Grilled Chicken Breast	140	3	3%	1	5%	0	70	23%	680	30%	3	1%	0	0%	0	0	0%	25	0.1	1%	18	1%	0.6	3%	410	9%
Entrée	Smoked BBQ Pork Rib	240	14	18%	5	25%	0	40	14%	560	24%	11	4%	1	4%	7	7	14%	17	14.4	72%	48	4%	1.7	9%	408	9%
Entrée	Spicy Breaded Chicken Breast	280	14	18%	3	15%	0	50	17%	930	40%	17	6%	0	0%	0	0	0%	20	0.0	0%	20	2%	1.1	6%	190	4%
Entrée	Spicy Tinga Chicken	190	8	10%	2	8%	0	120	40%	610	26%	6	2%	2	6%	0	0	0%	27	0.2	1%	16	1%	1.1	6%	320	7%
Entrée	Teriyaki Chicken	210	9	12%	3	13%	0	120	40%	590	25%	6	2%	0	0%	5	5	9%	26	0.0	0%	0	0%	1.5	8%	270	6%
Entrée	Wild Alaskan Salmon	110	3	3%	1	3%	0	45	15%	320	14%	1	0%	0	0%	1	1	2%	21	14.0	70%	11	1%	1.0	6%	330	7%
Entrée	Works Burger	190	12	15%	6	30%	1	40	13%	390	17%	8	3%	1	4%	5	3	6%	11	0.0	0%	60	5%	1.0	6%	240	5%
Entrée	Zesty Tenders	190	11	14%	2	10%	0	60	20%	810	35%	5	2%	0	0%	0	0	0%	17	0.0	0%	18	1%	1.0	6%	293	6%
Vegetables	Asparagus	30	0	0%	0	0%	0	0	0%	5	0%	4	2%	3	10%	0	0	0%	4	0.0	0%	28	2%	0.8	5%	294	6%
Vegetables	Broccoli Florets	35	0	0%	0	0%	0	0	0%	20	1%	7	2%	4	14%	1	0	0%	4	0.0	0%	47	4%	1.3	7%	284	6%
Vegetables	Brussels Sprouts	50	0	0%	0	0%	0	0	0%	20	1%	10	3%	4	15%	3	0	0%	4	0.0	0%	30	2%	0.0	0%	340	7%
Vegetables	California Blend	25	0	0%	0	0%	0	0	0%	20	1%	4	2%	2	6%	<1	0	0%	2	0.0	0%	0	0%	0.0	0%	0	0%
Vegetables	Capri Blend	35	0	0%	0	0%	0	0	0%	25	1%	7	2%	3	10%	3	0	0%	1	0.0	0%	37	3%	0.0	0%	236	5%
Vegetables	Caribbean Blend	40	0	0%	0	0%	0	0	0%	30	1%	8	3%	3	9%	3	0	0%	1	0.0	0%	37	3%	0.0	0%	215	5%
Vegetables	Cauliflower Florets	25	0	0%	0	0%	0	0	0%	35	1%	4	1%	3	10%	1	0	0%	3	0.0	0%	0	0%	0.0	0%	0	0%
Vegetables	Cauliflower Rice	30	0	0%	0	0%	0	0	0%	25	1%	5	2%	2	7%	2	0	0%	2	0.0	0%	23	2%	0.0	0%	213	5%
Vegetables	Green Beans	40	0	0%	0	0%	0	0	0%	0	0%	8	3%	0	0%	3	0	0%	1	0.0	0%	41	3%	1.0	5%	206	4%
Vegetables	Green Zucchini	20	0	0%	0	0%	0	0	0%	20	1%	3	1%	1	5%	0	0	0%	1	0.0	0%	0	0%	0.0	0%	0	0%
Vegetables	Italian Blend	60	0	0%	0	0%	0	0	0%	50	2%	11	4%	5	17%	3	0	0%	3	0.0	0%	48	4%	1.1	6%	320	7%



# PERSONAL TRAINER FOOD NUTRITION FACTS

Menu Item	Serving Size	Calories	Total Fat (g)	%DV	Saturated Fat (g)	%DV	Trans Fat (g)	%DV	Cholesterol (mg)	%DV	Sodium (mg)	%DV	Total Carbohydrate (g)	%DV	Dietary Fiber (g)	%DV	Total Sugars (g)	%DV	Added Sugars (g)	%DV	Protein (g)	Vitamin D (mcg)	%DV	Calcium (mg)	%DV	Iron (mg)	%DV	Potassium (mg)	%DV
Vegetables Italian Green Beans	1 serving (4 oz / 113g)	50	0	0%	0	0%	0	0%	0	0%	0	0%	8	3%	3	10%	3	0	0%	3	0.0	0%	55	4%	1.0	5%	220	5%	
Vegetables Kyoto Blend	1 serving (4 oz / 113g)	80	2	3%	0	0%	0	0%	0	0%	20	1%	9	3%	4	14%	4	0	0%	5	0.0	0%	39	3%	1.1	6%	332	7%	
Vegetables Lima Beans	1 serving (4 oz / 113g)	130	2	2%	0	0%	0	0%	0	0%	5	0%	23	8%	5	19%	0	0	0%	8	0.0	0%	40	3%	3.6	20%	533	11%	
Vegetables Maple Glazed Sweet Potatoes	1 serving (4 oz / 113g)	140	4	5%	1	5%	0	0%	0	0%	180	8%	26	10%	3	11%	8	8	15%	2	0.0	0%	46	4%	0.6	3%	446	9%	
Vegetables Mixed Vegetables	1 serving (4 oz / 113g)	80	0	0%	0	0%	0	0%	0	0%	25	1%	16	6%	4	14%	4	0	0%	4	0.0	0%	27	2%	1.1	6%	280	6%	
Vegetables Normandy Blend	1 serving (4 oz / 113g)	30	0	0%	0	0%	0	0%	0	0%	25	1%	6	2%	2	8%	8	0	0%	1	0.0	0%	30	2%	0.0	0%	251	5%	
Vegetables Oriental Stir Fry	1 serving (4 oz / 113g)	30	0	0%	0	0%	0	0%	0	0%	15	1%	6	2%	3	9%	1	0	0%	3	0.0	0%	38	3%	0.8	4%	200	4%	
Vegetables PTF Blend	1 serving (4 oz / 113g)	45	0	0%	0	0%	0	0%	0	0%	45	2%	9	3%	3	10%	3	0	0%	1	0.0	0%	44	3%	0.0	0%	229	5%	
Vegetables Quinoa Harvest Blend	1 serving (4 oz / 113g)	130	1	1%	0	0%	0	0%	0	0%	0	0%	27	10%	3	12%	0	0	0%	4	0.0	0%	22	2%	1.6	9%	85	2%	
Vegetables Roasted Blend	1 serving (4 oz / 113g)	110	3	3%	1	3%	0	0%	0	0%	125	6%	19	7%	3	10%	0	0	0%	3	0.0	0%	13	1%	0.5	3%	253	5%	
Vegetables Sautéed Peppers and Onions	1 serving (4 oz / 113g)	35	0	0%	0	0%	0	0%	0	0%	0	0%	8	3%	1	5%	0	0	0%	1	0.0	0%	17	1%	0.0	0%	147	3%	
Vegetables Scandinavian Blend	1 serving (4 oz / 113g)	50	0	0%	0	0%	0	0%	0	0%	20	1%	10	3%	4	15%	4	0	0%	3	0.0	0%	27	2%	1.0	5%	261	6%	
Vegetables Seasoned Sweet Corn and Peppers	1 serving (4 oz / 113g)	90	3	3%	0	0%	0	0%	0	0%	350	15%	17	6%	0	0%	8	0	0%	3	0.0	0%	13	1%	0.5	3%	364	8%	
Vegetables Seasons Mix	1 serving (4 oz / 113g)	20	0	0%	0	0%	0	0%	0	0%	15	1%	3	1%	2	6%	<1	0	0%	2	0.0	0%	0	0%	0.0	0%	0	0%	
Vegetables Yellow Squash	1 serving (4 oz / 113g)	20	0	0%	0	0%	0	0%	0	0%	0	0%	4	1%	1	5%	3	0	0%	1	0.0	0%	15	1%	0.0	0%	184	4%	
Shake Chocolate Shakes	1 serving (1 oz / 29g)	100	2	2%	0	0%	0	<5	2%	260	11%	7	3%	5	18%	3	0	0%	15	4.0	20%	270	21%	4.6	26%	260	6%		
Shake Vanilla Shakes	1 serving (1 oz / 28g)	100	2	2%	0	0%	0	<5	2%	260	11%	9	3%	5	18%	2	0	0%	15	4.0	20%	280	22%	4.6	26%	140	3%		
Sauce Sriracha Sauce	1 serving (0.3 oz / 7g)	5	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0.0	0%	0	0%	0.0	0%	0	0%	
Sauce Sweet Bacon & White Cheddar	1 serving (0.3 oz / 7g)	5	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0.0	0%	0	0%	0.0	0%	0	0%	
Sauce Sweet Garlic Butter Sauce	1 serving (0.3 oz / 7g)	5	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0.0	0%	0	0%	0.0	0%	0	0%	

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Values rounded per FDA 21 CFR 101.9 guidelines.

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