

# NUTRITION FACTS

## SALADS

*LISTED WITH NO DRESSING*

|                                 | Cal | Total Fat | Sat Fat | Carbs | Sugar | Fiber | Sodium | Protein |
|---------------------------------|-----|-----------|---------|-------|-------|-------|--------|---------|
| <b>BUFFALO SALAD</b>            | 190 | 6.5g      | 3g      | 8g    | 1g    | 3g    | 825mg  | 25g     |
| <b>BURRITO BOWL</b>             | 260 | 8g        | 3g      | 28g   | 1g    | 8g    | 715mg  | 20g     |
| <b>CHKN SALAD SLD</b>           | 300 | 13.5g     | 4.5     | 21g   | 11g   | 7g    | 660mg  | 23g     |
| <b>GREEK SALAD</b>              | 215 | 5.5g      | .5g     | 13g   | 4g    | 6g    | 465mg  | 29g     |
| <b>GRLD CHK SALAD</b>           | 225 | 9.5g      | 3g      | 9g    | 1g    | 5g    | 240mg  | 26g     |
| <b>STRAWBRY SALAD</b>           | 300 | 9.5g      | 5g      | 25g   | 16g   | 5g    | 480mg  | 28g     |
| <b>SUPERFOOD SLD w/DRESSING</b> | 345 | 18g       | 3.5g    | 32g   | 14g   | 5g    | 220mg  | 14g     |
| <b>TACO SALAD</b>               | 245 | 11g       | 5.5g    | 9g    | 1g    | 3g    | 915mg  | 28g     |

## DRESSING

|                           | Cal | Total Fat | Sat Fat | Carbs | Sugar | Fiber | Sodium | Protein |
|---------------------------|-----|-----------|---------|-------|-------|-------|--------|---------|
| <b>ASIAN DRESSING</b>     | 140 | 9g        | 1g      | 18g   | 9g    | 0g    | 900mg  | 2g      |
| <b>APPLE CIDER VIN</b>    | 160 | 12g       | 2g      | 16g   | 12g   | 0g    | 250mg  | 0g      |
| <b>AVOCADO RANCH</b>      | 100 | 4.5g      | 1.5g    | 15g   | 3g    | 1g    | 385mg  | 0g      |
| <b>BALSAMIC</b>           | 100 | 4g        | 1g      | 6g    | 4g    | 0g    | 700mg  | 0g      |
| <b>BLEU CHEESE</b>        | 160 | 14g       | 3g      | 4g    | 2g    | 2g    | 740mg  | 2g      |
| <b>CAESAR</b>             | 180 | 16g       | 3g      | 8g    | 2g    | 2g    | 640mg  | 2g      |
| <b>CREAMY RASPBERRY</b>   | 140 | 8.5g      | 1g      | 16g   | 14g   | 0g    | 360mg  | 0g      |
| <b>HONEY MUSTARD</b>      | 85  | 6g        | 0g      | 8g    | 8g    | 0g    | 590mg  | 0g      |
| <b>ITALIAN - FAT FREE</b> | 40  | 0g        | 0g      | 8g    | 3g    | 0g    | 840mg  | 0g      |
| <b>OIL N VINEGAR</b>      | 135 | 14g       | 2g      | 3g    | 2g    | 0g    | 5mg    | 0g      |
| <b>POPPYSEED</b>          | 180 | 10g       | 1g      | 22g   | 20g   | 0g    | 340mg  | 0g      |
| <b>RANCH - FAT FREE</b>   | 60  | 0g        | 0g      | 14g   | 6g    | 2g    | 600mg  | 0g      |
| <b>RASPBERRY VIN</b>      | 100 | 7g        | 1g      | 10g   | 8g    | 0g    | 380mg  | 0g      |
| <b>SPICY RANCH</b>        | 60  | 0g        | 0g      | 14g   | 6g    | 2g    | 600mg  | 0g      |

## SANDWICHES

|                                | Cal | Total Fat | Sat Fat | Carbs | Sugar | Fiber | Sodium | Protein |
|--------------------------------|-----|-----------|---------|-------|-------|-------|--------|---------|
| <b>CHICKEN PESTO</b>           | 485 | 16g       | 5g      | 48g   | 6g    | 4g    | 805mg  | 37g     |
| <b>CHICKEN SALAD SANDWICH</b>  | 370 | 7.5g      | 0g      | 47g   | 5g    | 9g    | 720mg  | 28g     |
| <b>CLUB SANDWICH</b>           | 415 | 15.5g     | 2.5g    | 45g   | 2g    | 9g    | 1345mg | 25g     |
| <b>FRENCH DIP</b>              | 325 | 9.5g      | 1g      | 41g   | 5g    | 3g    | 1600mg | 19g     |
| <b>GRILLED CHEESE</b>          | 365 | 10.5g     | 3.5g    | 46g   | 6g    | 8g    | 1070mg | 22g     |
| <b>HAM &amp; CHEESE PANINI</b> | 320 | 9g        | 4.5g    | 37g   | 3g    | 2g    | 1340mg | 23g     |
| <b>ITALIAN PANINI</b>          | 320 | 7g        | 3g      | 41g   | 3g    | 2g    | 1570mg | 24g     |
| <b>MEDITERRANEAN VEGGIE</b>    | 375 | 16g       | 4g      | 48g   | 3g    | 4g    | 1405mg | 11g     |
| <b>TTLIC</b>                   | 425 | 14.5g     | 1g      | 50g   | 9g    | 5g    | 1260mg | 24g     |
| <b>TURKEY PESTO CAPRESE</b>    | 320 | 8g        | 3.5g    | 38g   | 2g    | 2g    | 1015mg | 25g     |

## BURGERS

*w/LET, TOM NO SAUCES*

|                                      | Cal | Total Fat | Sat Fat | Carbs | Sugar | Fiber | Sodium | Protein |
|--------------------------------------|-----|-----------|---------|-------|-------|-------|--------|---------|
| <b>BETTER BURGER w/BUN NO CHEESE</b> | 470 | 18g       | 6.5g    | 40g   | 9g    | 2g    | 1125mg | 37g     |
| <b>TURKEY BURGER w/BUN NO CHEESE</b> | 425 | 13g       | 4g      | 40g   | 9g    | 2g    | 875mg  | 37g     |
| <b>AMERICAN CHEESE</b>               | 70  | 6g        | 4g      | 1g    | 0g    | 0g    | 340mg  | 4g      |
| <b>SWISS CHEESE</b>                  | 50  | 4g        | 2.5g    | 0g    | 0g    | 0g    | 225mg  | 3g      |
| <b>CHEDDAR CHEESE</b>                | 80  | 7g        | 4g      | 0g    | 0g    | 0g    | 140mg  | 5g      |
| <b>MOZZARELLA</b>                    | 70  | 4.5g      | 2.5g    | 0g    | 0g    | 0g    | 175mg  | 7g      |
| <b>PEPPERJACK</b>                    | 80  | 6g        | 5g      | 3g    | 0g    | 0g    | 130mg  | 5g      |

## SIDES

|                          | Cal | Total Fat | Sat Fat | Carbs | Sugar | Fiber | Sodium | Protein |
|--------------------------|-----|-----------|---------|-------|-------|-------|--------|---------|
| <b>BROCCOLI SALAD</b>    | 70  | 3g        | 0g      | 9g    | 4g    | 2g    | 160mg  | 2g      |
| <b>CHIPS &amp; SALSA</b> | 135 | 1g        | 0g      | 26g   | 4g    | 4g    | 705mg  | 5g      |
| <b>FRUIT</b>             | 50  | 0g        | 0g      | 12g   | 9g    | 3g    | 5mg    | 0g      |
| <b>PASTA SALAD</b>       | 70  | 2g        | 0g      | 12g   | 3g    | 1g    | 160mg  | 2g      |
| <b>POTATO SALAD</b>      | 155 | 6g        | 0g      | 23g   | 5g    | 4g    | 325mg  | 2g      |

# Healthy

# BALANCE

## MEALS

**Phone: 809-0316**

**SO CONVENIENT!!**

Each entree comes in its own microwavable container & stays fresh for 3-4 days in your fridge. Stocking up? Just freeze them!!

The nutritional facts listed are based on strict adherence to proprietary recipes and information from the USDA National Nutrient Database and on standard U.S. Nutrition Facts labels. However, variation may occur for various reasons including, but not limited to, changes in food formulations by suppliers, seasonal changes, product assembly and alternate suppliers.

# NUTRITION FACTS

## ENTREES

INCLUDES FULL MEAL

|                       | Cal | Total Fat | Sat Fat | Carbs | Sugar | Fiber | Sodium | Protein |
|-----------------------|-----|-----------|---------|-------|-------|-------|--------|---------|
| MESQUITE CHK W/RICE   | 275 | 4g        | .5g     | 27g   | 1g    | 4g    | 220mg  | 32g     |
| MESQUITE CHK W/POT    | 300 | 7g        | .5g     | 27g   | 2g    | 4g    | 220mg  | 32g     |
| MEATLOAF              | 355 | 7.5g      | 1g      | 42g   | 7g    | 3g    | 465mg  | 30g     |
| PULLED BBQ CHICKEN    | 315 | 6.5g      | .75g    | 33g   | 8g    | 5g    | 340mg  | 32g     |
| BEEFY MAC & CHEESE    | 430 | 7.5g      | 2.5g    | 48g   | 10g   | 8g    | 880mg  | 42g     |
| CHICKEN POT PIE       | 360 | 10.5g     | 5g      | 45g   | 4g    | 4g    | 875mg  | 21g     |
| BEEF STEW             | 395 | 13g       | 5g      | 36g   | 4g    | 5g    | 935mg  | 33g     |
| TURKEY CABBAGE        | 320 | 6g        | .5g     | 33g   | 10g   | 6g    | 530mg  | 34g     |
| FIRECRACKER CHICKEN   | 450 | 9g        | 2g      | 56g   | 23g   | 2.5g  | 1090mg | 37g     |
| TERIYAKI NOODLE BOWL  | 435 | 5.5       | .5g     | 61g   | 17g   | 7g    | 1280mg | 34g     |
| LASAGNA               | 475 | 15.5g     | 4g      | 40g   | 17g   | 5g    | 1190mg | 43g     |
| SPINACH LASAGNA       | 380 | 14g       | 7g      | 41g   | 13g   | 6g    | 1100mg | 22g     |
| BAKED SPAGHETTI       | 435 | 11.5g     | 2.5g    | 42g   | 12g   | 4g    | 720mg  | 40g     |
| CHICKEN PESTO LASAGNA | 375 | 16g       | 6g      | 32g   | 8g    | 6g    | 850mg  | 25g     |
| SANTA FE CHICKEN PIE  | 370 | 15g       | 8g      | 35g   | 6g    | 8g    | 860mg  | 24g     |
| TURKEY BURRITO        | 460 | 10.5g     | 3g      | 48g   | 3g    | 9g    | 825mg  | 43g     |
| CHICKEN QUESADILLAS   | 425 | 15g       | 7g      | 35g   | 3g    | 7g    | 670mg  | 38g     |
| CHIPOTLE TAMALE PIE   | 465 | 12.5g     | 4g      | 48g   | 12g   | 7g    | 850mg  | 41g     |
| CHICKEN ENCHILADA     | 360 | 8g        | 3.5g    | 46g   | 4g    | 7g    | 965mg  | 27g     |
| TORTILLA CASSEROLE    | 430 | 13.5g     | 2g      | 36g   | 3g    | 6g    | 995mg  | 40g     |
| STUFFED PEPPERS       | 460 | 24.5g     | 12.5g   | 14g   | 7g    | 4g    | 815mg  | 47g     |
| BOURBON CHICKEN       | 445 | 7g        | 2g      | 58g   | 0g    | 2g    | 705mg  | 37g     |

## SOUPS

NO CONDIMENTS, BOWL SIZE  
MULTIPLY BY .75 FOR A CUP

|                     | Cal | Total Fat | Sat Fat | Carbs | Sugar | Fiber | Sodium | Protein |
|---------------------|-----|-----------|---------|-------|-------|-------|--------|---------|
| BEEFY CABBAGE       | 150 | 2g        | 0g      | 24g   | 10g   | 6g    | 1080mg | 9g      |
| CHICKEN TORTILLA    | 200 | 2g        | 0g      | 29g   | 7g    | 8g    | 1025mg | 15g     |
| TACO SOUP           | 225 | 1.5g      | .5g     | 42g   | 8g    | 11g   | 2125mg | 11g     |
| TURKEY CHILI        | 205 | 1.5g      | .5g     | 38g   | 16g   | 7g    | 1225mg | 10g     |
| TURKEY CORN CHOWDER | 250 | 4.5g      | 1g      | 39g   | 14g   | 4g    | 790mg  | 12g     |
| WHITE CHICKEN CHILI | 230 | 2g        | 0g      | 33g   | 7g    | 10g   | 1520mg | 21g     |

## WRAPS

|                      | Cal | Total Fat | Sat Fat | Carbs | Sugar | Fiber | Sodium | Protein |
|----------------------|-----|-----------|---------|-------|-------|-------|--------|---------|
| BUFFALO WRAP         | 330 | 12g       | 6.5g    | 34g   | 2g    | 2g    | 1100mg | 23g     |
| CHICKEN SALAD WRAP   | 270 | 7.5g      | 4g      | 29g   | 6g    | 3g    | 990mg  | 22g     |
| CHICKEN FAJITA WRAP  | 440 | 19g       | 9.5g    | 41g   | 6g    | 4g    | 1255mg | 27g     |
| GRILLED CHICKEN WRAP | 350 | 14g       | 7.5g    | 33g   | 2g    | 2g    | 1030mg | 23g     |
| TACO WRAP - BEEF     | 535 | 25g       | 10g     | 43g   | 2g    | 5g    | 810mg  | 36g     |
| TACO WRAP - CHICKEN  | 500 | 21g       | 10g     | 43g   | 2g    | 5g    | 810mg  | 36g     |
| TACO WRAP - TURKEY   | 535 | 25g       | 10g     | 43g   | 2g    | 5g    | 810mg  | 36g     |
| TUNA WRAP            | 270 | 7g        | 4g      | 30g   | 6g    | 3g    | 1160mg | 22g     |
| TURKEY WRAP          | 335 | 13g       | 7.5g    | 34g   | 2g    | 2g    | 1410mg | 20g     |
| VEGGIE WRAP          | 285 | 12.5g     | 7.5g    | 34g   | 2g    | 2g    | 950mg  | 9g      |

Low carb wrap subtracts 150 Calories, 4g fat, 31g Carbs. Adds 2g Protein

Healthy  
BALANCE  
MEALS

Phone: 809-0316

[www.GoHealthyBalance.com](http://www.GoHealthyBalance.com)

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