

Fresh & Fit Nutrition															
Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Inged.	Total Net Carbs/serving	Allergens
Bourbon Glazed Baked Salmon Meal	12.32 oz.	511	139	16	3	0	71	273	57	7	19	33	N	50	Wheat, Soy, Fish (Salmon)
General Tso Grilled Chicken	13.79 oz	485	96	10.6	1.3	0	70.2	547	67	6.5	24.5	30.6	N	60.5	Wheat, Soy, Sesame Seed
Lemon Herb Linguini Salmon	14.57 oz	520	248	27.6	7.3	0.2	86.7	404.2	36.1	5.4	8.4	30.6	N	60.5	Wheat, Milk, Fish (Salmon)
Mandarin Orange Grilled Chicken	14.7 oz	488	59	6.6	1.2	0	70.2	699.4	76.6	8.3	21.4	30.7	N	68.3	Wheat
Naked Chicken Parmesan	12.96 oz	265	67	7.4	2.5	0	79.1	689.2	21.2	5.8	8.3	29.6	Y	15.4	Milk
Southwest Grilled Chicken Ranchero	13.12 oz.	432	37	4	0.8	0	76	627	64	8	2	34	N	56	Wheat, Soy
Teriyaki Grilled Chicken	12.72 oz	377	111	12.3	1.7	0	70.2	789.4	39.6	3.5	15.2	26	N	36.1	Wheat, Soy, Sesame Seed
Turkey Meatball Angel Hair & Marinara Meal	13.12 oz.	375	89	10	3	0	62	698	49	6	9.5	24	N	43	Wheat, Soy, Milk, Eggs
Turkey Meatball & Angel Hair Entrée only	2 servings	336	97	10.7	3.1	0.1	88.5	661.5	39.7	3.1	8.4	21.8	N	36.6	Wheat, Soy, Milk, Eggs
Turkey Meatloaf Meal	11.68 oz.	314	110	12	2	0.1	61	770	34	5	4	21	N	29	Wheat, Soy, Eggs